



HEALTH & WELLBEING PROGRAMMES

Why not sign up to our Everybody Healthy newsletter?

The quarterly newsletter includes information such as:

- Information on health & wellbeing programmes we deliver across Cheshire East
- Updates on new health programmes & partnerships
- Performance data & good news stories from participants & partners
- Key news on business and facility developments.



**MOVE IT
OR LOSE IT!**



If you would like to receive marketing emails from us such as this Everybody Healthy newsletter, please scan the QR code to opt in!

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SELF
REFERRAL



REFERRAL
ONLY



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Everybody Health and Leisure are a registered charity based in Cheshire East. Our aim is to improve people's health and wellbeing through physical activity by delivering targeted programmes both in our centres and outreaching into our communities.

As a registered charity, every penny that our customers spend with us, is reinvested back into delivering targeted programmes that can make a real impact on the health and social issues affecting our communities. By achieving our vision of 'Leisure for Life' we will be making a major contribution towards helping people to live well and for longer.

The Everybody Healthy Service delivers a range of targeted health and wellbeing programmes that support rehabilitation, active ageing, prevention of ill health, long term conditions and addresses health inequalities. Everybody manages a wide range of community assets, including 16 leisure facilities. We have transformed some of our facilities into wellbeing hubs which offer an all-round service to the community, supporting their health and wellbeing through a range of targeted, person-centred health and wellbeing programmes.

We have published this handy booklet to highlight a range of health and wellbeing programmes available to engage and support people with lifestyle risk factors, diseases and social isolation. If you would like to discuss the programmes in more detail or partnership opportunities please contact us.

(Registered Charity No. 1156084)





The Adult Exercise Referral programme provides a range of physical activity schemes for people who are recovering from illness or have been diagnosed with various long term health conditions, to become and stay more physically active, help manage their condition and improve their quality of life.

The scheme is delivered over a 12 week period by an experienced team of Specialist Health Instructors, who provide guidance, support and pathways to health improvement. There is a programme charge for the scheme which includes all appointments and unlimited access to most Everybody centres including participation in swimming, gym, group exercise classes, rehabilitation exercise classes and wellbeing walks. There is something for everyone of all abilities!

We work with a range of health partners who refer people to the scheme and self-referral is permitted, eligibility includes:

Referral and self referral options

Eligibility Criteria

- 16 years and over
- A non-Everybody Health and Leisure Member
- Clinically stable to exercise
- You have not accessed the Exercise Referral programme in the past two years
- You participate in less than 30 minutes of moderate physical activity per week, and have one or more of the eligible medical conditions listed below:

98%
of scheme
participants
from inactive
to active

Eligible medical conditions for self-referral:

- Diabetes (medicated)
- Chronic Lower Back Pain (longer than 3 months)
- Osteoarthritis (knee and/or hip)
- Poor Balance or Mobility
- Osteoporosis
- Hypertension (medicated)

The following medical conditions are also eligible via a health professional:

- Heart Disease
- Respiratory Disease
- Cancer
- Long COVID
- BMI 40 plus
- Knee and Hip Replacement (Post 6 weeks)
- Mental health disorder (Anxiety, Stress, Depression)

Are you pregnant?

If you are 0-40 weeks get in touch as you may still be eligible for our programme!



Junior Exercise Referral

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 and advice as well as design and guide participants through their own personal exercise plan based on a person's medical conditions and ability.

The scheme provides unlimited access to Crewe Lifestyle Centre and usage of:

- The Gym (age appropriate)
- Next Gen Gym sessions
- Swimming
- Group Exercise classes (age appropriate)
- Racket sports



Referral and self referral options

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

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

Eligible Conditions:

- Asthma
- Diabetes
- Overweight (above 91st Centile)
- Mild Mental Health Disorders
- Musculoskeletal Conditions
- Cancer (Health referral only)

How much does the scheme cost?

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



Be Steady Be Safe is a 12-week evidenced based exercise programme, suitable for people with poor strength, mobility and balance, wanting to reduce falls, increase social interaction and improve overall wellbeing. Once a person completes the 12 week programme they will transfer into a follow on class. Classes consist of:

- Strength and balance exercise classes
- Prescribed home exercises
- Education of reducing falls risk factors
- A set of leg muscle strengthening and balance retraining exercises, progressing in difficulty

Referral and Self Referral Options:

Eligibility Criteria

- Aged 65 years plus

And have one or more of the following:

- Fallen in the past 12 months
- Poor balance and mobility
- Osteoporosis
- Be able to exercise independently unsupported of walking aid



Scan to watch a session in action!



FALLS AWARENESS

We deliver Falls prevention awareness workshops.

Older people, as well as their families and carers, are invited to know how to prevent falls, how to get up off the floor safely & correctly and what services are available to help reduce the risk of falls.

The aim of our workshops is to raise awareness of falls prevention that can be undertaken to prevent falls and manage osteoporosis.



Did you know?

Taking part in regular exercise can reduce the risk of falling by 21%



67% of our class participants have reduced their fear falling since attending a class!



EXERCISE REHABILITATION

People with long-term conditions need to exercise. Exercise can help people manage symptoms and improve overall health. Everybody Healthy has a range of physical activity and evidenced based exercise programmes, delivered by highly qualified Specialised Instructors, to with a wide range of medical conditions.

We work with a range of health partners who refer people to the classes.



Scan to watch a session in action!

COPD EXERCISE REHABILITATION

COPD rehabilitation is for people diagnosed with COPD or other lung conditions. Exercises are tailored to the individual, aiming to improve fitness, lung and heart function, enabling the person to manage their condition and improve quality of life.

We work with our health partners and NHS Pulmonary Rehabilitation Services who refer people to the programme which provides an onward pathway from NHS Pulmonary Rehabilitation, providing maintenance exercise for patients.

The programme consists of weekly exercise classes, held across Cheshire East, that focus on functional exercise to improve and manage the chronic condition, delivered by qualified Respiratory Instructors. All participants are encouraged to exercise at their own pace, and progress of individuals is closely monitored. Classes incur a charge which is flexible and enables participants to pay weekly or through membership options.





76% IMPROVED
MENTAL
WELLBEING



71% IMPROVED
QUALITY OF
LIFE SCORE



86%
RETENTION
RATE



9.4 CUSTOMER
SATISFACTION
RATE



1 in 4

People would be more active if advised by GP or Nurse!



Cancer rehabilitation is for anyone who is recovering from cancer and is delivered by Specialist Cancer Exercise Rehabilitation Instructors. There are many reasons to exercise when having cancer including:

- Helps to reduce impact of treatments and side effects
- Improved strength, fitness and mobility
- Helps with weight management
- Increases energy levels and reduces fatigue
- Helps improve wellbeing and mood

The programme consists of weekly exercise classes, held across Cheshire East, tailored to the individual, aiming to help people to cope with cancer treatment and feel better both physically and mentally. We work with our health partners and MacMillan who refer people to the programme.

All participants are encouraged to exercise at their own pace and progress of individuals is closely monitored. Classes incur a charge which is flexible and enables participants to pay weekly or through membership options.

To join the programme a referral is required by your Cancer Nurse Specialist or GP.





Evidence shows that actively improving your physical and mental health can help you recover more quickly from surgery, chemotherapy and radiotherapy, and reduce the chance of further problems during and after treatment, as well as many other benefits.





Cardiac Rehabilitation Phase IV classes are a crucial part of recovery and prevention if someone has suffered a cardiac incident or have attended the NHS Cardiac Rehabilitation Phase III programme.

The programme reinforces positive lifestyle changes and supports participation by becoming active and healthy in a friendly and safe environment. Our classes are led by our fully qualified Cardiac Rehabilitation Specialist Exercise Instructors who have undergone extensive training through BACPR (British Association of Cardiac Rehabilitation).

At Everybody we work alongside the Cardiac Rehabilitation departments at Leighton Hospital and Macclesfield General District Hospital. To join the programme, the person will need a referral from a health professional or the Cardiac Rehabilitation Team.

All participants are encouraged to exercise at their own pace and progress of individuals is closely monitored. Classes incur a charge which is flexible and enables participants to pay weekly or through membership options.







ESCAPE-pain is an evidenced based education and exercise programme, and stands for Enabling Self-management and Coping with Arthritic Pain using Exercise. It is a rehabilitation programme for people with chronic knee, hip pain and lower back pain.

It integrates simple self-management and coping strategies with an exercise regime individualised for each person in the programme.

ESCAPE-pain aims to reduce pain and improve physical function. It also increases self-confidence and self-esteem, as well as people's sense of being in control of their condition. This helps with the depression and frustration that people often feel due to symptoms of pain.

ESCAPE-pain does not cure arthritis nor eliminate pain but by helping people understand their condition, teaching them simple things they can help themselves with and participating in a progressive exercise programme, they learn how to better manage their condition.

We work with a range of health partners who refer people to the programme and self-referral is permitted, eligibility includes:

ESCAPE-pain for hip and/or knee eligibility criteria:

- Patients over 45 years of age with chronic joint pain (at least 3 months' duration).
- Clinical diagnosis of osteoarthritis.
- No contraindications to carrying out a regular exercise programme.
- Would benefit from a group-based rehabilitation programme with exercise.
- Independently mobile and able to participate in a group-based exercise programme with minimal supervision
- Committed to taking part in a 12 week exercise programme, consisting of attending 2 classes per week for the initial first 6 weeks, followed by a further 6 week membership for unlimited use of our leisure facility.



Scan to
watch a
session in
action!



ESCAPE-pain for backs eligibility criteria:

- 18 years and over
- No contraindications to exercise
- At least 3 months or recurrent episodes of back pain
- Identified as low or medium risk
- Take part in a group exercise programme, twice a week for the initial first 6 weeks, tailored to the patients individual needs. Followed by a further 6 week membership with unlimited use of our Everybody leisure facility. Totalling a 12 week programme.
- Independently mobile and able to participate in a group-based exercise programme with minimal supervision

An exclusion criteria does apply to ensure patients are safe to exercise, so please do contact us to find out more.



Our wellbeing walks are held weekly and led by friendly, trained volunteers, providing short walks across Cheshire East.

We work in partnership with 'Ramblers Wellbeing Walks' which is a national programme that deliver free, regular led walks designed to support people lead a more active lifestyle.

Providing encouragement and support, increasing activity levels in a sociable and safe environment, our walks cover easy terrain and they are accessible to all.

To access a walk participants are required to book, please contact our team on: **ebhealthy@everybody.org.uk**





Move It or Lose It is a group exercise class developed by experts in ageing research to help improve a person's flexibility, aerobic health, balance and strength. All exercises can be performed seated or standing, depending on a person's ability. The Move It or Lose It programme of exercises are scientifically proven to improve strength, leading to better balance to reduce falls.

All participants are encouraged to exercise at their own pace and progress of individuals is closely monitored. Classes incur a charge which is flexible and enables participants to pay weekly or through membership options.



Scan to
watch a
session in
action!



Move to Improve is an exercise class for those who have knee, hip or lower back pain, designed to reduce pain and improve mobility for people with chronic joint pain or Osteoarthritis.

Exercises include:

- Range-of-motion exercises
- Strengthening exercises
- Aerobic exercise
- Balance exercises

Classes are suitable for:

- Adults with chronic or long-term arthritic pain, specifically knee, hip and lower back problems
- Adults who want to improve their flexibility, strength, balance and aerobic capacity
- Adults unable to exercise standing due to problems with balance
- Adults wanting to exercise as well as socialise in a relaxed, friendly environment

A verbal health check will be conducted by the instructor prior to the session starting to ensure patients are safe to engage in the class, patients need to wear comfortable clothing and footwear (ideally trainers) and bring water.

Booking online is essential before visiting our centres, for more information please contact our health team on: 01270 685589 or email: ebhealthy@everybody.org.uk



Staff Only





Good Boost is a water-based rehabilitation programme designed to be fun and beneficial for people with a range of musculoskeletal conditions.

Good Boost technology

This includes tablet computers and artificial intelligence to give patients a personalised aqua workout that is specifically designed to help with their MSK condition and improve their mobility, balance and fitness.

Good Boost Aqua Classes and Self Hire in a swimming pool

Good Boost Aqua classes take place in our swimming pools, rather than a specifically-designed hydrotherapy pool, making it much more accessible than traditional aqua rehab sessions. Each participant has their own Good Boost tablet that takes them through their own personalised workout, which has been tailored to their specific needs and condition/s.

Patients can take part in our Good Boost Aqua Classes, following the exercises at their own pace with an instructor on-hand to support. Or exercise independently with a tablet as part of our self hire option.

Scheme Eligibility:

- 18 years+
- Motivated and wanting to be physically active and improve wellbeing
- Clinically stable to exercise
- Diagnosed with a MSK condition
- Ability to exercise independently
- Suitable for water confident and non-swimmers
- Conditions included – Osteoarthritis, Osteoporosis & Back Pain

Good Boost Aqua Classes and Self Hire in a swimming pool

They will need to have an induction first so we can create their Good Boost profile based on their individual needs and condition/s. Once they have attended their induction, Good Boost sessions are bookable online or at an Everybody leisure centre reception, limited places available.



Scan to
watch a
session in
action!



Bump Boost Sessions for Mums to be!

Bump Boost aqua natal sessions are launching at Crewe Lifestyle Centre, Congleton Leisure Centre and Macclesfield Leisure Centre*.

Bump Boost is designed to support pregnant women from 0-40 weeks to exercise at their own pace in the swimming pool, through a therapeutic personalised water based programme, followed on waterproof tablets.

Bump Boost technology creates an individually-tailored programme around the customers needs and preferences.

Customers can follow the exercises at their own pace in the pool as part of our self-hire option or join a led session.



Being physically active during pregnancy brings huge health benefits, including:

- Improves cardiovascular fitness
- Helps manage pregnancy weight gain
- Reduces risk of high blood pressure
- Helps prevent gestational diabetes
- Improves sleep
- Is great for customers mental health

The benefits of Bump Boost Programme include:

- Relieving joint aches and pains
- Reducing pregnancy associated swelling due to increased blood flow
- Feeling lighter due to the buoyancy of the water, creating a feeling of weightlessness

We have programmes available catering for both inactive and active women prior to pregnancy.

Free to Everybody members, pay as you go self hire option available and available under our Everybody Exercise Referral scheme.

Please get in touch with our Everybody Healthy team for more information and to make a referral.



Green Spaces for Wellbeing is delivered by Ansa Environmental Services in partnership with Everybody Health and Leisure, providing a range of nature-based activities for the community to come together to explore nature and boost their wellbeing with a friendly group that helps local wildlife.

Nature can do wonders for the mind and body and these welcoming groups can help the community to build their confidence, meet people locally, discover different interests, practice mindfulness, learn new skills, and give back to their local community.

Linking in with the 5 ways to wellbeing, these sessions help the community to - Be Active, Connect, Keep Learning, Give & Take Notice.



Active Outdoors sessions including Buggy Walks, Park Walks, Pilates & Yoga



Creative Connections & Mindful Art in the Park



Garden & Grow & Allotment Drop-ins



Habitat Management



Wellness for Women & Mindfulness for Men

This free-of-charge programme is for adults 18+ and runs over 12 weeks. Customers can choose the activities that match their interests and the time available.

If you would like further information or to make a booking, please contact the Everybody Healthy team on: Email ebhealthy@everybody.org.uk or phone **01270 685589**



We believe that leisure and learning activities are not passive ways of spending time, rather a way of gaining enjoyment, satisfaction, achievement, pleasure and inclusion. Our Ability for All programme is a range of inclusive activities for all ages with a disability or a life-term condition.

Junior activities include Inclusive Cycling, Multi Sport Activity sessions, Family Dance and Groove, Holiday Activities and more! Adult activities include Boccia, Inclusive Cycling and Para Netball!





If you would like more information about these sessions, please scan the QR code or contact our Sport for Everybody Team via email on: inclusion@everybody.org.uk or call **07506 317055**





Sports and Social

Sports and Social is a casual low impact session in which to play light sports such as Pickleball and New Age Curling, meet like-minded and friendly members in a welcoming atmosphere.

After playing a range of sports, customers can come and join us in our lovely Taste for Life Cafes for a social after the session. Our Cafés provide a range of refreshments, cakes and snacks as well as a tasty menu.

Booking is essential prior to attending which can be done on our website or by contacting us. Sports and Social is included in our Everybody memberships and pay as you go options are also available.

Visit our website to find out more www.everybody.org.uk or contact our Sport for Everybody Team via email on: Sport@everybody.org.uk





Everybody Lunch Club

Our Everybody Lunch Club provides people with the opportunity to socialise and meet friends over a two course home cooked lunch, plus unlimited tea and coffee at Holmes Chapel Community Centre!

A chance for the community to come and join us for a lovely meal and to meet and talk with other people.

Our Everybody Lunch Clubs take place on the first Monday of every month,
12:30pm – 14:30pm and costs £5.00*.

Booking is essential and can be done by calling our friendly team on 01477 689557 or visit Holmes Chapel Community Centre to book at reception.

Hot drink and a cake

A chance for the community to come and join us with their friends, family or a chance to meet new people and socialise whilst enjoying a hot drink and a cake from our Taste for Life Cafe, for only £5.00!

When: Wednesdays

Time: 2:00 – 4:00pm

Where: Taste for Life Cafe at Holmes Chapel Community Centre*

No need to book, just turn up.

HOW TO REFER

Access to Everybody Health & Leisure's health programmes is via referral, and self-referral is permitted for some programmes as detailed throughout the booklet.

Referral is made through our Refer-All management system, an industry leading, bespoke, referral management system, which captures and stores all communication and information relating to a client journey and allows unique analysis and reporting to demonstrate achievement of health outcomes.

If you would like further information about our health services or to register your organisation to use Refer-All contact Everybody Healthy via the following:



01270 685589



EBHealthy@everybody.org.uk



You can also refer here by
scanning this QR code



www.everybody.org.uk
Registered Charity No. 1156084

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