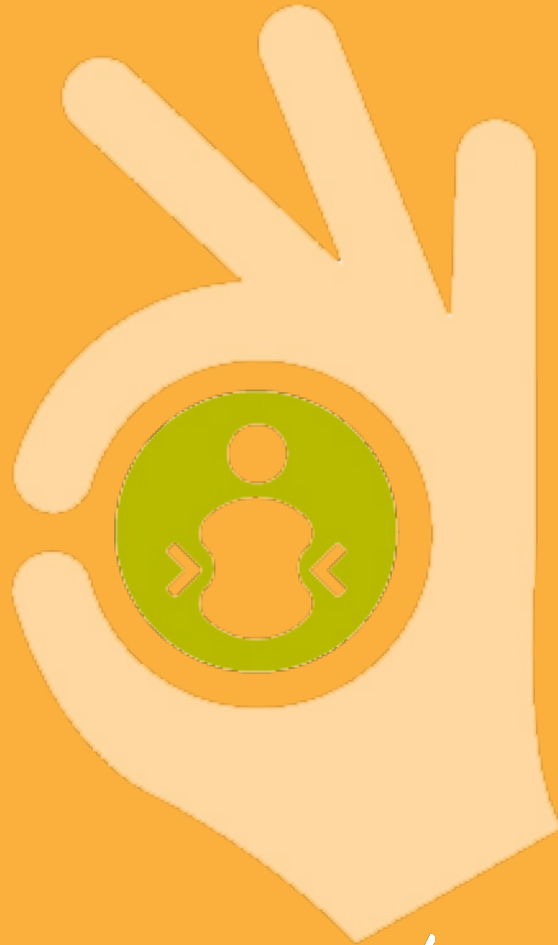




# Swimming Referral Programme



weight off workshop



*crawley wellbeing*

Small changes make a **BIG** differences  
[www.crawleywellbeing.org.uk](http://www.crawleywellbeing.org.uk)



# Active Life



[www.crawley.gov.uk](http://www.crawley.gov.uk)

# Active Life

“Active Life” is an Exercise Referral Scheme. It provides clients the opportunity to exercise independently in the K2 Crawley gym or in a group session both under the supervision of qualified staff.

The programme runs over a 12 week period and clients are encouraged to exercise twice a week\*. Once you have been referred onto the scheme by a health professional, a consultation will be arranged with a qualified referral programme consultant at K2 Crawley who will devise an appropriate exercise routine for you, taking into consideration your medical history, medications and fitness levels. Ongoing support continues throughout the 12 week scheme within the designated attendance sessions, although should not be confused with one to one personal training.

\*Attendance times for the scheme will be advised by your instructor.

## Cost/Attendance

Clients have the option to either pay a discounted fee for the whole course (please speak to a representative from the gym for details) or pay per session. Currently the session price is £3 however, this is subject to change. There are agreed attendance times for the Active Life Programme - these will be advised to you upon induction.

## Programme Instructors

All instructors working on the Active Life programme are qualified at Level 3 of National Occupational Standards and have successfully completed an appropriate referral programme consultant training course.

## What happens next?

If you would like to take part in the Active Life programme then follow these steps;

**Step 1:** Take the attached application form to your health professional and ask them to complete the appropriate sections.

**Step 2:** Discuss with your health professional which activities you would like to participate in and tick the appropriate sections.

**Step 3:** Return the completed form to;  
Active Life,  
Crawley Wellbeing  
K2 Crawley  
Pease Pottage Hill  
Crawley  
West Sussex

## What is



WOW (Weight Off Workshop) is a free 12 week weight-management programme that Crawley Wellbeing is running on behalf of the GP surgeries in Crawley. The programme consists of weekly one and a half hour sessions over a 12 week course that combines nutritional advice together with low-level physical activity.

## Who is it for?

To qualify for WOW you must be aged over 16, have a BMI (Body Mass Index) of around 30\*, have a desire to commit to the programme and be able to make the weekly sessions. To attend WOW ask your GP or Practice Nurse to refer you today or contact us.

\* Speak to your GP to see if you qualify

## How do I get referred?

Ask your GP or Practice Nurse to complete the form attached and return it to Crawley Wellbeing

## What happens next?

Once we have received your completed and signed referral form we will contact you to offer you a place on a course. WOW courses run at a variety of locations across Crawley and at different times so we will make every effort to find a course that suits you.

Call us on 01293 585317

Email us at [wellbeing@crawley.gov.uk](mailto:wellbeing@crawley.gov.uk)

Check us out on [www.crawleywellbeing.org.uk](http://www.crawleywellbeing.org.uk)

Crawley Wellbeing  
K2 Crawley  
Pease Pottage Hill  
Crawley  
West Sussex  
RH11 9BQ

# Swimming Referral Programme

## What is the Swimming Referral Programme and who is eligible?

The programme has been developed to offer free swimming to those people who would gain significant health benefits through regular participation (eligibility for the scheme will be determined by the clients GP or Practice Nurse and then agreed and managed by Crawley Wellbeing, based at the K2 Crawley Leisure Centre).

Participants must be over 16 years of age, however there is no upper age limit.

The scheme will provide 20 free swims at K2 Crawley. These swims will have an expiry date of 4 months from the time of taking the offer, but ideally should be used at a rate of 2 swims per week.

The programme will provide 20 free swims for 1000 participants on a ‘first come, first served’ basis who are referred by their Doctor or Nurse, within the eligibility criteria, as described in the Surgery Referral Manual.

The scheme will provide a half hour private lesson for people who may not have been swimming for many years and who may need to build their confidence.

For participants who are unable to swim or are very weak swimmers, the scheme will provide 6 one-hour lessons (at a rate of one hour per week).

## How do I get referred?

Ask your GP or Nurse to complete the enclosed referral form and return it to Crawley Wellbeing.

## What happens next?

Once your signed referral form is received at Crawley Wellbeing, we will be in touch to ask you to come into our office at K2 Crawley.

When you arrive at Crawley Wellbeing to enrol on your swimming programme, you will be given a letter detailing the terms and conditions of the scheme and asked to sign some forms.

You will be provided with a Voucher Book for your 20 free swims, which you will sign upon receipt and then again upon each use (similar to Travellers Cheques). Your voucher book will be given an expiry date of 4 months from the date of enrolment.

You will be asked to complete 3 health/activity related progress questionnaires – one before you commence your programme, one half-way through, and a final questionnaire when you have completed your 20 swims – this is to ensure that we can measure your progress and the success of this scheme.

## Section 1 - Personal Details

Clients name:

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Male

Female

Ethnicity:

White British  Mixed Race

Asian/Asian British  Black/Black British

Chinese  Other (please state)

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Address (including neighbourhood and postcode):

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Contact telephone (daytime and evening):

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Email

---

Age

---

Date of Birth

---

Emergency Contact

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### Preferred activity options

(please tick all appropriate schemes)

Active Life (Gym)

Swimming

Weight off Workshop (WOW)

Active life (group session)

### WOW

Morning 10am - 12pm

Afternoon 12pm - 2pm

Evening 6pm - 8pm

times may vary

### Where did you find out about the referral programmes?

Word of mouth

Hospital

Crawley Live

Crawley Wellbeing

GP Surgery

Local paper

CBC website

other health professional

Other (please state)

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## Section 2

Must be completed by the Health Professional

### Main reason for referral

Please tick all applicable reasons for referral, ensuring that medications are recorded. Other conditions and related medications should be recorded in the appropriate box.

Please include group of drugs, chemical name and brand name

Overweight and a BMI of 25 - 30

BMI reading 

---

Obese (BMI of 30+)

BMI reading 

---

Coronary artery high risk factors

---

Smoker

YES  NO

Would the patient be interested in smoking cessation

Strong family history of CHD in sibling/parent

---

Controlled Hypertension <160/100

---

Diabetes - type 1 or type 2 (please state)

---

Asthma - mild to moderate

---

Chronic obstructive airways disease

---

Back pain

---

Anxiety and stress

---

Depression

---

De-conditioned through inactivity

---

Post-natal

---

Hyperlipidaemia

---

Post-operative conditioning  
(after hospital rehab or discharge physiotherapy department)

---

Ortho/musculoskeletal problems

---

Osteoporosis mild to moderate

---

Claudication

---

Current BP and resting heart rate

---

Pre-operative conditioning

---

Epilepsy

---

Past medical history/other  
Considerations for scheme staff

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### Section 3

To be completed by the patient and Health Professional

Health Professional's name

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Surgery/Practice Department Stamp

Contact Number

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I hereby give permission to be referred onto the Referral programmes and for my medical details, Medications and general fitness to be disclosed by the health professional on this form. I also give permission for my details to be discussed by the health professional and scheme staff prior to, during and immediately after the scheme programmes.

Patient Signature

---

Parent/Guardian Signature (if under 18)

---

I have read and understood the referral scheme operations Manual and agree to my patient to participate in the referral programmes.

Please tick if any of the programmes **WILL NOT** be suitable

- Active Life (Gym)
- Weight off Workshop
- Active Life (group session)
- Swimming

Tick **ONE** of the follow boxes **ONLY**

I know of no reason why this patient is unfit to exercise

This statement couples with the recommendation from the medical Defence Union.

This patient is only suitable to take part in the dietary modification component of the weight management programme

Health Professional's Signature

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Date

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#### Scheme Regulations

Clients may only be accepted onto the scheme under the following conditions;

- They are 16 years of age or over
- Where they exhibit one or more of the specified low or medium risk medical conditions identified on this form. Clients will not be accepted if they exhibit any of the contra indicators as specified in the Operations Manual.
- On full completion of the form, including a signature from the Health Professional
- The client is committed to participating in two exercise sessions per week over the ten or twelve week period and must complete the swim programme within 4 months of enrolment. (80 - 100 % adherence)
- The client understands that activities attended outside of the days and times identified in the programme is done so at their own risk and expense.