

If I agree to take part in the referral scheme what do I have to do?

- Agree to regularly attend the sessions.
- Follow your gym programme as directed.
- Keep the centre informed if you are unable to attend.
- Inform the gym instructor of any changes in your physical/emotional condition or if your GP changes your medication or treatment programme.
- Let the gym instructor know if you experience any problems with your planned programme
- Inform the instructor and your GP if you feel any of the following symptoms during physical activity:
  - \*Dizzy/faint
  - \*Unusually short of breath
  - \*Chest pain



All documentation will be stored in-line with our Data protection act and you may request to see any information that we hold on your record at any time. No personal named data will be given to any third party, however anonymous records of progression will be available to the Mid Suffolk Babergh team upon request.

## Sports Facilities Opening Times

Monday - Saturday:  
09:00 - 22:00



## Contact details of Debenham Sports And Leisure Centre;

**Debenham Sports & Leisure,**  
Gracechurch Street, Debenham,  
Stowmarket, Suffolk, IP14 6BL

Phone: 01728 861101

Email: [info@debenhamsportsandleisure.co.uk](mailto:info@debenhamsportsandleisure.co.uk)

Website:

[www.debenhamsportsandleisure.co.uk](http://www.debenhamsportsandleisure.co.uk)

**Debenham**  
Sports & Leisure



## An introduction to your GP referral exercise programme.

We would like to welcome you to Debenham Sports and Leisure Centre and your first steps towards helping you through a healthy lifestyle change which should bring along many additional benefits during your time with us.

**The referral sessions are held on;**

**Mondays 11am-1pm**

**Wednesdays 1:15pm-2:15pm**

**Thursdays 11am-12pm**

You are welcome to visit the centre at any time and to have a look around before your first scheduled meeting with one of our instructors.

The programme is available to you for 12 weeks from your entrance meeting, with the option to continue your sessions in the gym at your own leisure as well as having access to a full class session timetable.



### What you need to do now

1. Contact reception to book your 'Entrance Meeting'. This is a one to one meeting in private with a referral gym instructor. The receptionist will take some basic contact details so that a personal profile can be created in order for you to book all of your future bookings.
2. Attend your entrance meeting. During this meeting please bring all of your paperwork that your doctor has completed along with you. During this meeting the instructor will take the appropriate body measurements for your own personal record and for us to document your progress on. You will be shown around the gym ready for your first session
3. Book your sessions. You can either do this by going online to [www.debenhamsportsandleisure.co.uk](http://www.debenhamsportsandleisure.co.uk) and use our online booking system and payment for the session or you can book and pay at reception.
4. Attend your sessions: You have the option to attend one or both of the sessions in a week. We do encourage you to attend at least once a week.

### Costs

The sessions have been funded by Mid Suffolk Babergh Councils Active wellbeing programme however there is a small charge for each gym session that you attend. This is £3.50. We do prefer that you book and pay for your session upfront, just so we know how many are attending and should there be any problems with the session we can contact you before you leave.

### Gym session information;

Please wear loose comfortable clothing suitable for a gym, often layers are more suitable as your temperature will change during different exercises. Please wear clean trainers or light shoes that can be done up (no flip flops, deck shoes or slip-ons). There is a water machine in the gym but please bring your own water bottle to fill up, empty water bottles are available to buy or water is available to buy from the vending machine. The session is available for one hour at the scheduled time, however your instructor may only plan for you to exercise for half or part of that time, please do not worry that you will be training for the whole hour and after a couple of sessions you will get used to your training plan and timing. Changing rooms, showers and lockers are also available for use.



### Your 12 week plan;

**Entrance Meeting; 6 Weeks gym sessions; 6 week check-up; 6 weeks training; Exit meeting**

During your programme we will monitor your progression at 6 weeks and at 12 weeks and where suitable track your progress using the same body measurements that were taken at the Entrance meeting. This will allow you a chance to talk with your instructor privately, see how you feel and give the instructor a chance to make any changes to the programme that you are doing. At the end of the 12 weeks we will organise an Exit meeting with you to complete a final report on your progression and gather your feedback on the programme and delivery of it. This will also provide a great opportunity to plan your next steps with health and fitness in mind.

If you feel at any time the programme is not suiting you for what ever reason please do let us know and we will see if we can make any changes to help or we may refer you back to your GP for a review.

### Are there any risks to my health?

There is always an element of risk associated with physical activity. However, the benefits and positive changes to your health and wellbeing will generally outweigh the risks. Many patients safely take part in physical activity referrals schemes and reported serious incidents are low. If you have any doubts please consult the instructor or GP.