

Physical Activity on Referral scheme in Somerset



Helping people living with
health conditions to become
more active in a safe and
structured environment

ProActive is the name for the Physical Activity on Referral scheme in Somerset. The scheme helps people living with health conditions to become more active in a safe and structured environment.



Becoming more physically active has many physical and mental health benefits, including:

- ✓ Improved heart and lung health
- ✓ Lowered risk of heart disease, stroke, and diabetes
- ✓ Weight management or weight loss
 - ✓ Lowered blood pressure
 - ✓ Improved fitness, including muscle strength and joint flexibility
 - ✓ Boosted mental health and overall feelings of wellbeing



Who is ProActive for?

To be referred into ProActive, an individual must be:

- ✓ Over 18 years of age
- ✓ Registered with a Somerset GP practice
- ✓ Ready and willing to make change
- ✓ Physically inactive (less than 150mins of activity a week)
- ✓ Diagnosed with one or more medical condition(s)
- ✓ Taking medication as prescribed
- ✓ Mobile enough to move safely and independently (one to one support is not available within ProActive)

What conditions does ProActive include?

ProActive can help a wide range of health conditions, such as:

- ✓ Joint replacements, low back pain, arthritis, osteoporosis
- ✓ Cardiovascular disease, angina, stroke, asthma, COPD, high blood pressure
- ✓ Mood disorders, anxiety, stress
- ✓ Dementia related conditions, MS, Parkinsons
- ✓ Type 1 and 2 diabetes, obesity

Other medical conditions may be included if deemed appropriate by the referring professional.



Who can refer?

The following professionals can refer into ProActive:

Health professionals

e.g. GPs, Physiotherapists, Podiatrists, Psychiatrists, Registered Nurses, Consultants Specialists, Occupational Therapists and Dieticians.

Fitness professionals (Level 4/Band 4)

e.g. Cardiac Rehabilitation Instructors, OTAGO/Postural Stability Instructors, Cancer Pre/Rehabilitation Instructors, NHS Rehabilitation Specialists.

Individuals should contact their GP Surgery to discuss whether ProActive is appropriate, if they are not currently seeing a health professional for their health condition(s).

What is involved?

The individual requests or is invited to join ProActive

A ProActive Physical Activity on Referral form is completed by a health professional and is sent to the chosen Leisure Provider (if undecided when the Referral Form is completed, ProActive will contact the individual to offer support)

The chosen Leisure Provider's Exercise Referral Co-ordinator contacts the individual to book an induction, where their appropriateness for exercise is assessed and a physical activity programme is written

The individual attends 12 weeks of physical activity (with a review at 6 weeks)

The individual completes 12 weeks, has their progress reviewed and their results shared back with the referring health professional. The individual discusses ongoing physical activity with the Exercise Referral Co-ordinator

The individual will be contacted by ProActive in the 12 months following completion of the programme



Who are the Leisure Providers?

Leisure Providers are located throughout Somerset and include leisure centres, free-lance Fitness Professionals and community groups that have been assessed and accredited by ProActive as appropriate for a range of participants and their health conditions.

A list of current leisure providers can be found at www.proactivesomerset.co.uk or by contacting ProActive using the details below.



Is there a cost?

- The ProActive Physical Activity on Referral scheme is not a free service.
- The cost to join is set by individual Leisure Providers and normally priced depending on what they have available to offer, such as a gym, swimming pool, exercise classes etc. It is, however, usually cheaper than a standard membership.
- For all costs associated with ProActive, please see the list of Leisure Providers at www.proactivesomerset.co.uk or contact ProActive using the details below.

Further information

Please visit the ProActive Physical Activity on Referral scheme website or contact us via the following:

Website: www.proactivesomerset.co.uk

Email: proactive@sasp.co.uk **Phone:** 01823 653990

The ProActive Physical Activity on Referral scheme is overseen by Somerset Activity and Sports Partnership

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