

What do the programmes consist of?

Participants of the programmes complete a pre-exercise session where a full assessment is carried out. This includes a health screen, questionnaires collection and further information about the programme.

The leisure centre programmes are partly based in the gym using the extensive equipment available e.g. bikes, treadmills, rowing machines, as well as a circuit programme in the studio, consisting of a warm-up, different circuit stations designed for both upper and lower limb exercise, and a cool down period.

Each participant is given an individual programme that is specific to them and will contain a mixture of aerobic and resistance exercise. All the programmes are designed to be a stepping stone back to physical activity, informal and fun.

Discounted gym membership on completion of any of the programmes is available to participants in line with other exercise referral schemes run by Bristol City Council.



Join Now!

How to refer?

Participants can be referred by their medical professional or by a self-referral form (if necessary we will liaise with their GP). All referrals need to be made using the referral form found here: www.bristol.gov.uk/energise

They can be made by any of the following:

- GPs
- Consultants and other hospital-based doctors
- Nurses, including Cancer Nurse Specialists
- State Registered Chartered Physiotherapists

Contact us by post

Alistair Macfarlane, Energise Referral Scheme,
Easton Leisure Centre, Easton, Bristol, BS5 0SW

Contact us via phone

07825 033 741

If you require this document in a more accessible format such as large print, Braille or a community language, please contact NGS Macmillan Wellbeing Centre on 0117 4147051 or email alistairmacfarlane@everyoneactive.com

Prices are correct at time of print.



Everyone Active manages these facilities in partnership with Bristol City Council.

www.everyoneactive.com

EA7751

30 mins activity
5 days a week

everyone ACTIVE
Feel better for it



Bristol Energise
Exercise Based Cancer Rehab
Information Leaflet

30 mins activity
5 days a week

www.everyoneactive.com

everyone ACTIVE
Feel better for it

Bristol Energise Information Leaflet

Energise is an innovative new exercise referral programme specifically for people who have been affected by cancer.

It is a partnership project between Avon, Somerset and Wiltshire Cancer Network, Bristol City Council, North Bristol NHS Trust and Sports and Leisure Management Limited.

The programmes are carried out by either Chartered Physiotherapists, CanRehab or Wright Foundation trained Exercise Instructors.

30
mins
activity
5
days a
week



About the programmes

12 week community programme

Delivered by exercised based cancer rehabilitation instructors.

Easton Leisure Centre

Thrissell Street, Easton, Bristol BS5 0SW
on **Thursdays 12.45-1.45pm**

Henbury Leisure Centre

Avonmouth Way, Henbury, Bristol BS10 7NG
on **Fridays 7-8pm**

Horfield Leisure Centre

Dorian Road, Horfield, Bristol BS7 0XW
on **Tuesdays 11am-12pm**

Everyone Active Stadium

Davis Lane, Clevedon BS21 6TG
on **Tuesdays 3-4pm**

Cost: £3 per session.

What are the benefits of the programme?

The programmes aim to introduce participants to the benefits of physical activity to help recovery from the affects of cancer treatments.

- A safe, supported and motivating environment to being to start exercising
- Gradual introduction to a regular manageable exercise routine, tailored to the needs of each participant
- Improve physical strength, mobility, function and quality of life
- Peer support

Who are the programmes suitable for?

Anyone aged 16 years or over, who is ready to exercise at any stage pre, during or after cancer treatment such as surgery, chemotherapy and/or radiotherapy and is deemed by the referrer to have a stable condition.

People who are receiving maintenance cancer treatments such as hormone therapy are suitable for inclusion.

Non-cancer conditions not suitable for referral include:

- Acute respiratory disease
- Unstable angina
- Unstable diabetes
- Acute heart failure
- Pregnancy
- Hypertension (systolic 160 and above, diastolic 100 and above)
- Tachycardia – resting HR >100

everyone
ACTIVE
Feel better for it