

Active Health Referral Pathway and Guidance

Introduction

The Active Health programme is a service provided by Brimhams Active Limited. This document provides information on the referral process and the eligibility criteria to join the programme.

Aim

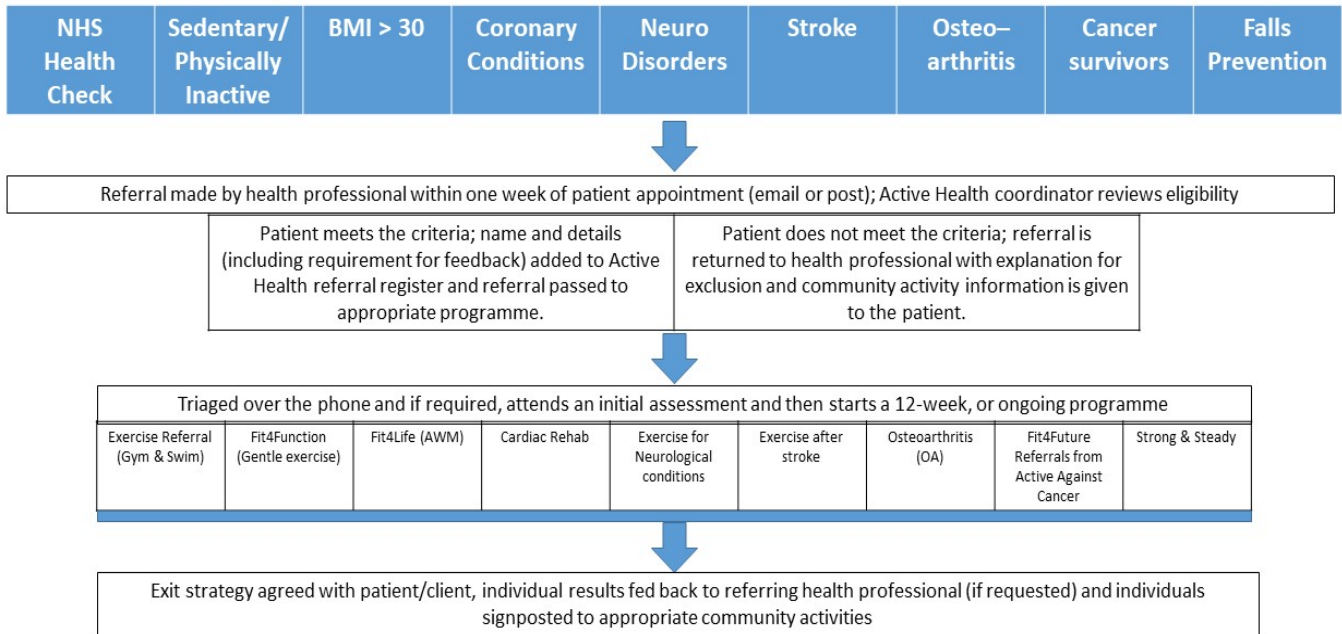
To deliver an evidence-based accessible service for adults over 18 years of age, who would benefit from a structured physical activity programme in a safe, supervised environment.

The programme supports people in making positive lifestyle changes, particularly those people who are physically inactive or have a limiting long-term medical condition. The Active Health programme promotes long-term participation in regular physical activity, utilising recognised motivational techniques to develop confidence and achieve results, thereby improving the individual's mental, social and physical wellbeing.

Referral Criteria

Eligible to access Active Health	Ineligibility/exclusion criteria
Sedentary or physically inactive (less than 30 minutes activity per week)	Unstable angina
Stable/controlled low-moderate risk health conditions	Unstable hypertension
Age 18+	Unstable diabetes
Living or working in the Harrogate district	Unstable moderate mental health condition
Post-physiotherapy musculoskeletal conditions, e.g. Knee, hip, ankle osteoarthritis	Severe mental health condition (E.g. Psychosis, Schizophrenia)
BMI \geq 30 without comorbidities, or with managed comorbidities (NHS or self-referred). N.B. Fit4Life Adult weight management only	Pregnant, post-natal prior to attending post-natal check, or breastfeeding
Controlled diabetes, types 1 and 2	BMI > 35 with significant, unmanaged comorbidities N.B. Fit4Life Adult weight management only
Mild to moderate mental health condition, e.g. stress, anxiety, depression.	Have has bariatric surgery in the past 2 years N.B. Fit4Life Adult weight management only
Severe coronary heart disease or early post-myocardial infarction/coronary artery bypass graft/angioplasty. N.B. Cardiac Rehabilitation classes only	
History of falls (injurious or non-injurious), fall in the past 6 months, feeling unsteady on feet, fear of falling, low bone density and/or family history of osteoporotic fracture. N.B. Strong & Steady falls prevention	

Active Health Referral Pathway



The Active Health coordinator or the relevant instructor will contact the referring health professional if further clarification or advice on any medical condition or medication is required.

Programme costs

Public Health-funded programmes (Fit4Life and Cardiac Rehab Phase 3) are free of charge to the participant.

Most sessions carry a nominal class charge, which can be on a 'pay as you go' basis or paid in advance.

For some programmes, the exit strategy may include the offer of a discounted concessionary membership for Brimhams Active.

The Exercise referral (gym and swim) programme involves a discounted concessionary Brimhams Active membership from the outset, which applies for the duration of the exercise referral period. Once the referral period comes to an end, individuals can take out a membership package that best suits their needs, at the normal price for that membership.

Please note that Brimhams Active introduce a charge increase on 1st April each year.

There is no cost implication for referral for the health professional.

For more information please contact the Active Health team:

Email; active.health@brimhamsactive.co.uk

Tel; 01423 500600 Extension 58206