

What's on after the 12 week programme?

- The '**PHEW Scheme**' is an 8 week extension to the Healthwise scheme whereby clients receive half price casual entry to a Vitality gym of choice for 8 weeks.
- Take advantage of the variety of 'Vitality membership packages' on offer which include access to SIX fantastic leisure facilities. Membership packages include reduced rates for over 60's and those in receipt of specified benefits. Household memberships are also on offer at attractive and affordable rates.
- Access to step down programmes such as the Active Ageing group, outdoor walking and cycling groups, Couch to 5K Programme and Parkruns.

Contact details:

- If you would like more information regarding the Healthwise Physical Activity Referral Scheme please contact:

Gareth Coleman

Healthwise & Wellbeing Officer, Lisburn & Castlereagh City Council

Email: Gareth.Coleman@lisburncastlereagh.gov.uk **Telephone:** 028 9244 8004

Lisburn & Castlereagh City Council Healthwise Centres:

Billy Neill MBE Country Park	Peartree Hill, Belfast, BT16 1XA
Glenmore Com Activity Centre	43 Glenmore Park, Lisburn, BT27 4RT Telephone: 028 9266 2830 Email: glenmore@lisburncastlereagh.gov.uk
Grove Activity Centre	15 Ballinderry Park, Lisburn, BT28 1ST Telephone: 028 9267 1131 Email: grove@lisburncastlereagh.gov.uk
Kilmakee Activity Centre	52A Rowan Drive, Dunmurry, Belfast BT17 9QA Telephone: 028 9030 1545 Email: kilmakee@lisburncastlereagh.gov.uk
Lagan Valley LeisurePlex	18 Lisburn Leisure Park, Lisburn, BT28 1LP Telephone: 028 9267 2121 Email: leisureplex@lisburncastlereagh.gov.uk
Lough Moss Leisure Centre	Hillsborough Road, Carryduff, Belfast BT8 8HR Telephone: 028 9081 4884 Email: loughmoss@lisburncastlereagh.gov.uk



HealthWise
The physical activity
referral programme



What is Healthwise?

Healthwise is the regional Physical Activity Referral Scheme (PARS). On meeting the required criteria, your GP or health professional can refer you to your local leisure centre of choice to take part in the 12 week programme.

The aim of the programme is to encourage people to adapt a more active lifestyle.

The programme helps individuals manage and improve specific health conditions.

People of all abilities are encouraged to take part in the scheme which offers guidance and motivation to become physically active.

What will I get?

- Free 12 weeks membership at a leisure centre of your choice within the Lisburn & Castlereagh City Council area
- Full use of the Vitality gym at your location
- Group based Healthwise exercise classes specifically designed for referral clients
- Additional leisure centre classes are included
- Swimming pool access
- Seasonal Healthwise activities such as outdoor walks and outdoor cycling.



*Due to COVID-19, adaptations to this programme may be required, however a suitable programme will be delivered to each referral.

What to expect during the 12 weeks:

Once a referral has been received a Healthwise Officer will phone you and book your 1-1 initial consultation.

Initial Consultation:

- Meet your Healthwise & Wellbeing Officer
- Health and wellbeing assessment is carried out
- Body composition assessment takes place which includes recording height, weight, BMI, blood pressure, resting heart rate etc.
- Opportunity to set personal goals
- Signpost to Healthwise supervised weekly group sessions, giving you the opportunity of weekly support from your assigned Healthwise & Wellbeing Officer
- Gym induction and tailored gym programme to meet your needs
- Tour of the facility
- Book in for 4 week 1-1 review

4 Week Review:

- 1-1 chat with your Healthwise & Wellbeing Officer
- Health and wellbeing assessment review
- Review goals
- Book in for 8 week 1-1 review

8 Week Review:

- 1-1 chat with your Healthwise & Wellbeing Officer
- Health and wellbeing assessment review
- Review goals
- Information given regarding Vitality membership options post 12 weeks
- Book in for 12 week 1-1 review

12 Week Review:

- A review of the referral programme
- Health and wellbeing assessment
- Body composition assessment which includes recording height, weight, BMI, blood pressure, resting heart rate etc.
- Sign post to step down activities to remain physically active

