

Inclusion Criteria

Patient *can be* referred and attend sessions supervised by Level 3 GP Referral qualified advisors. All conditions must be diagnosed as stable and mild in severity.

All patients must be aged 16+ and present one of the following conditions;

- **Cancer (Remission)**
- **Controlled Asthma**
- **Controlled Type II Diabetes**
- **Fibromyalgia**
- **Hypercholesterolemia**
- **Hypertension (130-139 / 85-89 and not medication controlled)**
- **Mild Cognitive Impairment (MCI)**
- **Mild Depression / Anxiety**
- **Mild Osteoarthritis**
- **Mild Osteoporosis**
- **Mild Rheumatoid Arthritis**
- **Obesity (BMI 30+)**
- **Pre & Post Operation**
- **Pregnancy**
- **Simple Mechanical Back Pain**
- **Stress**

Exclusion Criteria

Patient *cannot* be referred

Any patients presenting any of the below conditions are excluded from the scheme;

- **3 or more inclusion criteria**
- **High hypertension (180/100 mmHg) or uncontrolled hypertension**
- **Uncontrolled diabetes I or II**
- **Severe or poorly controlled asthma**
- **Chronic muscle, joint or bone conditions that greatly impede mobility or require physiotherapist treatment**
- **Unstable or severe mental health state**
- **Patients who in the Healthcare Professionals opinion are not medically fit to undertake an exercise programme**

How to refer

Referral into the scheme can be made through the following;

- Referral by healthcare professional by post, online or secure email
- Self-Referral by post or online

By post: Health Referral Scheme, Metrodome Leisure Complex, Queens Road, Barnsley, S71 1AN
Secure email: bpl.hrs@nhs.net
Online: www.bpl.org.uk/community-health