



BRACKNELL LEISURE CENTRE HEALTH &
WELLBEING PHYSICAL ACTIVITY SERVICE

PUT "YOU" FIRST... SHAPE THE ACTIVITY AND SUPPORT "YOU" NEED

Ask your GP, Social Prescriber, Health Care Professional, Children Services, School Nurse, Adult Services, Midwife & various community partners today for a referral.

PUTTING **EVERYONE** IN CONTROL OF THEIR HEALTH

Bracknell Leisure Centre
Bagshot Road,
Bracknell, RG12 9SE





Those in receipt of the below get the service free for 6 months:

- Income Support
- Job Seekers Allowance
- Pension Credit
- Housing benefit
- Universal Credit
- Council Tax Benefit
- Employment Support Allowance
- Disability Allowance

Those not in receipt of any listed exemptions will be able to access three 1-2-1 sessions FREE and then will pay a discounted rate of £34.48 per month at Bracknell Leisure Centre.

Medium risk – Reduced class access based on instructor recommendation, swim, gym, and/or small group.

- Stage one hypertension (medication controlled)
- Osteoporosis
- Physical disabilities (no other risk factors)
- Neurological problems including Stroke, Parkinson's and Multiple Sclerosis (stable)
- Depression/anxiety (moderate)
- Controlled diabetes type 1 or type 2
- COPD (without ventilatory limitation)
- Chronic fatigue syndrome
- Fibromyalgia
- Moderate RA/OA
- Early symptomatic HIV

Referral inclusions include:

Low risk – Access to everything in centre, all classes, swim etc.

- Overweight (BMI > 25) with no other conditions
- Type 2 diabetes (diet controlled)
- Osteoarthritis
- High normal blood pressure
- Mild depression, anxiety and stress
- Mild asthma
- Mild skeletal and muscular injuries.
- Seropositive HIV
- Hypercholesterolemia
- Hyper/hypothyroidism

High risk – Just Level 4 specific classes, swim and supervised gym sessions only.

- Hypertension: Systolic 180 and above – Diastolic 110 and above
- Recent stroke (within 3 months)
- Individuals at high risk of falls
- Claudication
- COPD/Emphysema (with ventilatory limitation)
- Severe OA or RA
- Advanced diabetes (type 1 or 2)
- Psychiatric illness/cognitive impairment/dementia