Where the scheme runs:

Bristol’s Exercise Referral Scheme runs at the following venues

- **Brunel Fitness Centre**: Speedwell Road, Speedwell, Bristol BS15 1NU Tel: 0845 094 9354
- **Centre for Sport, Exercise and Health**: University of Bristol, Tyndalls Avenue, Bristol BS8 1TP Tel: 0117 331 1159
- **Easton Leisure Centre**: Thrissell Street, Easton, Bristol BS5 0SW Tel: 0117 903 8000
- **Greenway Centre**: Doncaster Road, Southmead, Bristol, BS10 5PY Tel: 0117 950 3335
- **Henbury Leisure Centre**: Avonmouth Way, Henbury, Bristol BS10 7NG Tel: 0117 353 2555
- **Hengrove Park Leisure Centre**: Boulevard Way, Hengrove, Bristol BS14 0JZ Tel: 0117 309 8200
- **Horfield Leisure Centre**: Dorian Road, Horfield, Bristol BS7 0XW Tel: 0117 353 2540
- **Kingsdown Leisure Centre**: Portland Street, Kingsdown, Bristol BS2 8HL Tel: 0117 942 6582
- **Merchants Academy Sports Centre**: Molesworth Drive, Withywood, Bristol BS13 9BL Tel: 0117 377 2294
- **The Park Health and Fitness Suite**: Daventry Road, Knowle, Bristol BS4 1QD Tel: 0117 377 3382

**Exercise Buddy Scheme**

It is possible for you to bring a friend or family member along to exercise with you for the same reduced entry fee.

If you require this document in a more accessible format such as large print, Braille, easy read or a community language, please contact the Referral Scheme Co-ordinator on 0117 922 4719.

**For general information please contact 0117 922 4719**

[website: www.bristol.gov.uk/activechoices](http://www.bristol.gov.uk/activechoices)

How can Bristol’s Exercise Referral Scheme help you?

In partnership with Bristol’s Sports and Leisure Centres
What is Bristol’s Exercise Referral Scheme?
The scheme offers you support in developing an activity routine to help improve your health. The specially trained instructors understand which exercises are safe and appropriate for people with a range of health conditions. Bristol City Council run the scheme and it is supported by a number of leisure centres across the city.

What the scheme involves
Participants on the scheme have an induction with an Exercise Referral Qualified Instructor. Participants receive a 12 week plan of physical activity that is appropriate to their ability, and are supervised and supported throughout the 12 week scheme. Once the 12 weeks have been completed the instructor provides different options to participants to help them to continue being regularly active.

Benefits of being active
Being active can have immediate benefits such as improved mood, but also offers long term changes such as weight management, lower blood pressure and increased lung capacity.

People who take part in regular physical activity can reduce their risk of developing certain health conditions and may have:

- Up to a 35% lower risk of coronary heart disease and stroke
- Up to a 50% lower risk of type 2 diabetes
- Up to a 20% lower risk of breast cancer
- Up to a 30% lower risk of dementia
(NHS Choices 2013)

What conditions allow me access to the scheme?
- Falls prevention
- Mild asthma
- Mild skeletal and muscular injuries
- Weight control
- Joint problems including Arthritis and back care
- Neurological problems including Stroke, Parkinson’s and Multiple Sclerosis
- Dementia
- Mild Depression, Depression/Anxiety
- Controlled Diabetes
- Mild and moderate Hypertension
- Mild respiratory problems

If you have a condition that is not listed but feel that you may benefit from supported physical activity, please contact the Referral Co-ordinator on 0117 922 4719

What activities can I do?
Sessions are mainly based in the gym but some centres also offer Swimming, Balance (Falls Prevention), simple circuits and Tai Chi.

The Referral Scheme is not free.
Cost and activities vary at each centre so please ensure that you are happy with the cost and provision at your chosen centre before submitting your referral form. Please call the centre for more information or visit the Active Choices website.

What do I do next?
Take this leaflet to your health professional (GP, Practice Nurse, Physiotherapist or Hospital Consultant) and ask them if they think the scheme is suitable for you. If they agree they will send a referral form directly to the centre of your choice (see back page for centre details). You will then be contacted by the centre’s Referral Instructor.

www.bristol.gov.uk/activechoices