

COVID-19 questions

Are you or your household self-isolating?

Yes No

Have you or anyone in your household experienced symptoms in the last 14 days

i.e. fever, cough, shortness of breath, chest pain, loss of taste and/or smell?

Yes No

Are you or any of your household at risk i.e.

- ▶ have an underlying health condition/clinically vulnerable (moderate risk)
- ▶ considered clinically extremely vulnerable (high risk)
- ▶ Other risk factors - age, gender, ethnic background (Black, Asian or other minority ethnic)
www.nhs.uk/conditions/coronavirus-covid-19/people-at-higher-risk/whos-at-higher-risk-from-coronavirus/

Yes No

Have you returned to the UK in the last 14 days?

Yes No

If yes, have you travelled from a country on the 'travel corridor' list

www.gov.uk/guidance/coronavirus-covid-19-travel-corridors#countries-and-territories-with-no-self-isolation-requirement-on-arrival-in-england

Yes No

Have you or your household been in contact with anyone who is currently self isolating, experiencing symptoms or has returned to the UK from a country outside of the 'travel corridor' list?

Yes No



What is the HealthWorks referral scheme?

The physical activity referral scheme (often initially 12 weeks) is designed to provide opportunities for people to improve their health and become more active. It is facilitated by the team based at the Places Leisure Eastleigh Health Hub (also operating from Wildern Leisure Centre, Hedge End). This is an NHS-endorsed Accredited Scheme.

To access the scheme, the person to be referred must be over the age of 16 and:

- ▶ have an existing medical condition that could be improved by being more physically active (e.g. mental health, cancer or neurological/pulmonary/cardiac)
- ▶ live a 'sedentary' or physically inactive lifestyle
- ▶ are at risk of Coronary Heart Disease (e.g. high blood pressure, high cholesterol, diabetes, obesity)
- ▶ Those with the following are not suitable for referral:
 - ▶ Unstable angina
 - ▶ Unstable hypertension
 - ▶ Unstable diabetes
 - ▶ Unstable/severe mental health problem
- ▶ Early post cardiac event (myocardial infarction/ coronary artery bypass graft/angioplasty), prior to completing Phase III Cardiac Rehabilitation.

How much does it cost?

Your first appointment, follow up appointments and design of your programme are free services.

The use of leisure facilities are not free of charge, but HealthWorks service users receive a discounted rate for activities that fall under the scheme. Activities include, gym access, swimming and low intensity classes.

What's the process?

Your first appointment can take anywhere between 30 to 60 minutes at either Places Leisure Eastleigh or Wildern Leisure Centre. You will meet with a member of the team to go through a pre-exercise questionnaire and discuss the different activities available.

The team will work with you to set realistic goals and work through an action plan. If the gym is something you would like to try, we'll set you up with a personalised programme and taking into account your medical conditions and reason for referral.

Throughout the programme you will have access to ongoing support and receive follow-ups/reviews at e.g. six and 12 weeks.

Once you have completed your initial period you can remain on the scheme for a further year as a graduate user, with ongoing support from the team.

Once you've completed and sent in this form, please contact us to arrange your initial consultation, please call 07469 377643 or email healthworks@eastleigh.gov.uk



Name of client

Date of birth

Address

Telephone number

Date

Reason for self - referral (please select all that apply)

Hypertension

Asthma/respiratory

Mental health

Arthritis

Diabetes

Pre-op/post-op

Neurological

Osteoporosis

Obesity

High cholesterol

Joint pain/injury

Other

Sedentary

Cancer rehab

Cardiac rehab

Current medications

Is there any other medical history we should know about?

Patient consent: I am aged 16 or over and there is no known reason why I should not take part in an exercise programme. I have read and understood the self-referral criteria and I can confirm that I meet this. I understand that I am undertaking this programme of my own accord and must inform HealthWorks of any changes to health or medical conditions while under the scheme.

Name

Signature

Please note: HealthWorks instructors reserve the right to refuse to accept any patient whom they feel do not meet the criteria or are unqualified to support. In certain circumstances a referral from a medical professional may be needed before starting on the programme.

