Physical activity referral scheme

Helping you take some simple steps to become more active in a safe way that works around your medical condition.
The Broadly Active Referral Scheme

What is it?
Broadly Active is a 12-week scheme, delivered by Broadland District Council and available through your surgery, physiotherapist or pharmacy. One of our qualified exercise professionals will help you build a programme of physical activity that is appropriate to you and any medical conditions you may have. A range of sessions are offered across Broadland and they are supervised by safe, qualified and fun instructors. The scheme is available to anyone aged 16 and over.

How can it help me?
Regular activity that makes you feel warmer and breathe harder has many health benefits. It can help you lose weight, strengthen muscles, reduce the risk of falling and help to manage or improve a range of medical conditions including:

- High blood pressure
- Diabetes
- Arthritis
- High cholesterol
- Anxiety/depression
- Chronic back pain
- Stress
And many more
**How can I get involved?**
Speak to your doctor, nurse, physiotherapist or pharmacist about being referred to Broadly Active. They will discuss your suitability for the scheme and complete a referral form, if appropriate.

**What happens next?**
You will be requested to attend an initial meeting where you can discuss your health, goals and activity options. You will be offered some simple health checks to allow you to measure your progress and a comprehensive, personalised programme will be prepared for you.

You will be monitored throughout your time on the programme with changes made when necessary to aid improvements and help you enjoy being more active.

**What activities are available?**
There are a range of activity choices at different locations to help suit your lifestyle and availability.

**These include:**
- Exercise classes
- Gym-based programmes
- Water-based exercise
- Supervised health walks
- Condition-specific programmes e.g. low back pain, cardiac rehabilitation and cancer rehabilitation
- Information on other opportunities such as table tennis, New Age Kurling, dance etc.

There is a small charge for most activities available through the Broadly Active scheme.
Meet the team:

Instructors:

**Dan Goodwin** set up the Broadly Active scheme in 2005. He has a coaching background and has been a Level 4 instructor for more than ten years. Dan’s specialisms include cardiac rehabilitation, chronic low back pain and during/post cancer treatment. He has always been interested in physical activity and its effects on the body, which led him to complete a Sports Science degree before becoming a trainer. Dan takes part in a number of different sports and exercises and currently competes as an obstacle racer.

**Rachel Chapman** has been working as a Broadly Active Instructor for the last three years, she delivered the Broadly Active scheme in South Norfolk in 2016 and is now the lead instructor, taking most of the Broadly Active classes and providing gym programmes. Rachel also helps with the administration of the scheme. She is passionate about helping people become healthier and more active and watching their progression during their time on the scheme. Rachel is qualified in GP exercise referral, chair based exercise and ante and post-natal clients allowing her to work with a range of people. In her spare time Rachel takes large groups Nordic Walking, and enjoys being active herself participating in water sports.
**Maria Hutson** joined the Broadly Active scheme as an instructor in 2009, having taught aquafit since 2001. She specialises in water exercise and teaches the Broadly Active aqua classes at Riverside Leisure Centre in Norwich. Maria leads the weight management course Why Weight, she is also qualified in pre and post-natal exercise. Out of work Maria enjoys swimming and running.

**Emma Haughton** has been working as a Broadly Active instructor since 2011. She is a Level 4 exercise specialist, who works with a range of people, specialising in those with heart problems. Emma is also trained in lower back pain and cancer rehabilitation.

She enjoys making a difference to people’s lives.

**Earle** has worked on the scheme since 2005 when it was first established in the Aylsham area. He combines his work on the Broadly Active scheme with helping to set up social activity groups for ‘older people’ in the Broadland area. He is also involved in providing activities for people who attend dementia groups.

**Administrator:**

**Hannah Grange** has worked in administration support for Broadly Active for the last nine years. Her main role is to book clients their first appointments and help monitor their progress throughout the scheme. Hannah worked in the NHS before joining Broadly Active nine years ago. She enjoys working for the scheme, especially hearing about those who have got results from taking part in the 12-week programme.
Expert instructors will help you along the way, providing support, advice and information on progressing. At the end of the 12 weeks there will be a final assessment to measure your progress on the scheme and a discussion about how to continue your improvements. Broadly Active may even be able to offer you further discounts to continue to keep active. A final report will be sent to you and your GP detailing the progress you have made and how you intend to keep up the good work.

“Having had a heart attack I was terrified of exercising too much. This scheme educated me to knowing what my limitations were. The instructors were excellent and continually checking I was OK and giving lots of advice and support. I enjoyed all the classes. The Broadly Active instructors are always there to help and listen. I would highly recommend to anyone who would like to exercise. This course has done wonders for me; I wish I’d had this opportunity years ago.”
Physical activity benefits for adults and older adults

**Benefits**
- Health
- Sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

**Reduces your change of**
- Type II Diabetes: -40%
- Cardiovascular Disease: -35%
- Falls, Depression and Dementia: -30%
- Joint and Back Pain: -25%
- Cancers (Colon and Breast): -20%

**What should you do?**

**For a healthy heart and mind**
- Be Active
  - Vigorous: Run, Sport
  - Moderate: Walk, Cycle, Stairs, Swim

**To keep your muscles, bones and joints strong**
- Sit Less
  - TV, Sofa, Computer, Carry Bags

**To reduce your chance of falls**
- Build Strength
  - GYM, Yoga, Tai Chi
- Improve Balance
  - Dance, Bowls

**Minutes per week**
- Vigorous intensity (breathing fast, difficulty talking): 75
- Moderate intensity (increased breathing, able to talk): 150
- Or a combination of both

**Break up sitting time**
- 2 days per week

Something is better than nothing. Start small and build up gradually: just 10 minutes at a time provides benefit. **MAKE A START TODAY:** it's never too late!

For more information

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If you would like this information in a different format, such as large print, audio, Braille or in a different language please call the Broadly Active team on (01603) 430487 and we will do our best to help.