



Exercise on referral

Do you live in Southwark or have a GP in Southwark and need to increase your physical activity levels and improve your health?

If you are over 16 years of age, please discuss with your GP/Nurse if you are eligible for a free 12 week exercise programme.


All GP surgeries in the borough already have access to the online referral system.

This programme is for those who are currently not physically active and need support in getting started.

Please discuss with your GP to ensure you do not have any underlying condition which would make it unsafe for you to exercise.

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Southwark
Council
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What are your options?

Kickstart (low level support)

This option is free for those who do not need to be supervised during exercise, as a full Everyone Active membership will be issued for 12 weeks. With this option you will be able to use all of the leisure facilities, including the gym, swimming pools and classes at all of the centres in Southwark. To be eligible you must have one of the following conditions:

- Obesity
- High cholesterol
- Type II Diabetes
- Anxiety or Depression
- Breathlessness as a result of your lifestyle
- Or have previously been diagnosed with cancer

Important: Please note, this option is not suitable if you have ever had any heart problems or stroke, high blood pressure or are prone to falls. If the above applies to you, please continue reading as we may have something more suitable.

Active Boost (medium level support)

This is a free 12 week supervised, timetabled programme, which has a requirement that you must attend a session once per week. Sessions available on the timetable include gym based exercise, circuit classes, aqua aerobics, Pilates and Tai Chi/Qigong. To be eligible you must have one of the following conditions:

- Obesity
- High blood pressure
- Diabetes, type I or type II
- Anxiety or Depression
- Cancer rehab (following treatment)

Cardiactive (high level support)

This is a free 12 week supervised, timetabled programme for those who have any heart problems or who have had a stroke in the past. We currently offer *gym based, circuit and Tai Chi/Qigong classes*, which could be a great option for those finishing cardiac rehab. If you have or have had one of following, you could be eligible for this programme:

- Atherosclerotic disease e.g. peripheral vascular disease
- Coronary artery bypass graft surgery (CABG)
- Following arrhythmias and implantable device interventions (ICD, PPM, CRT)
- Myocardial infarction (MI)
- Stable angina
- Stable heart failure (HF) including chronic heart failure and cardiomyopathy
- Undergone a percutaneous coronary intervention (PCI)
- Valve replacement


Important: If you are unfamiliar with the terms above or are unsure if you have any of the conditions mentioned, please consult your doctor.

If you are not eligible for the above programmes and live in Southwark, you can still apply for free gym and swim at www.everyoneactive.com/southwarkfreeswimandgym or enquire in one of Southwark Council's leisure facilities.

If you would like more information, feel free to call us on 020 7708 6218

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