

HOW TO GET REFERRED

Contact your GP or health professional and get referred to Shaftesbury or our outreach centres Dee Street, Hanwood, and Short Strand. Take this great opportunity to change and join our centre and become stronger and healthier. We are waiting for you!

FOR MORE INFORMATION CONTACT:

Health & Fitness team @ Shaftesbury Recreation Centre

E: fitness@lorag.org or T: 028 9031 2377

CONTINUING YOUR HEALTH & WELLBEING JOURNEY

THE SHAFTESBURY HEALTHY LIVING CENTRE OFFERS A WIDE RANGE OF ACTIVITIES. WHY NOT CONTINUE YOUR ACTIVE FITNESS JOURNEY WITH US OR AT ONE OF OUR OUTREACH CENTRES:

- Shaftesbury Community Recreational Centre
97 Balfour Avenue, BT7 2EW T: 028 9031 2377
- Hanwood Community Centre
Kinross Avenue, BT5 7GE T: 028 9041 1970
- Dee Street Community Centre
12 - 16 Dee Street, BT4 1FT T: 028 9045 8113
- Short Strand Community Centre
26A Beechfield Street, BT5 4EQ T: 028 9045 0720

TAKE ADVANTAGE OF EVERYTHING THESE CENTRES OFFER
MONTHLY GYM & CLASS MEMBERSHIP, OR PAY AS YOU GO



97 Balfour Avenue, Belfast, BT7 2EW
T: 028 9031 2377 E: fitness@lorag.org



SHAFTESBURY
COMMUNITY RECREATION CENTRE



HEALTHWISE PHYSICAL ACTIVITY REFERRAL SCHEME (PARS)

Healthwise is a free 12 week local physical activity referral scheme designed for individuals over the age of 19 who have health related conditions and would benefit from becoming more active.

The programme is open to all ability levels and with encouragement from our specialist level 3 coaches, it offers a fantastic opportunity to improve your health and wellbeing.

Simply ask your GP or another registered health professional to refer you to Shaftesbury's Healthwise (PARS) programme.



WHO CAN JOIN THE PHYSICAL ACTIVITY REFERRAL SCHEME?

CLIENTS MUST BE 19 YEARS OR OVER AND INACTIVE AND MOTIVATED TO CHANGE. IN ADDITION ONLY THE CLIENTS WHO FIT WITHIN THE FOLLOWING CRITERIA ARE ELIGIBLE:

- Obese (**a BMI of $\geq 25\text{kg/m}^2$ and $< 40\text{kg/m}^2$**) and one or more of below:
- Hypertension
- Hyperlipidaemia
- Impaired glucose levels or diabetes
- Family history of heart disease
- Asthma, bronchitis or COPD
- Musculoskeletal conditions
- Mild or moderate mental health conditions.

WHEN YOUR REFERRAL IS RECEIVED, OUR COACHES WILL CONTACT YOU AND BOOK YOUR CONSULTATION.

WHAT TO EXPECT?

INITIAL CONSULTATION

- Meet Healthwise Coach
- Health Assessment, BMI & Blood Pressure Checks
- Choice of Healthwise Activities, Gym, Classes and Groups all FREE for 12 weeks
- Gym Induction and Programme
- Coach Contact and Updates

4 & 8 WEEK REVIEWS

- Catch-up with a Coach
- Review Goal Setting
- Update Programme
- Health & Fitness Advice

ON COMPLETION

- Health Assessment, BMI & Blood Pressure Checks
- Step Down Programmes, Class & Membership information



SHAFTESBURY HLC HEALTHWISE MEMBERS BENEFIT FROM THESE SERVICES WE OFFER:

- A Client Centered Approach
- 10 Varied Fitness Classes
- 1-1 Programmes from a Level 3 Specialist Coach
- Zumba Classes
- Yoga Sessions
- Pilates Sessions
- Walking Groups
- Outreach Classes
- Strength, Mobility and Balance Classes
- Green Gyms
- Social Sports Mornings
- Older and Active Group

**FREE
FOR
12 WEEKS**

 **SHAFTESBURY**
COMMUNITY RECREATION CENTRE

