

UP AND ACTIVE NEWSLETTER

WHAT'S NEW FOR AUTUMN, CASE STUDIES AND SOME FAQ'S

FAQS

What programmes are on offer?

The Up and Active team offer an Exercise Referral programme, a weight management programme, and a cardiac rehabilitation programme, all are 12-week in length.

Who's eligible?

Here are the inclusion and exclusion criteria we work to.

Inclusion Criteria to fit one of the programmes

- Weight loss with a BMI of 30 plus (25+ for South Asian heritage population and those with disabilities).
- Requires support to become more active and have 1 or more long term health condition
- Recent Cardiac Event or Surgery
- Adults 18 Years plus

Exclusion Criteria

- Unstable/Uncontrolled conditions
- BP > 180/100
- HR > 100
- Severe mental health problems/complex needs

Where do classes take place?

A range of Burnley Leisure facilities, community centres and outdoor spaces are used for the delivery of the programmes. This currently includes St Peter's Leisure Centre, Padiham Leisure Centre, Prairie Sports Village, Finsley Gate Wharf, Gannow Community Centre, Offshoots Community Garden, Thompson's park, the canal towpaths and Barden Athletics track.

What type of activity is on offer?

A huge variety of activity and exercise sessions are on offer, including supervised swimming, supervised gym, chair-based exercise, circuit classes, social gardening, walking, c25K, jogging and cycling for beginners, plus access to the Feel-Good room at St Peter's Centre.

What happens after a programme?

Reduced-rate Burnley Leisure memberships are offered on completion of a programme, as well as several free and 'pay-as-you-go' community classes. We also provide advice and signposting on opportunities to stay active across the borough.

Are ladies-only sessions available?

Yes, we offer a wide selection of activities and classes across the borough, during the day and in the evening, hopefully catering for all.

What's the cost?

Whilst on the 12-week exercise referral programme, clients will be provided with a timetable of activities that are appropriate. The clients can attend as many activities as they wish. There is a charge of £2 applied to gym, swimming, and group exercise. The rest of the activities are free of charge.

Weight Management and Cardiac Rehabilitation 12-week programmes are £30 for the full course. Weight Loss workshops alone, are free of charge.



OFFSHOOTS

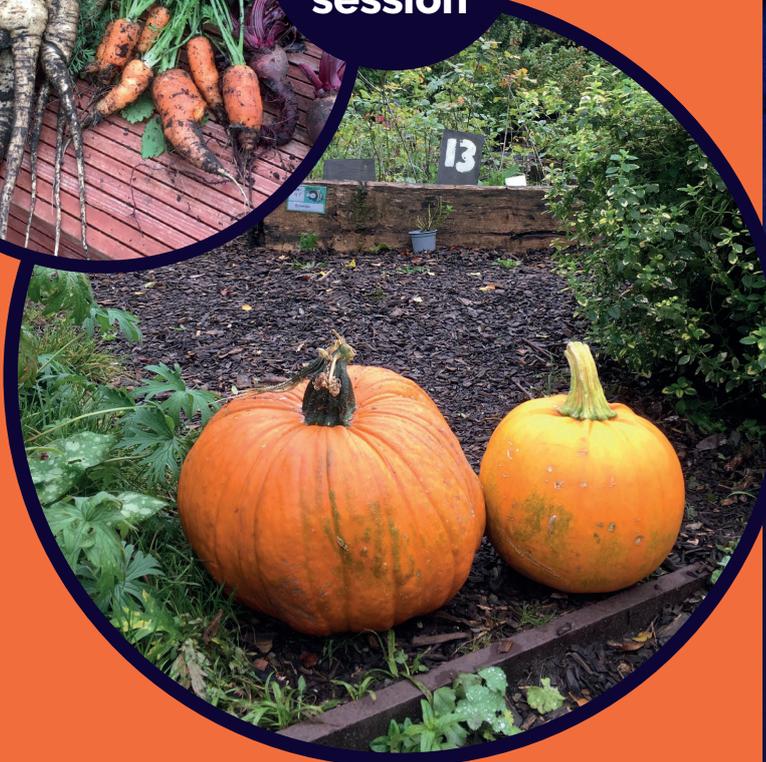
New addition to the Exercise Referral Programme

Offshoots Community garden is a large, walled garden in a quiet corner of Towneley Park, with lots of space to relax in and enjoy the natural surroundings. The Offshoots team grow vegetables and fruit, tend to bees and do simple woodwork. The volunteers help look after the site, develop skills, learn about gardening and enjoy spending time in the outdoors. Both being in the place itself and the activities on offer help physical and mental health. It's a great place to meet new people, take some time out from busy lives and help improve the garden for the local community.

Up & Active at Offshoots every Wednesday from 1-2pm.



Free exercise referral session



CASE STUDIES

Mick 54, Lost 12 pounds, reduced his risk of diabetes and improved his mental health and wellbeing.

"I've gained strength in my legs and core to help with rehabilitation. Being on the Up and Active programme has given me a different outlook on life, instead of looking at the negatives now I look at positives. I'm joining the gym and inquiring about volunteering/mentoring for CVS". Referred by GP at Rosegrove Surgery and Social Prescribing Team

Adam 36, Lost 24lbs, 7.4% of his original body weight and reduced his BMI from 39.3 to 36.4.

"I feel I have more energy - less sluggish, mentally feel much better - feel everything going in right direction set little goals - a little bit at a time - little steps, it feels like you are achieving more, and you can get there in 6 weeks. I could feel the difference - less bloated, more energy". Referred by GP (Dr Savage) Padiham Medical Centre

Susan 64, Lost a total of 10lbs, 5% of her original body weight - even during lockdown.

"Since coming on the programme I have lost weight and feel much healthier. I feel stronger and take part in more. I enjoy being able to go on walks and take part in exercise without being short of breath. I would definitely recommend the programme to others. Self-referred after a recommendation from her GP at Briercliffe Surgery