Self-Referral Scheme – Public Guidance

1. Introduction

Huntingdonshire District Council (HDC) recognises the importance of people leading healthy and active lifestyles. It also recognises the unique position of the Council to enable and empower all individuals to be able to take part in positive activity through its various facilities, programmes and services offered by its in-house leisure provider arm 'One Leisure'.

2. What?

The Self-Referral Scheme is a 12-week prescribed gym programme designed by a qualified Physical Activity & Exercise Specialist (PAES) for individuals looking to improve their health and wellbeing:

- An individual completes an online application form to the best of their ability. Forms will be vetted by the Active Lifestyles team who will then approve or decline, based on set criteria. If denied, a recommendation to contact a Health Professional for a direct referral may be suggested due to the nature of an individual's health condition/s.
- A PAES will contact the client to arrange a consultation at the earliest convenient time. Each client will be seen as quickly as possible but can take up to 2-4 weeks depending on current waiting lists.
- At the consultation, the client's expectations are discussed alongside fitness assessments to ascertain baseline health metrics.
- The assigned PAES will prescribe an individual exercise routine for the client and conduct a full gym induction with them at their local One Leisure facility, ensuring they fully understand the exercise routine they are to follow and how to use the equipment safely and effectively.
- The client is permitted 12-weeks unlimited use of One Leisure, with three different options; Daytime, (off-peak = Monday – Friday during the day until 4.30pm and all weekend), Anytime, and All-In (gym, swim, off-peak classes and off-peak court hire).
- The PAES will have review appointments with the client at weeks 2, 6, 9 and 12. A final consultation is arranged to discover if there is any improvement in the client's condition and wellbeing.
- On completion of the referral period, the client can remain a member at One Leisure and is encouraged to continue exercising on a long-term basis. Offers to uptake an Active Lifestyles Platinum Monthly or Annual Membership are available, as well as continued support on the After Care scheme.

3. Eligibility

- All residents of Huntingdonshire, aged 18+, are eligible to one referral per condition. In certain instances, residents aged under 18 will be considered. Clients who have been a member of the gym within the last 2 years are not eligible; discretion may be applied depending on the reason for referral.
- Individuals with a long-term or specialist health condition need a direct referral from their registered Health Professional.
- The Scheme welcomes individuals with any of the target conditions that may benefit from controlled, regular exercise.
- Other medical conditions that may benefit from controlled exercise will be assessed on a case-by-case basis providing there are appropriately qualified staff. Where it is deemed no suitably qualified member of staff is available, referrals will be refused.

Target conditions:

- Hypertension (under 140/90)
- Musculoskeletal
- Mental health (e.g. depression/anxiety)
- Diabetes (including pre-diabetes)
- Inactivity
- Fibromyalgia
- Other (deemed to be 'low-risk')

4. How to apply

Individuals will sign up for the Self-Referral Scheme through completion of a Microsoft Form (electronic) which will be available online only. Exercise Self-Referral Scheme – Fill out form

The application will be reviewed by a member of the Active Lifestyles Team.

If a referral meets the criteria and is accepted, individuals will receive contact from a member of the Active Lifestyles team to book an initial appointment within 2 - 4 weeks of their application. If unsuccessful, individuals can still speak to their health professional and enquire about a direct referral.

Individuals who require additional support to complete the form:

- Is there someone else you can ask to help you to complete it?
- One Leisure Receptions – if you have no one else to ask then One Leisure Receptions may be able to assist; you may need to wait for assistance.

5. Cost

The programme will be as follows:

- Daytime option (Weekdays 06:30-16:30, anytime on weekends): £77.50
- Anytime option: £90.00
- All-In offer (gym, swim, fitness classes, off-peak court hire): £33.50 per month for 3 months and then will go onto the full price Active Lifestyles Platinum membership of £37.00 per month.

6. Duration

The Self-Referral Scheme will be for 12-weeks.

Following the end of the scheme, members can continue onto the Active Lifestyles Platinum Monthly Membership or Annual Membership. Continued support will be available through our After Care scheme, which offers a 30-minute review with a Physical Activity & Exercise Specialist for £10. Pay as you go options to use One Leisure will also be available.

Customers will only be 'eligible' for the Self-Referral Scheme once. If time has lapsed, they may be entitled to apply again depending on the situation – final decision to be made by the scheme Coordinator.

7. Practical Considerations

- Clients do not need special sports clothing. Comfortable walking shoes or trainers are adequate, along with loose fitting trousers and a t-shirt. Jeans are not permitted.
- All One Leisure users are advised to bring a drink with them whilst exercising.
- Inhalers and other medication should be left with the Fitness Consultant on duty for the duration of the exercise session.
- All One Leisure users are advised not to exercise if they are feeling unwell or are experiencing adverse reactions during or after their session.

8. Existing One Leisure Members

Participants who are applying for the Self-Referral Scheme must not have an existing One Leisure membership or within the last 18 months.

9. Centre Regulations

All 'Self-Referral Scheme' participants will be subject to the standard T&Cs Memberships.

10. Summary

Eligibility will be the final decision of the Programme Manager. HDC reserve the right to withdraw the 'Exercise Self-Referral' offer if false declaration is given or in the event of misuse. Membership is not transferable. Information is correct at the time of publication but as this is a new programme terms and conditions are subject to change.

11. Contact

For any further questions about our Self-Referral Scheme, please contact us at activelifestyles@huntingdonshire.gov.uk