

bpl

community health



Helping you
feel good inside
and out!

The Long-Term Exercise/Cardiac Rehabilitation programme are just two of the Exercise Referral programmes on offer at your local Your Space Leisure facility. Whatever your circumstances, we aim to improve your health, increase your activity levels, and boost your confidence whilst having fun and meeting new friends.



Your journey to a healthier lifestyle

The Long-Term Exercise Referral programme helps promote regular exercise, a healthier lifestyle and can help with a wide range of health conditions.

If you can say YES to one or more of the following conditions or feel you have a sedentary lifestyle, we may be able to help you get active:

- Rheumatoid Arthritis
- Stress
- Depression
- Anxiety
- Diabetes Mellitus Type I
- Diabetes Mellitus Type II
- Hypertension
- Hypercholesterolemia
- CHD
- Angina
- Osteoporosis
- Joint Replacement
- Obesity
- COPD
- Simple Mechanical Back Pain
- Fibromyalgia
- Heart Failure (Stable)
- Controlled Asthma
- Stroke

Upon receiving your referral, you will be invited to a 1-2-1 appointment with our Referral Co-ordinator at your local Your Space leisure facility, who will put together an exercise programme specific to your ability. With the guidance of the Referral Coordinator, you will be able to access our state of the art fitness suite, specialised fitness classes and swimming sessions.

The referral programme includes:

- A 12-week exercise programme-tailored around your health-related condition
- Our highly qualified staff will offer support and guidance
- The consultation and first session are free of charge
- A discounted membership rate with no contract is required.



You can access this scheme by speaking with your health care professional at your local surgery or self-refer at bpl.org.uk/community-health via community health or scan the QR Code to complete our referral enquiry.

For further information please contact your doctor's surgery or one of our Exercise Referral Coordinator:

Your Space Retford Leisure Centre
retfordreferrals@bpl.org.uk
01777 706500

Your Space Worksop Leisure Centre
worksopreferrals@bpl.org.uk
01909 473937

Your Space Bircotes Leisure Centre
bircotesreferrals@bpl.org.uk
01302 743979

bpl.org.uk/community-health

your space
to feel good

NHS
Bassetlaw
Clinical Commissioning Group

