

BROADLY ACTIVE

Physical Activity Referral Scheme

Helping you to 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 which you can be referred onto by your surgery, physiotherapist or pharmacy.

A range of sessions are available and they are supervised by one of our qualified and fun exercise professionals. The exercises will be appropriate to you and any medical conditions you may have. 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 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?

Your referral form will be sent to the Broadly Active team by your health practitioner. Shortly after this you will receive a letter inviting you to arrange an initial appointment, where you can discuss your health, goals and activity options. Following your initial appointment you will have access to a range of activities from our class timetable.

For more information

T: 01603 430487

E: broadlyactive@broadland.gov.uk
Broadly Active, Broadland District Council, 1 Yarmouth Road, Thorpe St Andrew, Norwich NR7 0DU

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.

