

Referral Information for Health Care Professionals



What is Step into Health?

Step into Health is a programme to help you get more active to benefit your health. If you meet the required criteria, your GP or health care professional can refer you to your local leisure centre where you will receive advice and support from a trained exercise professional.

Step into Health is funded by the Public Health Agency and delivered in partnership with Newry and Mourne District Council. It is designed for people with health-related conditions that may benefit from regular exercise, under the guidance of qualified exercise professionals.

We know that taking part in regular physical activity has many health benefits and can help to reduce the likelihood and even delay of some diseases. We also know that people need support and encouragement to help them take the first steps to becoming more active, more often. This is what Step into Health provides.

Who can join Step into Health?

Anyone aged 16 and over who currently meets one or more of the following criteria:

Overweight or Obese

BMI greater than 25 and with another co-morbidity/CHD risk factors or BMI greater than 30, without co-morbidities

Mental Health

Mild/Moderate stable conditions such as stress, depression or anxiety.

Hypertension

Hypertension – Mild/moderate stable raised blood pressure

Type 2 Diabetes

Mild/moderate stable type 2 diabetes

Phase IV Cardiac Rehabilitation

For patients/clients exiting SHSCT phase 3 programme. (This option will be available from Summer 2014).

What can exercise do for me?

Taking part regularly in physical activity has been shown to:

- Make you feel more confident and energetic
- Reduce the risk of heart disease
- Lower blood pressure and cholesterol levels
- Reduce the risk of developing some cancers
- Reduce the risk of developing and help to manage type 2 diabetes
- Help prevent or reduce osteoporosis
- Help control weight
- Promote mental well-being
- Help the management of painful conditions

What does Step into Health include?

Step into Health is an 8 week fully supervised physical activity programme involving a combination of indoor and outdoor activities tailored to an individual's needs.

GPs and other health care professionals will assess clients' suitability to join the programme and send completed referral forms to the PARPs Coordinator, Rodney Hanna (based at Newry Sports Centre). Rodney will then contact individuals to arrange a suitable time to meet to discuss enrolling onto the 8 week programme. Before the programme starts, all individuals will have a pre-exercise assessment undertaken by the PARPs Coordinator to record blood pressure, weight, flexibility, body mass index and body fat percentage. Individuals will also discuss and agree personal goals before starting a personalised exercise programme.

After that, it's up to you to stay with your exercise programme and enjoy the positive benefits that being active brings.

How much will it cost?

The scheme will cost £20 for the 16 classes over the 8 weeks. A concessionary rate of £10 subject is available to patients who are aged 60 and over, or in receipt of DLA. Having completed the programme you will also be eligible for concessionary rates for gym membership.

Contact

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