



Be Active + Exercise Referral Scheme

A physical activity programme for individuals with long-term health conditions and those at risk of developing a condition.

For more information call 0121 728 7030

What is Be Active +?

Would you like to gain the benefits of a more active lifestyle? If you have a mild to moderate health condition, Be Active + is a great way to start!

- Be Active + is a 12-week programme of physical activity that will give you a helping start and a chance to improve your health and wellbeing.
- You'll find a supportive environment with qualified exercise professionals who will provide you with the skills and knowledge to help you become more active.
- They will work with you to design an appropriate physical activity programme to meet your personal needs and goals.
- Choose from a variety of different activities at your local leisure facility to take part in.
- Available to individuals aged 14 and over, who are registered with a Birmingham GP and are eligible for referral.
- At every stage you will work at your own pace and within your capabilities. As you become fitter and improve, your activity programme will be adjusted to help you progress.
- Be Active + is free to access. During the Be Active + programme, you will also have free off-peak access into Leisure Centres and will be able to attend all Be Active sessions (subject to availability).

Be Active + leisure facilities

Be Active + is open to Birmingham residents and patients who are registered with a Birmingham surgery who are eligible for referral. Patients will be invited to attend a Be Active + programme at a local venue. These include:

- Cocks Moors Woods Leisure Centre
- Erdington Leisure Centre
- Fox Hollies Leisure Centre
- Handsworth Wellbeing Centre
- Kingstanding Wellbeing Centre
- Nechells Wellbeing Centre
- Saltley Wellbeing Centre
- Stechford Leisure Centre
- Shard End Wellbeing Centre
- Small Heath Wellbeing Centre

How to join Be Active +

- 1) Ask your GP surgery for a referral to the Be Active + scheme. A GP or Practice Nurse will complete the Be Active + referral form on your behalf and send to the Be Active + scheme.
- 2) Once Be Active + have processed your referral and made sure it is the right scheme for you, an exercise professional will contact you by phone for an informal chat and to arrange your first induction session.
- 3) Your first one-to-one induction session will take place at one of the Be Active + venues with a qualified exercise professional. This will be a chance for them to ask you about your current activity levels, your experience of activity, and your current goals, availability and preferences for activity. You will also receive a tour of the venue if you are not familiar with it.
- 4) You and the exercise professional will agree an activity programme specifically tailored to you. During the programme you will have off peak access to Leisure Centres and will be able to attend all Be Active sessions. There is a wide range of activities on offer such as gym, swimming, walking, group fitness, badminton, table tennis, and 50+ Be Active classes.

- 5) As you make improvements, the exercise professionals will work with you to adapt your programme and help you improve.
- 6) Your GP/Practice Nurse will receive information on your progress at the end of the programme.