

Northamptonshire Activity on Referral Scheme Patient Information Leaflet



What is Activity on Referral AOR?

The Northamptonshire AOR scheme offers exercise sessions tailored to your individual needs and is offered at various venues across the county.

How long is the scheme?

Activity on Referral is your introduction to exercise and lasts 12 weeks under the supervision of a GP Referral trained exercise professional. Over the course of the programme you are encouraged to build up your weekly activity levels by attending at least 2 - 3 sessions each week, complimented by exercise on your own, (e.g.: walking, gardening etc.)

How much support will I get?

The AOR exercise professionals have specifically been trained to work with people with the health conditions and will know how your condition will be affected by exercise and what exercise you can do or should avoid. They will provide ongoing support until you are confident to exercise safely and independently.

How much will it cost?

There is a cost to participate in the scheme but it less than the normal sessional fee or membership prices. Costs vary from venue to venue. For the list of site charges please visit: www.exercisecanhelp.com The cost of the scheme must be paid directly to the venue on your first session. Unfortunately there are no further discounts offered. The cost is the same regardless of age, employment status etc.

What will I need to wear and what shall I bring to the sessions?

Please wear trainers and comfortable clothing – for example tracksuit bottoms or other loose trousers and no denim for gym / class based sessions. Please take along any relevant medication as well as your completed AOR Referral Form.

I am really unfit, will the scheme be suitable for me?

The exercise professionals are trained to work with people who have health conditions similar to you, and will encourage you to work at a level suitable for your health and fitness level whilst still motivating you.

What if I need someone to come with me?

Some sites run an 'AOR Buddy' scheme permitting you to be accompanied by a friend or family member every step of the way. They can attend the facility on the AOR membership fee as well, and have access to the facility only when you are present. Please check with the site if this is applicable in the consultation.

If you have selected a site that does not run the AOR Buddy scheme, then it is still fine to bring someone along with you to support you if you wish. This may be applicable to non-English speaking participants or people with carers. This person will not need to pay but cannot use any of the equipment.

What activities does the scheme include?

Activities on offer include: Gym based exercises such as weights and use of the cardiovascular machines (eg: treadmill, steppers, rower) a range of group exercise classes, swimming and water wellbeing classes, depending on the facilities available.

What happens when I finish?

At week 12, you will hopefully have gained the confidence, knowledge, motivation and skills to exercise independently without the support of the AOR exercise professional. To continue with the benefits of exercise you should participate in at least 150 minutes of moderate intensity exercise a week. At your final consultation, you will be provided with other activities you should continue with to maintain and develop your exercise levels.

You will also be given the opportunity to take out a membership at a discounted rate. This will be discussed with you towards the end of your programme.

What will I learn by participating in the scheme? During the sessions you will learn how physical exercise can positively affect your physical health and mental wellbeing. You will have the opportunity to meet new people, understand your body's needs and hopefully enjoy yourself.

How do I get started?

Contact your preferred AOR site listed below. Inform them that you have been referred on to the scheme by your GP or Practice Nurse and would to make an appointment for your initial consultation with one of the AOR exercise professionals.

Activity on Referral Sites

Lodge Park Sports Centre , Shetland Way, CORBY NN17 2SG	01536 464643
Corby East Midlands International Swimming Pool , George Street CORBY NN17 1QG	01536 464643
Brook Weston Fitness , Brook Weston Academy, Coomb Rd, Great Oakley CORBY NN18 8LA	01536 397003
Reach for Health , 16 High March, DAVENTRY NN12 4HB	01327 871118
Daventry Leisure Centre , Lodge Road, DAVENTRY NN11 4FP	01327 871144
The Pemberton Centre , H.E. Bates Way, RUSHDEN NN10 9Y	01933 350324
Imperial Court , Duck Street, RUSHDEN NN10 6RY	01933 315116
Manor Sports Centre , Mountbatten Way, RAUNDS NN9 6PA	01933 461459
The Nene Centre , Cedar Drive, THRAPSTON NN14 4JY	01832 734090
Montsaye Community Sports Centre , Greening Road ROTHWELL NN14 6BB	01536 713708
The Mounts Baths , Upper Mounts NORTHAMPTON NN1 3DN	01604 838333
Lings Forum Sport Centre , Billing Brook Road, Weston Favell NORTHAMPTON NN3 8UR	01604 838333
Danes Camp Leisure Centre , Clannell Road, Hunsbury NORTHAMPTON NN4 0RX	01604 838333
Pump Gyms Northampton , 3 Kingsfield Business Park, Gladstone Road NORTHAMPTON NN5 7PP	01604 753425
Fitness Without Boundaries , Lodge Farm Community Centre, Crestwood Rd, NORTHAMPTON NN3 8JJ	01604 452750
Brackley Leisure Centre , Springfield Way BRACKLEY NN13 6JT	01280 701787
Towcester Leisure Centre , Springfields TOWCESTER NN12 6UW	01327 322480
Redwell Leisure Centre , Barnwell Road WELLINGBOROUGH NN8 5LP	01933 402045

To attend the scheme you must be referred by a **health professional** at your registered medical practice and you must have received a completed AOR Referral Form to accompany this leaflet.

For more information contact: Jackie Browne, Northamptonshire Sport
AOR@northamptonshiresport.org