SHEFFIELD PHYSICAL ACTIVITY REFERRAL SCHEME

Our service is for physically inactive people, or people that want to get more active, with a range of health conditions and disabilities, who need support to become more physically active. Our qualified, experienced and supportive staff help people develop a personal activity plan aimed at improving their quality of life. People have a range of activity options across Sheffield that are local to them. When at our venues people will receive discounted access to activities such as swimming, fitness classes and the gym, as well as 1-1 support to make the most of their time in the venue.

SHOULD REFER

You can refer anybody above 16 years old that is physically inactive AND/OR living with the following long term conditions:

- Hypercholesterolemia
- Asthma
- Hypertension
- Chronic Obstructive Pulmonary Disease
- Anxiety and Depression
- Diabetes Type I and II
- Cancer
- Overweight/Obesity BMI > 25
- Osteoporosis
- Chronic Musculoskeletal Conditions (including OA, RA, back pain, joint replacements)
- Other Long Term Health Condition

For patients with stable cardiac conditions, post cardiac surgery or event such as stroke and heart attack (Please complete a BACPR Form in place of this form)

SHOULDN’T REFER

People who have the following conditions are not suitable for the exercise referral scheme and should be signposted to appropriate medical professionals for initial support and review:

- Unstable angina
- Systolic Blood Pressure >180mmHg
- Diastolic blood pressure >100mmHg
- Resting tachycardia > 100 bpm
- Uncontrolled Atrial or Ventricular arrhythmias
- Acute heart failure
- Uncontrolled diabetes
- Febrile illness
- Patients who have suffered a cardiac event and have not completed a Phase III cardiac rehabilitation programme must be six months post event

HOW DO YOU REFER

Referral is simple, just follow the below steps:

1. Provide the person with the choice of venue to attend (these are overleaf)
2. Fill in the Sheffield Physical Activity Referral Form which forms part of the pack you have received
3. Send this to the nominated service and/or venue with a Medical History

Our Partners

Sheffield Physical Activity Referral Scheme
Proud to be part of www.movemoresheffield.com - Sheffield’s plan to be the UK’s most active City by 2020
The Venues

Physical Activity Referral Team (all venues)
Email: hayleymills@pfpleisure.org

Graves Tennis and Leisure Centre
Bochum Parkway, S8 8JR
Tel: 0114 283 9900

Wisewood Sports Centre
Laird Road, S6 4BS
Tel: 0114 233 5457

Thorncliffe Health & Leisure Centre
Pack Horse Lane, High Green, S35 3HY

Physical Activity Referral Team (all venues)
Email: exercisereferral@sivltd.com
Tel: 0114 257 4426

Ponds Forge International Sports Centre
Sheaf Street, S1 2BP

Hillsborough Leisure Centre
Beulah Road, S6 2AN

Concord Sports Centre
Shiregreen Lane, S5 6AE

Springs Leisure Centre
East Bank Road, S2 2AL

Heeley Pool
Broadfield Road, S8 0XQ

Physical Activity Referral Team
Email: jean.kirby@zestcommunity.co.uk
Tel: 0114 270 2040 ext 125
Fax: 0114 399 8004

The Zest Centre
18 Upperthorpe, S6 3NA

Physical Activity Referral Team
Email: Activeeveryday@shu.ac.uk
Tel: 0114 225 5645

Active Everyday
Collegiate Crescent, S10 2BP

Sheffield Physical Activity Referral Scheme
Proud to be part of www.movemoresheffield.com - Sheffield’s plan to be the UK’s most active City by 2020
**PERSONAL INFORMATION**

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<thead>
<tr>
<th>Name:</th>
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<tr>
<td>Date of Birth:</td>
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<td>Home (Tel):</td>
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<td>Mobile (Tel):</td>
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<td>Work (Tel):</td>
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<td>E-mail:</td>
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<tr>
<td>Address:</td>
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<tr>
<td>Post Code:</td>
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<tr>
<td>Date of Referral:</td>
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**GP DETAILS**

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<tr>
<th>GP's name:</th>
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<tr>
<td>Practice:</td>
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<td>Telephone:</td>
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<td>E-mail:</td>
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<td>Address:</td>
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<td>Post Code:</td>
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**REFERRING HEALTH CARE PROFESSIONAL’S DETAILS:***

<table>
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<th>Name:</th>
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<td>Job Title/Role:</td>
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<tr>
<td>Address:</td>
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<tr>
<td>Post Code:</td>
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<td>Reason for Referral:</td>
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**MEDICAL CONDITIONS (PLEASE TICK)**

- [ ] Patient is stable
- [ ] Previous MI/or cardiac condition**
  (Please complete a BACPR Form in place of this form)
- [ ] Living with/recovering from cancer
  (refer to Active Everyday)
- [ ] Coronary Heart Disease Risk Factors
- [ ] Asthma
- [ ] Hypertension
- [ ] Anxiety and Depression
- [ ] Chronic Obstructive Pulmonary Disease
- [ ] Diabetes Type I and II
- [ ] Overweight/Obesity BMI > 25
- [ ] Osteoporosis
- [ ] Chronic MSK pain
  (including OA, RA, back pain, joint replacements)
- [ ] Chronic Neurological Disease (e.g. CVA, MS, Parkinsons)
- [ ] Physically Inactive
- [ ] Any other long term condition (Please specify):

- [ ] Any other disabilities or additional needs
  (Including language needs) (Please specify):

**Referrer’s Signature:**

**Referrers Name Print:**

**Date:**

Sheffield Physical Activity Referral Scheme

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Physical Activity Referral Team (all venues)
Email: hayleymills@pfpleasure.org

Please tick chosen venue:

Exercise Referral Team
- **Graves Tennis and Leisure Centre**
  Bochum Parkway, S8 8JR
  Tel: 0114 283 9900

Exercise Referral Team
- **Wisewood Sports Centre**
  Laird Road, S6 4BS
  Tel: 0114 233 5457

Exercise Referral Team
- **Thorncliffe Health & Leisure Centre**
  Pack Horse Lane, High Green, S35 3HY

This is a new venue opening Spring 2016.
Please send all referrals to:
Graves Tennis and Leisure Centre,
Bochum Parkway, S8 8JR. Tel: 0114 283 9900

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Physical Activity Referral Team (all venues)
Email: jean.kirby@zestcommunity.co.uk
Tel: 0114 270 2040 ext 125
Fax: 0114 399 8004

Please tick chosen venue:
- **The Zest Centre**
  18 Upperthorpe, Sheffield, S6 3NA

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Physical Activity Referral Team (all venues)
Please send all referrals to:
Concord Sports Centre
Shiregreen Lane, S5 6AE
Email: exercisereferral@sivltd.com
Tel: 0114 257 4426

Please tick chosen venue:
- **Ponds Forge International Sports Centre**
- **Hillsborough Leisure Centre**
- **Concord Sports Centre**
- **Springs Leisure Centre**
- **Heeley Pool**

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Physical Activity Referral Team
Email: Activeeveryday@shu.ac.uk
Tel: 0114 225 5645

Please tick chosen venue:
- **Active Everyday**
  Collegiate Crescent, S10 2BP

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