

# Get more active in Charnwood



*Some great ways to get your patients active*

## GP Referral Scheme

The Active Lifestyle Referral Scheme is our partnership with Fusion-Lifestyle, G.P. Practices and other Health Care Professionals, with the support of the NHS Leicestershire County and Rutland This 12 week scheme offers people who are inactive or have a condition that could benefit from physical activity the opportunity to participate in exercise.



## Cardiac Rehab

Heart Smart is targeted at people who are recovering from heart problems or heart surgery. Its aim is to promote gentle exercise as a means of enabling individuals to achieve and maintain better health.

## DAPA – Dementia specific sessions

This session is specifically for people with Dementia, participant must be accompanied by a friend, family member or carer.

## Chair Based Exercise

Based in a community setting these sessions are suitable for people with Parkinson's, mobility issues or recovering from a stroke.

## Green Gym

Green Gym is a refreshing approach to outdoor exercise, designed to improve people's health and wellbeing and make a positive impact on the local environment.

## Health Walks

These groups undertake friendly, sociable walks in Loughborough, Barrow, Mountsorrel, Quorn and Sileby. They are up to an hour in length. The walks are run under the Walking for Health scheme and led by friendly walk leaders.



To make a referral please complete the exercise (health) referral form and specify which session you are making the referral for.

For more information please contact the Sport and Active recreation Team on  
**01509 634673** [active.together@charnwood.gov.uk](mailto:active.together@charnwood.gov.uk)