

WHAT IS THE JUNIOR EXERCISE REFERRAL SCHEME?

The Junior Exercise Referral Scheme is aimed at young people aged 12 to 18 years, who live with an illness or long-term health condition to increase physical activity levels and improve their quality of life.

Our Exercise Referral Team are Advanced Specialist Instructors, highly experienced in prescribing exercise for medical conditions. They will provide support & advice as well as design & guide you through your own personal exercise plan based on your medical conditions and ability.

WHAT ARE THE BENEFITS OF JOINING THE SCHEME AND BEING MORE ACTIVE?

Regular physical activity can help you manage;



Your weight



Have a positive effect on your mental wellbeing



Improve your muscle and joint functions



Benefit your heart health

Not only will it help you manage and control existing health conditions, but it will help protect you from developing other health complications as well.

WHAT NEXT?

To find out more about this scheme, scan the QR code:



SCAN ME FOR MORE INFO

Or visit us at:

everybody.org.uk

If you require any further information please contact Everybody Healthy on:

ebhealthy@everybody.org.uk

01270 685589

Registered Charity No. 1156084



**EVERYBODY
JUNIOR
EXERCISE
REFERRAL SCHEME**

www.everybody.org.uk

WHO IS THE SCHEME FOR?

The following medical conditions are eligible for the Junior Exercise Referral Scheme and includes:

- **12 to 18 year olds**
- **Non Everybody Health & Leisure Member**
- **Medical condition is clinically stable to exercise**

Eligible medical conditions for self-referral:

- **Asthma**
- **Diabetes**
- **Overweight (Above 91st Centile)**
- **Mild Mental Health Disorders**
- **Musculoskeletal Conditions**

HOW MUCH DOES THE SCHEME COST?

The scheme is funded and free of charge to the young person, who may exercise with a Buddy free of charge, such as family member, friend.



WHAT DOES THE SCHEME CONSIST OF?

The scheme consists of a wide range of exercise opportunities including;



(Provides unlimited access to Crewe Lifestyle Centre and usage of the Gym (age appropriate), Next Gen Gym sessions, Swimming, Junior Group Exercise classes and racket sports.)

WHO DELIVERS THE SCHEME?

The Exercise Referral Team are Advanced Specialist Instructors, highly experienced in prescribing exercise for medical conditions. They will provide support & advice as well as design & guide you through your own personal exercise plan based on your medical conditions and ability.

HOW DO I ACCESS THE SCHEME?

If you think you are eligible for the scheme, a referral from a health professional, such as GP, Practice Nurse, Social Prescriber, Family Worker, is required. Self-Referral is not accepted for this scheme.

WHAT HAPPENS WHEN I JOIN THE SCHEME?

1. Making Contact

If you are eligible for the scheme you will be contacted by our Triage team to discuss your medical history, medication and your physical ability to exercise and then invited to a consultation appointment. We will ask for proof of condition and young people aged 12 to 16 years must be accompanied by a parent or carer to all appointments.

2. Initial Consultation

Consultations are face to face with an Advanced Specialist Health Instructor, taking approximately 30 minutes and provide:

- A tour of the facility
- Discuss and agree chosen activities
- Set personal goals/action plan
- Gym induction if exercise is prescribed

3. Starting Your Scheme

After you've completed your 1:1 consultation you are now ready to start your exercise programme.

4. Maintenance

At various stages during the scheme you are required to meet your Instructor to review the progress being made towards your goals and refine where necessary. Once you have completed the 12 week scheme you will be offered a health membership or pay as you go options are available.

