

Barnsley Premier Leisure (BPL) Frequently asked Questions (FaQ's)

Who are BPL?

BPL (Barnsley Premier Leisure) are a not-for-profit charitable trust who manage leisure facilities in Barnsley and Bassetlaw along with health & fitness clubs in Pontefract and Mansfield. We currently deliver successful exercise interventions for people with medical conditions in Barnsley and Bassetlaw, and have developed strong relationships with NHS service providers to help patients manage and control their health and wellbeing through physical activity.

What is the referral criteria for the Get Fit First Exercise Programme?

Patients must meet all the criteria to be eligible:

- Patients with a BMI 30+ who require non-elective surgery
- Adults 18 years and above
- Patients want to be referred and are motivated to lose weight
- Patients are able to attend for 12 weeks including weekly weigh in's and exercise sessions

What are patients entitled to under the Get Fit First Exercise Programme?

Patients are entitled to free unlimited usage of all BPL facilities, including gym, group exercise classes and swimming at:

- Dearneside Leisure Centre (Goldthorpe)
- Dorothy Hyman Sports Centre (Cudworth) - No swimming
- Hoyland Leisure Centre
- Metrodome Leisure Complex (Town Centre)
- Royston Leisure Centre

How can patients be referred to BPL Get Fit First Exercise Programme?

GP's are required to complete the BPL referral form which is available on clinical systems. The referral form can then be sent securely to BPL directly via email to bpl.hrs@nhs.net

What happens next?

Patients will be contacted within 3 working days to make an appointment to attend their initial consultation with an advisor at the BPL centre of their choice. Their initial consultation will consist of taking baseline measurements of BP, resting heart rate, height, weight, BMI and waist circumference as well as recording levels of alcohol intake, smoking status, stress level, current activity level and number of visits to their GP within the past 6 months. These measures are used to help us evaluate the impact the programme has had upon a patients overall health and to demonstrate long term lifestyle changes. Following their initial consultation, patients will then

receive a personalised exercise programme which will be delivered through a 1:1 gym induction. Patients then attend the programme for 12 weeks when measurements will be retaken to determine the impact the scheme has had upon their health.

What support will a patient receive?

Patients will receive 1:1 consultations prior to commencing the programme, at week 6 and upon completion of the 12 weeks. We recognise that the more motivated a patient is the more likely they are to achieve their goals, therefore our Health Referral Advisors will have regular contact with patients through weekly weigh in sessions, 1:1 consultations and the opportunity to attend exercise sessions where our advisors will be present to offer support and guidance.

What are the requirements of the patient?

Patients are required to attend weekly weigh in sessions in order to track their weight loss, as well as exercise sessions at least twice per week. Patients will be encouraged to make further lifestyle changes and advised on how they can adopt a healthier lifestyle through exercise and healthy eating.

What feedback will I receive?

When a patient completes the 12 week programme all results will be fed back to their referring GP. These results will help you identify what health impact the programme has had along with weight loss statistics and lifestyle improvements.

Other health benefits of exercise

In addition to being an effective method for weight management, exercise also has a number of other health benefits which will help patients prior to their surgical procedure. These include:

- Improved immune system
- Quicker recovery following surgery
- Less risk factors associated with surgery
- Strengthening muscles to aid recovery. For example, someone undergoing knee surgery might benefit from strengthening the muscles around the knee prior to surgery.
- Strengthening supporting muscles in preparation for post-surgery. For example, strengthening the core and arms can help with the use of crutches, standing from a seated position or getting out of bed.