

What is G.P. Referral?

The aim of the G.P. Referral scheme is to improve the health and wellbeing of the local population by providing opportunities for physical activity in a safe and supervised environment.

Stevenage Leisure Limited has been operating a G.P. Referral and Cardiac Rehabilitation scheme since 1998, the results have been outstanding.

Typical non-exercisers are now regularly enjoying the benefits of specially designed exercise programmes that take their health problems into account. Instructors are all Referral Programme Consultants (RPC)

What types of health problems are catered for?

The main groups targeted are those with one or more of the following:

- Heart Disease
- Osteo and Rheumatoid Arthritis
- Mental Health problems
- High blood pressure
- Obesity
- Parkinsons
- Muscular- skeletal problems
- Asthma
- Osteoporosis
- Diabetes
- High Cholesterol
- Stroke
- Multiple Sclerosis
- Back problems

The Lister Hospital and many G.P. Surgeries in the surrounding areas have joined the scheme in order to offer safe, effective exercise to their patients at greatly reduced cost. Using the expertise of the highly qualified instructors patients can enjoy the benefits of regular exercise.

What type of exercise is on offer?

There are many activities that are available for GP referrals at fitness@stevenage and at the Wellness Centre.

fitness@stevenage

- Gym sessions
- Cardiac Rehab
- Pilates
- Salsa Dancing
- Belly Dancing
- Extend
- Yoga
- Exercise to Music
- Line Dancing
- Badminton
- Salsacise
- Stroke Rehabilitation

wellness@stevenage - The Wellness Centre

- Tai Chi / Chi Kung
- Swimming
- Pilates
- Back Care Course
- Aquacise
- Yoga
- Kinesis

Your commitment

The aim is to encourage you to be responsible for your own health. You will be encouraged to attend regular physical activity sessions and follow the lifestyle advice given. The wide choice of classes and times available should make this easy for you.

What to wear

What to wear is only important in terms of comfort and suitability. Style does not matter. Loose comfortable clothing i.e. T-shirts, leggings, jogging bottoms and trainers are fine. There are changing rooms, shower facilities and lockers for your belongings, which is stored at your own risk

How can I join G.P. Referral?

Contact your Doctor or Medical Professional to ask if you can be referred to the Extra Care Scheme. If your G.P. does not have a Medical Clearance Form they are available at both the Sports Reception, Stevenage Arts & Leisure Centre and the Swimming Centre Reception, or we can send one to you in the post. Once your Medical Clearance Form has been signed, you need to contact the Wellness Manager to arrange your initial consultation.

Back Care Course

Back Care Courses are held regularly at the Wellness Centre. These sessions are specifically designed for people who have been diagnosed with non-specific lower back pain. Part physical, part educational, you will be taught how to improve 'core' muscles and posture. You will also learn how to improve your flexibility and given practical advice on how to perform every day functional activities that can cause pain if not performed correctly. You will be encouraged to take part in gentle physical activity that will be beneficial to your back problem and to learn relaxation techniques for pain management.

Stroke Rehabilitation

You will be able to attend Stroke Rehabilitation if you have been referred by the Physiotherapy Department at the Lister Hospital or from your GP.

At the time of your consultation suitability will be discussed as to what exercise will be best for you; the gym, Wellness Centre or the Stroke Rehabilitation circuit sessions. Depending on your ability it might be recommended that you attend the sessions with a carer.