**Exercise Referral Programme Consultation**

To be delivered to adults who are inactive and have an existing condition that exercise can improve the management of. The current inclusion criteria for the programme is as follows:

The individual is currently inactive (participating in less than 30 minutes of physical activity per week) and has at least one of the following:

* Hypertension
* Type 2 diabetes
* Respiratory conditions (including COPD and asthma)
* Muscular-skeletal injury
* Mild / moderate depression or anxiety
* Body mass index (BMI) 30kg / m2

Fusion Lifestyle (FL) will deliver the following sessions. Each of the courses last for 12 weeks. Each course is held on a rolling basis, to enable each person referred by their GP to attend at any time and to avoid waiting until the start of a new course.

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| **NAME OF THE PROGRAMME** | **ABOUT THE PROGRAMME** | **LOCATION** | **NORMAL COST PER SESSION** | **PROPOSED DISCOUNTED COST PER SESSION** |
| Gym programme | This provides a supervised introduction to physical activity.  Depending on the health demands, will determine the amount of one to one sessions available. Various sessions are available each week. Each session is for a minimum of 30 minutes. | Southend Leisure and Tennis Centre (SLTC)  Shoeburyness Leisure Centre (SLC)  Chase Sports and Fitness Centre (CSFC) | £8.70 SLTC  £7.65 SLC  £7.65 CSFC | £2.00 |
| Swimming programme | Swimming takes some of the impact stress off the body, whilst building endurance, muscle strength and cardiovascular fitness. This takes place during any public swimming session. There is no set time period for a session. | Southend Leisure and Tennis Centre (SLTC)  Shoeburyness Leisure Centre (SLC)  Belfairs Swim Centre (BSC) | £5.50 SLTC  £4.70 SLC  £4.70 BSC | £2.00 |
| Water therapy course | A form of aerobic endurance and resistance training. Low intensity, using the aid of water for resistance and stability. 10am every Tuesday. Each session is for 50 minutes. | Belfairs Swim Centre | £7.65 | £2.00 |
| Water therapy course | A form of aerobic endurance and resistance training. Low intensity, using the aid of water for resistance and stability. 10am every Thursday. Each session is for 50 minutes. | Belfairs Swim Centre | £7.65 | £2.00 |
| Pulmonary course | Low intensity circuit which focuses on the use of large muscle groups to move at a steady, rhythmic pace. This type of exercise works the lungs, to improve endurance. This helps the body use oxygen more efficiently and with time can improve breathing. 1pm every Tuesday. Each session is for one hour. | Southend Leisure and Tennis Centre | £8.70 | £2.00 |
| Cardiac phase 4 beginners course | Aimed at people referred from phase three of cardia rehabilitation. After the 12 weeks FL will liaise with the hospital to decide on whether the person should attend the intermediate course. FL are aiming to start in late January, every Monday. Each session is for 90 minutes. | Southend Leisure and Tennis Centre | £8.70 | £2.00 |
| Cardiac phase 4 intermediate rehabilitation course | A low intensity circuit based class. A programme designed to improve cardiovascular health. 12:15pm every Friday. Each session will be for 90 minutes. | Southend Leisure and Tennis Centre | £8.70 | £2.00 |
| Pain management course | Includes a combination of therapies, to focus on back pain. The sessions provide continuation from physiotherapy at the hospital. Fusion Lifestyle are aiming to start this in April 2020. Each session will be for one hour. | Southend Leisure and Tennis Centre | £8.70 | £2.00 |

We would like your feedback on the above programme. Please take a few minutes to answer the questions below:

What other courses you would like to see provided at the leisure centres? ………………………………………………………………………………………………………

Is £2 per session a reasonable fee?

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Please provide any other comments you have on the programme?

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Please return your feedback to, [kevinread@southend.gov.uk](mailto:kevinread@southend.gov.uk) by Monday 20 January.