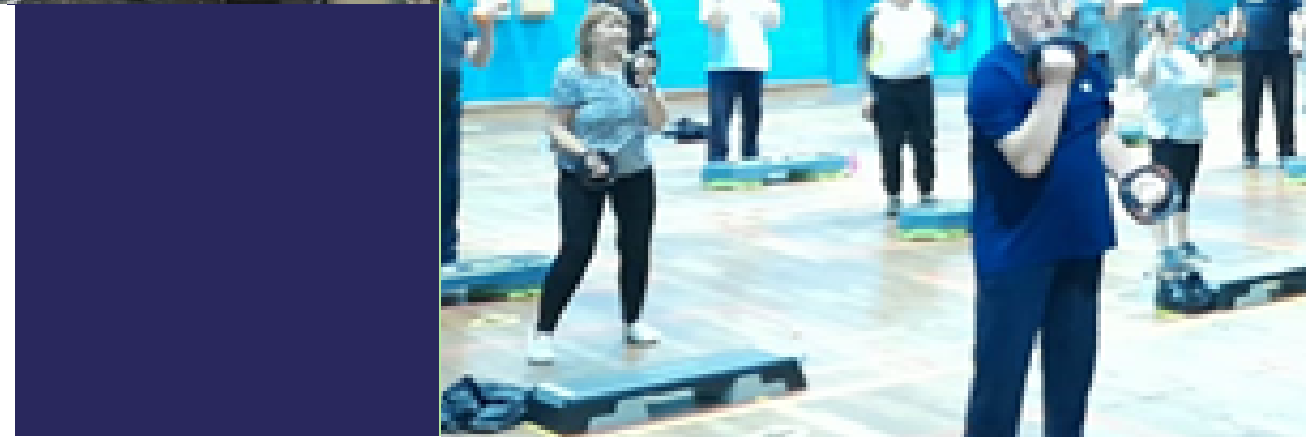




Hyndburn
Leisure

Health & Wellbeing Service Update

November 2021



Active Lifestyles Physical Activity Programme



Active Lifestyle is a Pennine wide Physical Activity 12 week programme supporting people aged 16 or over to make long-term lifestyle changes through increased physical activity

Active Lifestyle Referrals are managed through a central triage hub for all localities across East Lancashire

Referrals will receive an initial health triage and physical activity assessment by our qualified and experienced physical activity advisor followed by;

- Tailored programme of activity options , bespoke to specific needs and abilities.
- Access to Gym, swim, low level exercise classes including circuit, aqua, chair based and ladies only FeelGood suite
- Set personal goals to meet short and long term achievements.
- Continuous journey support and reviews from our specialist team.



This programme is part of the **Free** support for 1,000 Hyndburn residents who feel their health has been most affected by the pandemic and meet the inclusion criteria.
Funded through HBC Community Champions funding.

Inclusion Criteria

16 year or over

inactive with one or more long term health condition(s)

Referral Pathway

EMIS

'Up & Active' referral form and email
info@upandactive.co.uk

or

Up and Active referral form and email
info@upandactive.co.uk

Self Referral

info@upandactive.co.uk
01254 588197

Example Active Lifestyles 12 Week Programme



Active Lifestyle Programme Supervised Gym Sessions Hyndburn Leisure Centre

Day	Start	Finish
Monday to Thursday	9:00am	11:00am
	3:00pm	7:00pm

Mercer Hall Leisure Centre

Day	Start	Finish
Thursday	3:30pm	4:30pm

Up and Active Programme Gym Opening times Hyndburn Leisure Centre

Day	Open	Close
Monday to Friday	6:30am	9:30pm
Saturday & Sunday	8:00am	5:00pm

Mercer Hall Leisure Centre

Day	Open	Close
Monday to Friday	6:30am	12 noon
Monday to Thursday	3:30pm	8:30pm
Saturday	8:00am	1:00pm

Swimming is available at Hyndburn Leisure Centre, refer to Swim Programme for session times
www.hyndburnleisure.co.uk
All activity sessions must be pre booked, bookings can be made online at www.hyndburnleisure.co.uk ,
at reception or over the phone 01254 385945
If you would like to join the Healthy Weights Programme speak to member of our team to get started.

01254 385945 ext. 209 activelives@hyndburnleisure.co.uk www.hyndburnleisure.co.uk



Class Timetable

Day	Class	Start	Finish	Where	Level	Programme
Mon	Circuit	7:30am	8:15am	HLC STU1	**	UA
Mon	Circuit	9:45am	10:45am	BMH	*	AL / UA
Mon	Cardiac Circuit	11:00am	12 noon	HLC STU1	*	AL
Mon	Aqua Jog	11:30am	12 noon	HLC Pool	**	AL / UA
Mon	Circuit	1:15pm	2:15pm	HLC STU1	*	AL / UA
Mon	Fitness Yoga	6:30pm	7:15pm	HLC STU1	**	UA
Tue	Health Walk	10:30am	11:00am	HLC Front Door	*	AL / UA
Tue	Circuit	11am	12 noon	HLC STU1	*	AL / UA
Tue	Aqua Jog	11:30am	12 noon	HLC Pool	**	AL / UA
Tue	FeelGood	12:30pm	2pm	HLC FG	*	AL / UA
Tue	Postural Stability / Chair Based	1:15pm	2pm	HLC STU1	*	AL / UA
Wed	Circuit	1:15pm	2:15pm	HLC STU1	*	AL
Thur	Cardiac Circuit	10am	11am	BMH	*	AL / UA
Thur	Beg Aqua Jog	11:30am	12 noon	HLC Pool	*	AL / UA
Thur	Circuit	11:30am	12:30pm	HLC STU1	**	AL / UA
Thur	FeelGood	12:30pm	2pm	HLC FG	*	AL
Thur	Circuit	3:15pm	4:15pm	HLC STU1	*	AL / UA
Fri	Circuit	10:45am	11:45am	HLC STU1	*	AL / UA

Level - *Low / **Medium
HLC – Hyndburn Leisure Centre / BMH – Bank Mill House Leisure Centre / FG – FeelGood Suite / Stu – Studio
AL- Active Lifestyle / UA Up & Active

Circuit/Cardiac Circuit: Low impact, low intensity, circuit exercise class. This class is specifically designed to ensure it is suitable for all, allowing you to go at your own pace and adjust the exercises to suit your own fitness level.

Postural Stability/ Chair Based: A mix of low impact cardio & resistance chair based exercise class that aids with strength, conditioning and flexibility, to help you regain your confidence, prevent the likelihood of falls and also improve your psychological wellbeing. Ideal for those people suffering from conditions such as Parkinson's and MS is suitable for wheel chair user.

Fitness Yoga: A mind and body programme set to music which promotes strength, flexibility, concentration and relaxation and overall wellbeing & Fitness.

Aqua Jog : Running, jogging, and walking in the pool water will not only strengthen the legs and the hips, but will also maintain and develop better cardiovascular fitness and burn unwanted calories. (Note: This session is instructed & buoyancy belts are free to use)

Feel Good Suite: Ladies only Toning tables, tone up, improve strength, feel great and look fantastic. The equipment has been designed so that it can be used by everybody, irrespective of age, mobility, weight or fitness level.

Health Walk: Short easy paced walk starting at Hyndburn Leisure centre and finishing at Antley Methodist church.

01254 385945 ext. 209 activelives@hyndburnleisure.co.uk www.hyndburnleisure.co.uk

Healthy Weight & Nutrition Programme

Healthy Weight commissioned Tier 2 service

Free Healthy Weight and Nutrition programme for adults 18 years and over with a BMI >30 to 45

The Healthy Weight programme is supported by the NHS 12 Week Weight Loss App, which is designed under the British Dietetics Association BDA; to help lose and maintain sustainable weight loss.

The programme offers positive advice to eat more healthily, avoiding ineffective diets, identify feasible and enjoyable ways to stay active and provides solutions for obstacles in managing body weight.

What to expect:

- Initial assessment and goal setting.
- Choice of support available to suit individuals requirements.
- 12 week support from our Health & Wellbeing team.
- Continued support available after the 12 week programme.
- Sessions available at various locations across Hyndburn.

Inclusion Criteria

18 year and over

BMI >30 to 45

Consideration will be given to patients outside this criteria

Referral Pathway

EMIS

'Up & Active' referral form email

info@upandactive.co.uk

Or

Patients can self refer

Email :

activelives@hyndburnleisure.co.uk

Tel: 01254 385945 ext 209

FREE HEALTHY WEIGHTS PROGRAMME

HYNDBURN LEISURE CENTRE
MONDAY, 9:30AM - 10AM

HYNDBURN LEISURE CENTRE
WEDNESDAY, 5:30PM - 6PM

MERCER HALL LEISURE CENTRE
THURSDAY, 4PM - 4:30PM

OSWALDTWISTLE LIBRARY
TUESDAY, 10AM - 10:30AM

BANK MILL CENTRE
THURSDAY, 11AM - 11:30AM



**Scan here
for more
information!**



Or contact the team using the details below



01254 385945 ext.209



activelives@hyndburnleisure.co.uk



**Fantastic feedback from two of our
participants who joined our Healthy Weights
programme in August 2021**

**"I have achieved losing 18lb in just 5 weeks!
I now feel like I can move more and I have more energy.
My back muscles are stronger and I can walk without my
walking aid."**

**"Wow , I've lost 11lb in just 4 weeks. I feel happier in
myself and I find it easier to move after attending
FeelGood and Aqua Jog sessions."**

Up & Active Physical Activity Programme

Up and Active is for anyone who is **inactive** with **no long term** health condition with an interest in being more active and are not eligible for the revised more targeted Active Lifestyle programme.

Included in the 12 week programme:

- Support from exercise specialists
- Gym induction
- Unlimited access to Gym, swimming, low Level exercise classes including Chair Base & Aqua Jog
- Access to My Wellness App, Up and Active on demand exercise classes and Healthy Weight support

Inclusion Criteria

16 year or over
inactive

Referral Pathway

Self Referral

activelives@hyndburnleisure.co.uk
01254 385945

This subsidised programme is also offered to all participants who complete the Active Lifestyle / Cardiac Rehabilitation 12 week programme

Cardiac Rehabilitation



What is Cardiac Rehabilitation?

It is an activity/exercise that will help you increase your fitness, general health, improve confidence and gain protective benefits to help reduce the risk of you suffering a cardiac event.

Cardiac rehabilitation is a lifelong commitment to improve your health and wellbeing.

Expected Outcomes

Our Cardiac rehabilitation programme is aimed to support rehabilitation of individuals back into their normal everyday lives and empower them to effectively manage their own health conditions effectively.

This will aid a reduction in the number of individuals who are re-admitted into hospital through poor management of their condition.

Cardiac Rehabilitation Programme

Phase IV Cardiac Rehabilitation is a 12 week programme of exercise and education, offering sessions which aim to help patients with vascular disease or those who are at high risk of developing it, such as heart attack, heart failure, heart surgery, stroke, angina or diabetes.

This is a Subsidised programme.

Our sessions are designed to improve lifestyle and promote a healthier heart. All sessions are delivered by our experienced BACPR qualified instructors.

Participants will have access to the following;

- 12 week Cardiac Phase IV education programme
- Low Level Cardiac Circuit
- Supervised Cardiac Gym Sessions
- Swimming

Referrals can be made by Cardiac Rehab and Heart Failure Nursing Team

cardiac@hyndburnleisure.co.uk :01254 385945 ext.209

Contact Information

Hyndburn Team Email : activelives@hyndburnleisure.co.uk

Telephone : 01254 385945 ext 209

Website : <https://www.hyndburnleisure.co.uk/up-active/>

