
OUR SERVICE STANDARDS

In delivering the Exercise Referral Scheme you can expect the following standards from us:

- Our staff will be professionally qualified
- You will be given an appointment for an initial consultation within 14 days of contacting us
- We will ensure that you are given a safe and suitable exercise programme
- During the 12-week programme you will be encouraged and monitored by your Healthy Lifestyle Advisor. You will have a mid term assessment at 6 weeks and an exit interview at the end of the programme where you will receive advice on how to continue your physical activities.

To help us meet our service commitments we hope you will help us by:

- Attending all arranged appointments on time
 - Giving 24 hours notice if you are unable to attend an appointment
 - Being committed to following the activity programme designed for you by the Healthy Lifestyle Advisor
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- Completing evaluation forms and telling us what you think of the service
 - Informing us of any change in your medical condition that could affect your ability to take part in the programme.

WHY ENGAGE IN PHYSICAL ACTIVITY?

Everyone needs to engage in physical activity to be healthy! Thirty minutes of moderate exercise five times a week will have immense benefits to you:

- Increased energy levels
 - Reduced risk of heart disease and stroke
 - Lower risk of osteoporosis
 - Help with weight management
 - Reduced stress levels
 - Improved muscle strength and tone
 - Increased mobility and flexibility
 - Improved blood pressure and cholesterol levels.
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Forest of Dean
— DISTRICT COUNCIL —



**Promoting health and well
being to the local
community**

WHAT IS HEALTHY LIFESTYLES?

Healthy Lifestyles is an exercise recommendation scheme run by the Forest of Dean District Council, based in the local community.

NHS Gloucestershire CCG, GCC Public Health and local surgeries support the scheme.

Healthy Lifestyles is a 12-week activity programme that your GP, practice nurse or physiotherapist can recommend you to and is designed to improve your health and well being through structured physical activity.

During the three month programme you will be monitored and encouraged by our Healthy Lifestyle Advisor.

You will have the opportunity to try a variety of activities, for example gym, swimming, Aqua Aerobics, Exercise Classes, cycling or gentle sports. Maybe you would simply like to try out a walking plan?

WHAT WILL IT INVOLVE?

If your GP, or practice nurse decides that Healthy Lifestyles is right for you, they will complete a Recommended Exercise Referral Form.

You then phone up to arrange an appointment with our Healthy Lifestyle Advisor for your initial consultation.

This consultation will take about an hour and includes a short assessment of your current ability to take part in physical activity.

The Healthy Lifestyles Advisor will devise an activity programme, to help you to achieve your goals and improve your health and well being.

Our Healthy Lifestyles Advisor will encourage you every step of the way and will meet with you at regular intervals to discuss your progress.

HOW MUCH WILL IT COST?

All of the activities in the Healthy Lifestyles scheme are offered at a **substantial** discount.

When you come for your first appointment, you will be asked to pay a £12.00 joining fee. This fee contributes to the overall cost of your initial, mid term and exit consultations. You will also have a tailored activity programme, which is monitored throughout the 12-week consultation period.

Please be aware this fee is non-refundable.

The Forest of Dean District Council work with some of our local gym providers and have some specially negotiated rates for those on referral. Our Healthy Lifestyle Advisor can talk to you about this at your first assessment.

As part of our 'Healthy Lifestyles' programme, we also offer free volunteer Health Walks. These are both fun and sociable and are a great way to become fitter, exercising outdoors.

We also provide community classes throughout the district. Each class costs £3.00 per session. Do ask your Healthy Lifestyle Advisor for an up-to-date timetable.

WHAT DO I DO NOW?

If you feel motivated to improve your lifestyle, discuss Healthy Lifestyles with your GP or practice nurse.

They will help to assess your suitability for the scheme and if appropriate, refer you to a Healthy Lifestyle Advisor.

If you are referred to the scheme please remember to bring your Healthy Lifestyles Referral Form and joining fee with you to your first appointment and to wear cool, comfortable clothes and footwear.

We look forward to welcoming you to Healthy Lifestyles!

For further advice on the scheme,
please contact the Healthy Lifestyles
Coordinator on 01594 812399

To arrange for an appointment
please contact the

Community Engagement Team

on **01594 812617**