SHEFFIELD PHYSICAL ACTIVITY REFERRAL SCHEME

Our service is for physically inactive people, or people that want to get more active, with a range of health conditions and disabilities, who need support to become more physically active. Our qualified, experienced and supportive staff help people develop a personal activity plan aimed at improving their quality of life. People have a range of activity options across Sheffield that are local to them. When at our venues people will receive discounted access to activities such as swimming, fitness classes and the gym, as well as 1-1 support to make the most of their time in the venue.

SHOULD REFER

You can refer anybody above 16 years old that is physically inactive AND/OR living with the following long term conditions:

- Hypercholesterolemia
- Asthma
- Hypertension
- Chronic Obstructive Pulmonary Disease
- Anxiety and Depression
- Diabetes Type I and II
- Cancer
- BMI Overweight/Obesity > 25
- Osteoporosis
- Chronic Musculoskeletal Conditions (including OA, RA, back pain, joint replacements)
- Long Other Term Health Condition

For patients with stable cardiac conditions, post cardiac surgery or event such as stroke and heart attack (Please complete a BACPR Form in place of this form)

SHOULDN’T REFER

People who have the following conditions are not suitable for the exercise referral scheme and should be signposted to appropriate medical professionals for initial support and review:

- Unstable angina
- Systolic Blood Pressure >180mmHg
- Diastolic blood pressure >100mmHg
- Resting tachycardia > 100 bpm
- Uncontrolled Atrial or Ventricular arrhythmias
- Acute heart failure
- Uncontrolled diabetes
- Febrile illness
- Patients who have suffered a cardiac event and have not completed a Phase III cardiac rehabilitation programme must be six months post event

HOW DO YOU REFER

Referral is simple, just follow the below steps:

1. Provide the person with the choice of venue to attend (these are overleaf)
2. Fill in the Sheffield Physical Activity Referral Form which forms part of the pack you have received
3. Send this to the nominated service and/or venue with a Medical History

Our Partners

Sheffield Physical Activity Referral Scheme
Proud to be part of www.movemoresheffield.com
Sheffield’s plan to be the UK’s most active City by 2020
**THE VENUES**

**Physical Activity Referral Team (all venues)**

**Graves Tennis and Leisure Centre**
Bochum Parkway, S8 8JR  
Tel: 0114 283 9900

**Wisewood Sports Centre**
Laird Road, S6 4BS  
Tel: 0114 233 5457

**Thorncliffe Health & Leisure Centre**
Pack Horse Lane, High Green, S35 3HY  
Tel: 0114 284 4890

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**zest**

**Physical Activity Referral Team**
Email: jean.kirby@zestcommunity.co.uk  
Tel: 0114 270 2040 ext 225  
Fax: 0114 399 8004

**The Zest Centre**
18 Upperthorpe, S6 3NA

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**ACT**

**Physical Activity Referral Team**
Email: gprefer@actsheffield.com  
Tel: 0114 243 4340

**ACT Firvale Centre 2nd floor**
Earl Marshal Rd Sheffield S4 8LB

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**Community Wellness Services**

**Physical Activity Referral Team**
Please send all referrals to:
Community Wellness Services, SOAR Works,  
14 Knutton Rd, S5 9NU  
Email: info@communitywellnessservices.co.uk  
Tel: 0114 553 7807

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**Physical Activity Referral Team (only available for people affected by cancer)**
Email: Activeeveryday@shu.ac.uk  
Tel: 0114 225 5645

**Active Everyday**
Collegiate Crescent, S10 2BP

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**Physical Activity Referral Team**
Email: exercisereferral@siv.org.uk  
Tel: 0114 257 4426

**Ponds Forge International Sports Centre**
Sheaf Street, S1 2BP

**Hillsborough Leisure Centre**
Beulah Road, S6 2AN

**Concord Sports Centre**
Shiregreen Lane, S5 6AE

**Springs Leisure Centre**
East Bank Road, S2 2AL

**Heeley Pool**
Broadfield Road, S8 0XQ

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**Physical Activity Referral Team**
Email: gpreferall@actsheffield.com  
Tel: 0114 243 4340

**ACT Firvale Centre 2nd floor**
Earl Marshal Rd Sheffield S4 8LB

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**Physical Activity Referral Team**
Email: sdo@stocksbridgeclc.co.uk  
Tel: 0114 288 3792

**Stocksbridge Community Leisure Centre**
Moorland Drive, Stocksbridge, Sheffield, S36 1EG

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**Sheffield Physical Activity Referral Scheme**
Proud to be part of www.movemoresheffield.com  
Sheffield’s plan to be the UK’s most active City by 2020
### Places to Go:

#### Upperthorpe, City Centre

**Physical Activity Referral Team (all venues)**

Please tick chosen venue:

<table>
<thead>
<tr>
<th>Exercise Referral Team</th>
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<tbody>
<tr>
<td><strong>Graves Tennis and Leisure Centre</strong></td>
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<tr>
<td>Bochum Parkway, S8 8JR</td>
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<td>Tel: 0114 283 9900</td>
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<tr>
<th>Exercise Referral Team</th>
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<tr>
<td><strong>Wisewood Sports Centre</strong></td>
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<td>Laird Road, S6 4BS</td>
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<td>Tel: 0114 233 5457</td>
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<tr>
<th>Exercise Referral Team</th>
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<tr>
<td><strong>Thorncliffe Health &amp; Leisure Centre</strong></td>
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<tr>
<td>Pack Horse Lane, High Green, S35 3HY</td>
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<td>Tel: 0114 284 4890</td>
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### Zest

**Physical Activity Referral Team**

Email: jean.kirby@zestcommunity.co.uk
Tel: 0114 270 2040 ext 225
Fax: 0114 399 8004

Please tick chosen venue:

<table>
<thead>
<tr>
<th><strong>The Zest Centre</strong></th>
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<tr>
<td>18 Upperthorpe, Sheffield, S6 3NA</td>
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### Ponds Forge

**Physical Activity Referral Team**

Email: exercisereferral@siv.org.uk
Tel: 0114 257 4426

Please tick chosen venue:

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<tr>
<th><strong>Ponds Forge International Sports Centre</strong></th>
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### Stocksbridge

**Physical Activity Referral Team**

Email: sdo@stocksbridgeclc.co.uk
Tel: 0114 288 3792

Please tick chosen venue:

<table>
<thead>
<tr>
<th><strong>Stocksbridge Community Leisure Centre</strong></th>
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<tr>
<td>Moorland Drive, Stocksbridge, Sheffield, S36 1EG</td>
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### Concord

**Physical Activity Referral Team**

Email: exercisereferral@siv.org.uk
Tel: 0114 257 4426

Please tick chosen venue:

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<tr>
<th><strong>Concord Sports Centre</strong></th>
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### Zest

**Physical Activity Referral Team**

Email: Activeeveryday@shu.ac.uk
Tel: 0114 225 5645

Please tick chosen venue:

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<thead>
<tr>
<th><strong>Active Everyday</strong></th>
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<tr>
<td>Collegiate Crescent, S10 2BP</td>
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### ACT Firvale

**Physical Activity Referral Team**

Email: gprefer@actsheffield.com
Tel: 0114 243 4340

Please tick chosen venue:

<table>
<thead>
<tr>
<th><strong>ACT Firvale Centre 2nd floor</strong></th>
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<tr>
<td>Earl Marshal Rd Sheffield S4 8LB</td>
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### Community Wellness Services

**Physical Activity Referral Team**

Email: info@communitywellnessservices.co.uk
Tel: 0114 553 7807

Please tick chosen venue:

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<tr>
<th><strong>We have sessions near your home or work!</strong></th>
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PERSONAL INFORMATION

Name: 
Date of Birth: 
Home (Tel): 
Mobile (Tel): 
Work (Tel): 
E-mail: 
Address: 
Post Code: 
Date of Referral: 

GP DETAILS

GP’s name: 
Practice: 
Telephone: 
E-mail: 
Address: 
Post Code: 

REFERRING HEALTH CARE PROFESSIONAL’S DETAILS:

Name: 
Job Title/Role: 
Address: 
Post Code: 
Reason for Referral: 

MEDICAL CONDITIONS (PLEASE TICK)

- Patient is stable
- Previous MI/or cardiac condition**
  (Please complete a BACPR Form in place of this form)
- Living with/recovering from cancer
  (refer to Active Everyday)
- Coronary Heart Disease Risk Factors
- Asthma
- Hypertension
- Anxiety and Depression
- Chronic Obstructive Pulmonary Disease
- Diabetes Type I and II
- Overweight/Obesity BMI > 25
- Osteoporosis
- Chronic MSK pain
  (including OA, RA, back pain, joint replacements)
- Chronic Neurological Disease (e.g. CVA, MS, Parkinsons)
- Physically Inactive
- Any other long term condition (Please specify):

- Any other disabilities or additional needs
  (Including language needs) (Please specify):

Referrer’s Signature: 
Referrers Name Print: 
Date: 

PLEASE NOTE:
We are unable to start patients who has suffered a heart attack/stroke or had cardiac surgery in the last six months and has not completed a Phase III Cardiac Rehabilitation Programme or who has any unstable condition. All conditions should be medically managed prior to referral and stable on referral. Cardiac patients should be referred using the BACPR Cardiac Referral Form. Anyone affected by cancer should be referred to Active Everyday.