

WHAT IS ON OFFER?

Participants will have use of all our leisure centre facilities:

- > **Gym** - personalised programme, 1-1 session, supervised gym sessions.
- > **Pool** - swimming, aqua classes and good boost sessions.
- > **Classes** - a range of group exercises classes such as: Pilates, dance classes, chair-based exercise, yoga.
- > **Multi-sport activities** - walking netball, walking football, bowls, boccia, table tennis, racquet sports.



- > **Health walks** - free instructor-led walks.
- > **Escape Pain** - group rehabilitation programme for those with chronic joint pain.
- > **Otago** - specific falls prevention group designed to improve mobility, strength, balance and prevent falls.
- > **Support, advice and guidance** - our staff are qualified to support patients suffering with health conditions to improve their health, well-being and quality of life through exercise and lifestyle changes.



CONTACT US

For any queries or support, please don't hesitate to contact the team:

Email: healthandfitness@barrowleisure.co.uk

Tel: 01229 871146

Barrow Park Leisure Centre, Greengate Street, Barrow-In-Furness LA13 9DT



Barrow Park
Leisure Centre
BARROW FORWARD



barrowleisure.co.uk

BEATS

Barrow's exercise & therapy scheme

Information
for health
professionals

WHAT IS BEATS?

Barrow Exercise and Therapy Scheme (BEATS) is designed for patients with long term medical conditions who would benefit from increasing their physical activity.

Health professionals can refer suitable patients to the scheme to take part in physical activity to gain greater control over their health by receiving flexible advice, support and training, tailored to the needs of the individual.



Putting community,
health and wellness first

AIMS OF THE PROGRAMME

- > To allow individuals who have a range of mild to moderate physical or mental health conditions to participate in a structured physical activity programme in a safe, supervised environment.
- > To improve participants' health, wellbeing and quality of life.
- > To raise awareness of the physical, psychological and social benefits of physical activity with individuals who are not normally physically active.
- > To educate participants on ways to overcome barriers so they can live a healthier, more active lifestyle.

REFERRAL INCLUSION CRITERIA



- > **Aged 16-plus.**
- > **Mild to moderate risk and controlled health conditions.**
- > **Sedentary or physically inactive.**
- > **Motivated to increase physical activity levels.**

For examples of mild to moderate and controlled health conditions please see url-tbc-www.beatsbarrow.co.uk

Please ensure that all contraindications to exercise are included in the referral form as not doing so could delay the start date for the referral as we will need to contact the GP for a rereferral regarding suitability to exercise.

REFERRAL EXCLUSION CRITERIA

This scheme is not appropriate for high-risk individuals with absolute contraindications to exercise. Clinical judgement will be important but usually individuals with the following criteria will not be suitable for referral:

- > Under 16 years of age (other activities available).
- > Undergoing investigations / awaiting test results.
- > Febrile illness.
- > BP > 180/100.
- > Active pericarditis or myocarditis.
- > Recent embolism.
- > Thrombophlebitis.
- > Uncontrolled / unstable diabetes, arrhythmia, tachycardia (upwards of 100 beats per min), symptomatic heart failure, asthma, angina or acute mental illness.

- > Have experienced or been diagnosed with a stroke, TIA or angina in the last three months.
- > Any medical condition that the BEATS instructor is not qualified to deal with.

Absolute contraindications are those that are non-negotiable. They are usually classified as absolute because the risk of injury or even death, far outweigh the benefits of exercise.

If you have a patient that does not fit these criteria, but you feel that they could benefit from taking part in our exercise referral scheme, please contact us and we can discuss whether it is an option.

MAKING A REFERRAL

We accept referrals from GPs and allied health professionals who:

- > Have knowledge of the patient's medical history, current health status and medication.
- > Can make a clinical judgement as to the suitability of the scheme for the patient.
- > Can provide the necessary information about the patient (e.g., address, telephone number, date of birth, blood pressure etc).



REFERRAL PROCESS



1. Refer through Strata
2. Instructor calls patient to share information on the scheme, the requirements and costs involved.
3. Instructor conducts welcome session with patients and recommends their appropriate exercise programme.
4. Commence 12-week activity with phone calls and reviews at weeks 2, 6 and 12.