

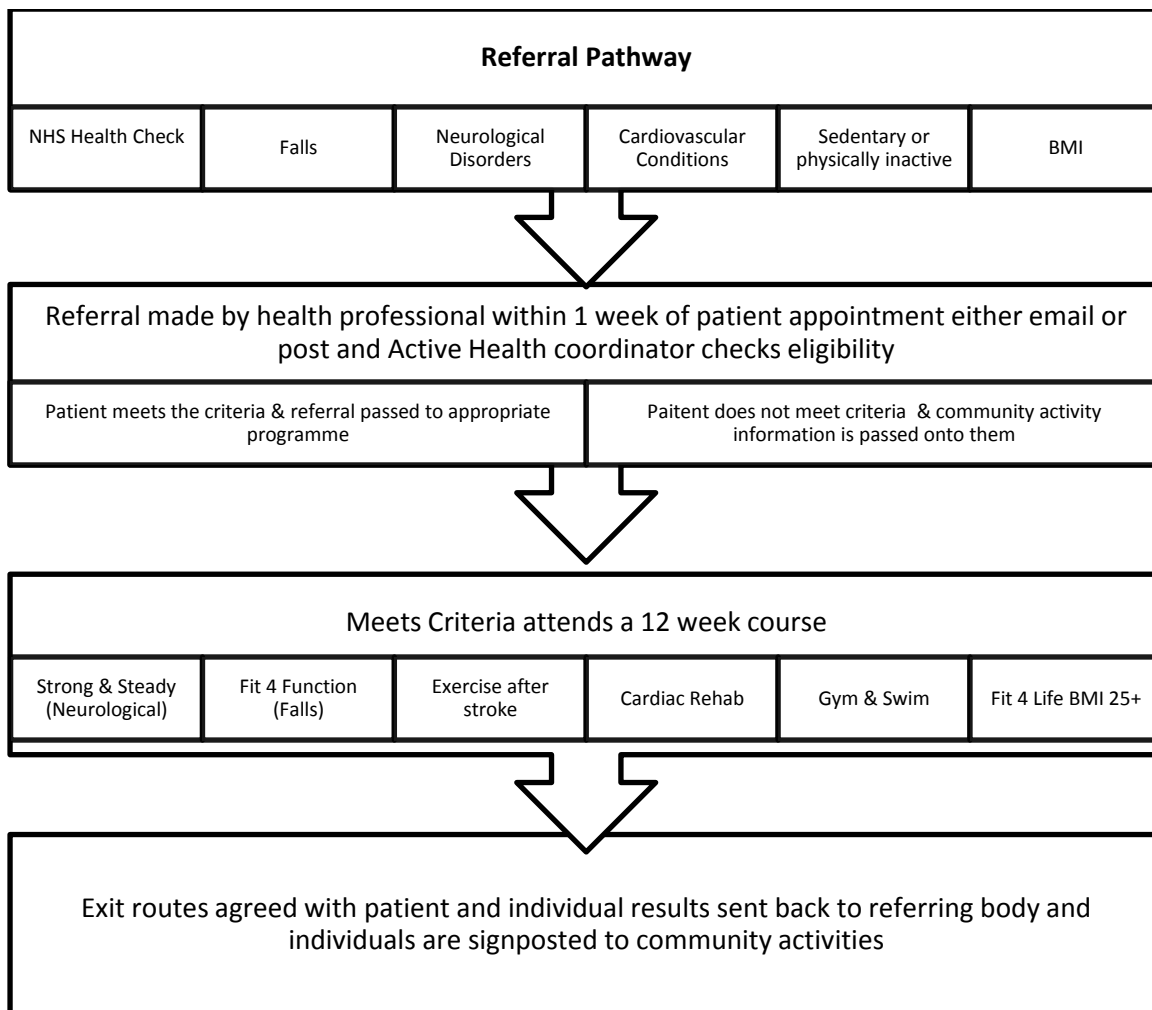
Active Health Referral Pathway and Guidance

Introduction: The Active Health referral is a service provided by Harrogate Borough Council. This document provides information on Active Health Referral and outlines the referral criteria, and the process of referral.

Aim: To deliver evidence based accessible service for adults over 18 years of age who would benefit from a structured physical activity programme in a safe, supervised environment. The scheme will support people in making lifestyle changes especially in those people who are physically inactive or have a limiting lifelong illness. The scheme will promote long-term participation in regular physical activity through goal setting and developing confidence therefore improving the person's mental, social and physical well-being.

Referral criteria

Eligible to access the service	Excluded from the service
Sedentary or physically inactive (less than 30 minutes activity per week)	Unstable angina
Low to moderate risk health conditions	Unstable hypertension
Aged 18 years or above	Unstable diabetes
Severe coronary heart disease or early post myocardial infarction/coronary artery bypass graft/angioplasty. NB. Cardiac rehab classes only.	Unstable and/or severe mental health problem
Mild to moderate mental health problems (e.g. depression, anxiety or stress)	Pregnant, post natal prior to attending post-natal check, or breastfeeding
Diabetes I and II	Have a BMI >35 with significant, unmanaged comorbidities (Fit 4 Life)
Post physiotherapy musculoskeletal conditions e.g. knee, hip, shoulder etc	Have had bariatric surgery in the last 2 years (Fit 4 Life)
Living in the Harrogate district	
Individuals identified within the NHS health check as BMI greater than 25 should be referred into the Programme. (Fit 4Life)	
BMI 25+ without comorbidities or managed comorbidities (Fit 4 Life)	



Our instructor will contact the referring health professional if we require further advice or clarification on any medical condition or medication.

Cost arrangements

Individuals who have been referred by a health professional have the choice of payment methods. Users can join the facility paying a reduced monthly membership fee which allows unlimited exercise at the facility. If users qualify for the Harrogate Borough Council concessionary scheme they will be available to apply for the reduced membership price. A monthly membership is the preferred method of payment and includes exercise sessions in the gym, swimming pool and exercise classes. These rates are only applicable during the referral period, once the referral period ends individuals can continue their membership at the normal rates.

The second method of payment is to pay for each session as they attend; these are at reduced charges and are only applicable during the referral period, once the referral period ends individuals can continue paying for each session at the normal rates.

Idea of cost rates

Pay as you go	
Gym	£4.90
Swim	£3.40
Specialist Class (strong & steady, Fit 4 Function, Exercise after stroke)	£3.00
Cardiac Rehab phase 4	£3.20
Fit 4 Life	Free (Funded via Public Health)
Men's lifestyle programme	Free (Funded via Harrogate Town Community Foundation & the conference league)
Learn to swim/ Improve your swimming & confidence	£8.00
Monthly Membership	
Gym & Swim exclusive Hydro	£31.25
Gym & Swim exclusive Ripon and Nidderdale	£27.50

Please note Harrogate Borough Council introduce a charge increase on 1st April each year.

There is no cost implication for referral for the health professional.

For more information please contact the Active Health team email active.health@harrogate.gov.uk Tel: 01423 500600 ext. 58206