

Health Referral Scheme

The Health Referral Scheme is a 12-week programme aimed at helping people with low risk medical conditions manage and improve their health through physical activity. Physical activity can have an extremely positive impact upon physical and mental health as well as reducing risk factors for disease.

The scheme is available at all BPL centre's in Barnsley where patients will be monitored and supported by our Health Referral Advisors. Once we have received a referral patients will be contacted by their chosen centre to arrange a free consultation where we will discuss the programme and take baseline measurements to allow us to evaluate the impact the scheme has had upon their health. There are two options available to attend their sessions; they may either attend scheduled gym only sessions costing £3 per session, or take out our reduced rate Health Referral Scheme membership which starts at £17.99 to £24.50 per month depending which centre they wish to attend. At week 12 patients will then attend their completion consultation where we will retake their measurements to see how the scheme has impacted upon their health and discuss their options to continue to exercise under the supervision and support of our fitness staff.

Should you require any further information I would be happy to meet to discuss the scheme further.

Regards

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Health Referral Scheme Co-ordinator

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