WHERE IS HEALTHWISE AVAILABLE?

1. Workington Leisure Centre
   Griffin Street, Workington, Cumbria, CA14 2DX
   Tel: 01229 584110
   better.org.uk/workington

2. Wigton and Solway
   Wigton Hub
   (Wigton Hospital for initial appointment)
   Wigton Hospital, Cross Lane, Wigton, Cumbria, CA7 9DD
   Tel: 01946 853333 (option 7)

How to register: If you are interested in Healthwise then please speak to your GP or Practice Nurse who must refer you.

Appointment Date

Induction Date

Re-assessment Date

If you need to cancel or reschedule any Healthwise appointments we ask that you contact the team giving at least 24 hours notice where possible on 01946 853333

CONTACT US

The Healthwise Coordinator
Griffin Street, Workington, Cumbria, CA14 2DX
better.org.uk/workington
email: workington.lc@gll.org
email: keswicksolway.icc@cumbria.nhs.uk

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IN PARTNERSHIP WITH
WHAT IS HEALTHWISE?
The Healthwise physical activity referral scheme introduces individuals in Allerdale 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 fitness levels and improve health and well-being.

WHO IS HEALTHWISE FOR?
The scheme is for residents or patients from a GP/Doctors surgery who are not active. It is designed to assist people with medical conditions or other specialist requirements that prevent them from entering mainstream exercise. Common reasons for referral:
- High blood pressure
- Diabetes
- Obesity
- Asthma
- Circulatory / respiratory diseases
- Depression and anxiety
- Arthritis.

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

Your physical activity programme may include some of the following:
- Gym based supervised sessions
- Group exercise options
- Waterbased exercise
- Community group sessions
- Parkrun
- Recommendations for being active at Home
- How to include activity into your daily life

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 then please speak to your GP, Practice Nurse or other Health Care Professional who will refer you. If your GP is not registered with the scheme then please contact the Healthwise Coordinator at your local Better Leisure Centre.
If your Healthcare Professional feel you may benefit from Healthwise they will need to refer you to the local Hub for an initial appointment with the Healthwise Team.
You will then be registered for a course of supervised or unsupervised activity for between 13-26 weeks.