

WHERE IS HEALTHWISE AVAILABLE?

1. Waddon Leisure Centre

Purley Way
Croydon
CR0 4RG
Tel: 020 8760 0657

2. Thornton Heath Leisure Centre

100 High Street
Thornton Heath
CR7 8LF
Tel: 020 8689 5300

3. South Norwood Leisure Centre

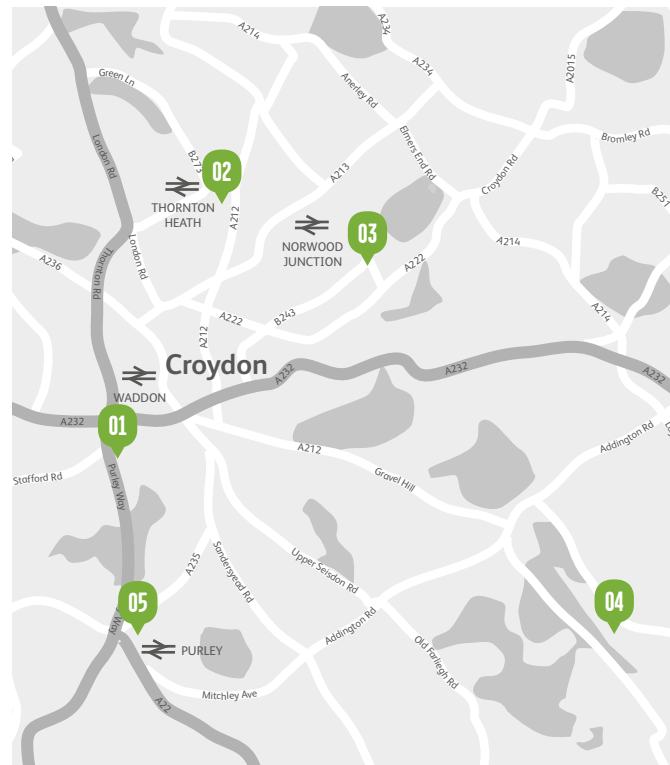
164 Portland Road
London
SE25 4PT
Tel: 020 8662 9464

4. New Addington Leisure Centre

Central Parade
New Addington
Croydon
CR0 0JB
Tel: 01689 842 553

5. Purley Leisure Centre

50 High Street
Purley
CR8 2AA
Tel: 020 3621 7770



CONTACT US

Waddon Leisure Centre

Purley Way
Croydon
CR0 4RG

Tel: 07752 084259

exercise.referral@nhs.net

Information correct at time of print

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398.

HEALTHWISE PHYSICAL ACTIVITY REFERRAL SCHEME



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BETTER
the feel good place

How to register: If you are interested in Healthwise please speak to your GP, practice nurse or healthcare professional who must refer you.



WHAT IS HEALTHWISE?

The Healthwise physical activity referral scheme introduces individuals to the benefits of physical activity in order to help reduce risk factors for chronic disease and manage existing medical conditions.

The programme aims to encourage people of all abilities to become and remain more physically active, helping to increase activity levels and improve health and wellbeing.

WHO IS HEALTHWISE FOR?

The scheme is for residents of Croydon who have a medical condition which can be helped by a regular exercise routine.

It is designed to assist people with medical conditions or other specialist requirements that may be a barrier to accessing mainstream activity in leisure centres.

HOW CAN BEING MORE ACTIVE HELP ME?

Regular activity can reduce the risk of major illnesses, such as heart disease, stroke, diabetes and cancer.

Regular activity will help:

- To keep your heart strong and healthy
- To reduce stress and anxiety
- To assist with weight loss and weight management
- To strengthen your muscles
- To improve your mobility and improve posture
- To assist with smoking cessation
- To improve your quality of life and overall health.

WHAT ACTIVITIES ARE AVAILABLE?

Healthwise offers a range of classes to suit all abilities. Your facilitator will help you select suitable classes.

Your physical activity programme may include some of the following:

- Gym-based supervised sessions
- Use of the swimming facilities
- GP referral classes.

HOW WILL THE TEAM SUPPORT ME?

The Healthwise team will help:

- Assess and monitor your progress
- Motivate and encourage you during your activity programme
- Advise you on how to exercise safely and with confidence
- Answer your questions.

HOW TO REGISTER:

If you are interested in Healthwise please speak to your GP, practice nurse or healthcare professional who must refer you. If your GP is not registered with the scheme then please contact the Healthwise Coordinator on the contact number on the back of this leaflet.

If your GP, practice nurse or healthcare professional feels you may benefit from Healthwise they will need to complete a referral form and send it on to the Healthwise team.

Healthwise will then contact you to make an appointment for you to attend an initial assessment with one of the facilitators.

You will then be registered for a course of supervised or unsupervised activity for 12 weeks.