



Q. What if I want to refer a patient but am unsure if they are appropriate for the programme?

A. Please contact the Coordinator if you have any concerns regarding a patient who may or may not be appropriate for the programme.

Q. What do I do once I complete a referral form?

A. Please post the relevant copy to the Leisure Centre or Healthy Living Centre of the patient's choice.

Q. How will I know I am a registered referrer?

A. Once you complete the required documentation and return to the Coordinator, you will receive a confirmation letter that you are now registered as a referrer and can refer patients to the Healthwise programme.

Q. Can patients be referred more than once?

A. Patients can be referred more than once to the programme but cannot be referred twice within one calendar year. There must also be a change in the patient's health status if they are to be referred to the programme again.

Q. Will I get any feedback on the patient's progress?

A. You will receive a feedback form on the patient's progress from the Physical Activity referral professional, after the patient completes the programme or if they drop out for any reason.

This publication is available in a range of alternative formats upon request.

The information on this leaflet was correct at time of going to print.

Belfast Healthwise venues

BCC/GLL Leisure Centres:

Could all referral forms for centres below please be sent to:
Girdwood Community Hub- 028 9521 7870
10 Girdwood Avenue, Belfast BT14 6EG

- Avoniel Leisure Centre
- Ballysillan Leisure Centre
- Belvoir Activity Centre
- Falls Leisure Centre
- Girdwood Community Hub
- Grove Leisure Centre
- Indoor Tennis Centre and Ozone complex
- Olympia Leisure Centre
- Shankill Leisure Centre
- Whiterock Leisure Centre

Healthy Living Centres

Maureen Sheehan Centre (West Belfast)- 028 9031 0346
106 Albert Street Belfast BT12 4HL
(forms sent directly to this address)

Shaftesbury Recreation Centre (South Belfast)- 028 9031 2377
97 Balfour Avenue
Belfast BT7 2EW

The Hanwood Centre (East Belfast, referral forms sent to Shaftesbury Recreation Centre)

Greater Village Regeneration Trust (GVRT, referral forms sent to Shaftesbury Recreation Centre)

South Eastern Trust Area

Lagan Valley Leisureplex	028 9267 2121
Grove Activity Centre.....	028 9267 1131
Kilmakee Activity Centre	028 9030 1545
Glenmore Activity Centre	028 9266 2830
Bangor Aurora Aquatic and Leisure Complex.....	028 9127 0271
Queens Leisure Complex, Holywood	028 9042 1234
Ards Leisure Centre,.....	028 9181 2837
Comber Leisure Centre	028 9187 4350
Down Leisure Centre	028 4461 3426
Newcastle Centre.....	028 4372 5034
Ballymote Sports & Wellbeing Centre.....	028 4461 2919
Penninsula Healthy Living Centre	028 4273 9021

More Information

For all Healthwise queries please contact the **Physical Activity Referral Coordinator**, Active Belfast, Belfast Health Development Unit, 9 Lanyon Place, Belfast, BT1 3LP.
Email activebelfast@bhdu.org or call **9050 2073**.



Physical Activity Referral Programme



Information for Health Professionals



www.makinglifebettertogether.com



What is Healthwise?

Healthwise is an Active Belfast initiative and is a tailored programme to change the behaviour of adults who are inactive.

It offers a range of Physical Activity opportunities to encourage adults to build Physical Activity into their everyday life for improved health and wellbeing.

Who can refer patients to the programme?

Any registered health professional can become a registered referrer and refer patients to the programme such as General Practitioner, Nurse, Physiotherapist and Occupational Therapist.

Health Professionals:

If you wish to refer patients to the Healthwise programme you must register as a referrer by contacting the Coordinator and completing and returning a Service Level Agreement. You will then receive a Referrers pack.

You must ensure that:

- Patients are appropriate for the programme and meet the criteria
- All referral forms are fully completed with the necessary information
- Physical Activity professionals are kept up-to-date on any changes to the patient's health status.



Who can be referred to the programme?

Patients who are currently inactive (less than 30 minutes of physical activity a week) 19 years of age or over, motivated to change behaviour and who suffer from one or more of the following conditions:

- Obesity with BMI >30
- BMI >25 with a risk factor for cardiovascular disease or any family history of cardiovascular disease
- Mild to moderate anxiety, stress, depression
- Associated risk factors for cardiovascular disease
- Hypertension >140/90mmhg but <180/100mmhg
- Diabetes.

Who will supervise patients during the programme?

All patients will be supervised for the duration of the programme based on their needs by a dedicated Physical Activity referral professional, who is qualified to a minimum of level III in exercise referral and a member of the Registry of Exercise Professionals (REPs).



The Chief Medical Officer's Physical Activity Guidelines for Adults are:

- 150 mins per week
- 30 mins x5 days per week

Chronic disease care pathways

There are a number of care pathways for patients who have specific chronic diseases such as cardiac, pulmonary, cancer or patients who have had a fall or are at risk of falling. For more information on chronic disease care pathways please contact the Coordinator.

Patients will have the opportunity to participate in a range of activities including;

- Gym sessions
- Walking
- Swimming
- Group based activities
- Cycling.



What are the benefits for patients?

Patients who have participated in the programme have reported benefits including;

- Reduction in weight/weight management
- Reduced blood pressure
- Reduction in stress and anxiety
- Improved Emotional Resilience
- Increased energy
- Improved strength, mobility, coordination and balance; and
- Improved health and wellbeing.