



Q. What if I want to refer a patient but am unsure if they are appropriate for the programme?

A. Please contact the Coordinator if you have any concerns regarding a patient who may or may not be appropriate for the programme.

Q. What do I do once I complete a referral form?

A. Please post the relevant copy to the Leisure Centre or Healthy Living Centre of the patient's choice.

Q. How will I know I am a registered referrer?

A. Once you complete the required documentation and return to the Coordinator, you will receive a confirmation letter that you are now registered as a referrer and can refer patients to the Healthwise programme.

Q. Can patients be referred more than once?

A. Patients can be referred more than once to the programme but cannot be referred twice within one calendar year. There must also be a change in the patient's health status if they are to be referred to the programme again.

Q. Will I get any feedback on the patient's progress?

A. You will receive a feedback form on the patient's progress from the Physical Activity referral professional, after the patient completes the programme or if they drop out for any reason.

This publication is available in a range of alternative formats upon request.

The information on this leaflet was correct at time of going to print.

Healthwise Venues

Physical Activity opportunities are based on facilities available at each centre.

Andersonstown Leisure Centre
☎ 9521 1048

Ardoyne and Shankill Healthy Living Centre
☎ 9075 6638

Avoniel Leisure Centre
☎ 9521 1068

Ballysillan Leisure Centre
☎ 9521 3645

Belvoir Activity Centre
☎ 9064 2174

Falls Leisure Centre
☎ 9521 3665

Grove Wellbeing Centre
☎ 9521 3685

Lough Moss Centre
☎ 9081 4884

Maureen Sheehan Healthy Living Centre
☎ 9031 0346

Olympia Leisure Centre
☎ 9521 3725

Ozone / Tennis Centre
☎ 9521 3705

Shaftesbury Recreation Centre
☎ 9031 2377

Shankill Leisure Centre
☎ 9521 3745

Whiterock Leisure Centre
☎ 9521 3775

More Information

For all Healthwise queries please contact the **Physical Activity Referral Coordinator**, Active Belfast, Belfast Health Development Unit, 9 Lanyon Place, Belfast, BT1 3LP. Email activebelfast@bhdu.org or call **9050 2073**.



Physical Activity Referral Programme



Information for Health Professionals





What is Healthwise?

Healthwise is an Active Belfast initiative and is a tailored programme to change the behaviour of adults who are inactive.

It offers a range of Physical Activity opportunities to encourage adults to build Physical Activity into their everyday life for improved health and wellbeing.

Who can refer patients to the programme?

Any registered health professional can become a registered referrer and refer patients to the programme such as General Practitioner, Nurse, Physiotherapist and Occupational Therapist.

Health Professionals:

If you wish to refer patients to the Healthwise programme you must register as a referrer by contacting the Coordinator and completing and returning a Service Level Agreement. You will then receive a Referrers pack.

You must ensure that:

- Patients are appropriate for the programme and meet the criteria
- All referral forms are fully completed with the necessary information
- Physical Activity professionals are kept up-to-date on any changes to the patient's health status.



Who can be referred to the programme?

Patients who are currently inactive (less than 30 minutes of physical activity a week) 19 years of age or over, motivated to change behaviour and who suffer from one or more of the following conditions:

- Obesity with BMI >30
- BMI >25 with a risk factor for cardiovascular disease or any family history of cardiovascular disease.
- Mild to moderate anxiety, stress, depression
- Associated risk factors for cardiovascular disease
- Hypertension >140/90mmhg but <180/100mmhg
- Diabetes.

Who will supervise patients during the programme?

All patients will be supervised for the duration of the programme based on their needs by a dedicated Physical Activity referral professional, who is qualified to a minimum of level III in exercise referral and a member of the Registry of Exercise Professionals (REPs).



The Chief Medical Officer's Physical Activity Guidelines for Adults are:

- 150 mins per week
- 30 mins x5 days per week

Chronic disease care pathways

There are a number of care pathways for patients who have specific chronic diseases such as cardiac, pulmonary, cancer or patients who have had a fall or are at risk of falling. For more information on chronic disease care pathways please contact the Coordinator.

Patients will have the opportunity to participate in a range of activities including;

- Gym sessions
- Walking
- Swimming
- Group based activities.



What are the benefits for patients?

Patients who have participated in the programme have reported benefits including;

- Reduction in weight/ weight management
- Reduced blood pressure
- Reduction in stress and anxiety
- Improved Emotional Resilience
- Increased energy
- Improved strength, mobility, coordination and balance; and
- Improved health and wellbeing.