

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



Your health professional has given you this referral as a way of improving your health through physical activity. It is positive action you can take to improve your own health and take control of your life.

The HealthWorks 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.

The aim of the regular structured physical activity is to help you:

- ▶ Strengthen your heart
- ▶ Improve your circulation
- ▶ Lower your blood pressure and cholesterol levels
- ▶ Control your weight
- ▶ Decrease your risk of developing or help with the management of chronic conditions such as heart disease, stroke, type 2 diabetes and some cancers
- ▶ Reduce stress and increase self-confidence

What do I do now?

Get in touch with us to arrange your initial consultation.
Call 07469 377643 or email healthworks@eastleigh.gov.uk

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 HealthWorks 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.

