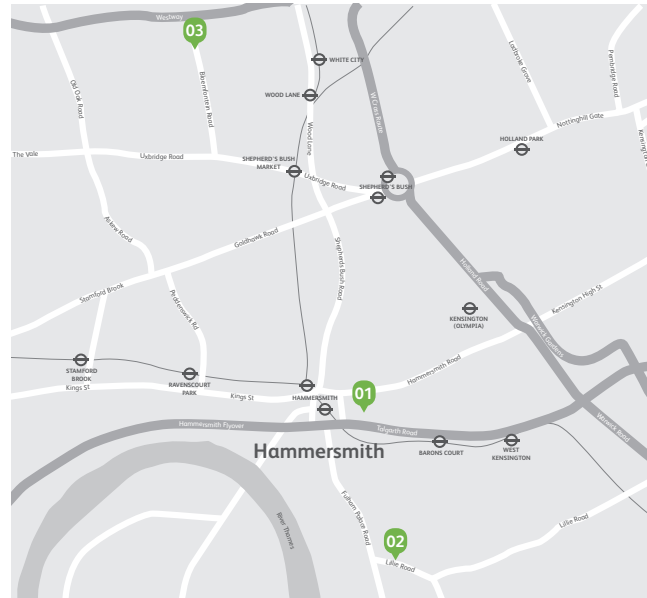


WHAT IS HEALTHWISE?

The Healthwise Physical Activity Referral Scheme introduces individuals to the benefits of physical activity to help reduce risk factors for chronic disease and manage existing medical conditions with potential to lessen medication use.

The programme aims to encourage people of all ages and abilities to become and remain more physically active, improve health and wellbeing and be confident in all aspects of life.



- 1. Hammersmith Fitness & Squash Centre**
Chalk Hill Road, Hammersmith, London, W6 8DW
- 2. Lillie Road Fitness Centre**
Lillie Road, Fulham, London, SW6 7PD
- 3. Phoenix Fitness Centre & Janet Adegoke Swimming Pool**
Bloemfontein Road, Shepherds Bush, London, W12 7DB

better.org.uk/leisure-centre/hammersmith-and-fulham

CONTACT US:

If you have any questions or queries regarding the Healthwise service please contact your local Better Leisure Centre:

healthwise.lbhf@nhs.net

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398 VAT registration no: 219749179.

HEALTHWISE: PHYSICAL ACTIVITY REFERRAL SCHEME



h&f
hammersmith & fulham



BETTER

WHO IS HEALTHWISE FOR?

The scheme is for H&F residents or patients registered with a H&F GP/ Doctor's Surgery. It is designed to assist people with medical conditions or other specialist requirements that may be a barrier to accessing mainstream activity in leisure centres.

Common reasons for referral:

- High blood pressure
- Diabetes
- Asthma
- Circulatory/respiratory diseases
- Depression and anxiety
- Arthritis



HOW CAN BEING MORE ACTIVE HELP ME?

Regular activity can reduce the risk of major illnesses, such as heart disease, stroke, diabetes and cancer.

Regular activity will help to:

- Keep your heart strong and healthy
- Reduce stress and anxiety
- Assist with weight loss and weight management
- Strengthen your muscles
- Improve your mobility and posture
- Assist with smoking cessation
- Improve your quality of life and overall health

WHAT ACTIVITIES ARE AVAILABLE?

Healthwise offer a range of activities to suit all abilities. Your facilitator will help you select suitable classes.

Your physical activity programme may include some of the following:

- Gym-based supervised sessions
- Group exercise classes
- Healthy walks
- Water-based exercise
- Weight management classes
- Strength and balance classes

THE HEALTHWISE TEAM WILL HELP:

- Assess and monitor your progress
- Motivate and encourage you during your activity programme
- Advise you on how to exercise safely and with confidence
- Answer your questions

MEMBERSHIP

All successful referrals referred by a Health professional will be required to take out a subsidised membership at the beginning of their intervention. This will provide access to gym, swim & classes and gym-based supervised sessions at all Better leisure centres in the borough of Hammersmith and Fulham.

HOW TO REGISTER

If you are interested in Healthwise then please speak to your GP, Practice Nurse, or Social Prescribing Link Worker, who must refer you. If your GP is not registered with the scheme then please contact the Healthwise Coordinator at your local Better leisure centre. If your GP or nurse feel you may benefit from Healthwise they will need to complete a referral form and send it on to the Healthwise team. Healthwise will contact you to screen your referral further and if successful you will be signposted to the appropriate intervention with a Healthwise Facilitator.