

WHERE IS HEALTHWISE AVAILABLE?

1. The Greenwich Centre

12 Lambarde Square
Greenwich SE10 9HB
Tel: 020 3795 0600

www.better.org.uk/leisure-centre/london/greenwich/greenwichcentre

2. Eltham Centre

Archery Road
Eltham SE9 1HA
Tel: 020 8921 4344

www.better.org.uk/leisure-centre/london/greenwich/eltham-centre

3. Thamesmere Leisure Centre

Thamesmere Drive
Thamesmead SE28 8RE
Tel: 020 8311 1119

www.better.org.uk/leisure-centre/london/greenwich/thamesmere-leisure-centre

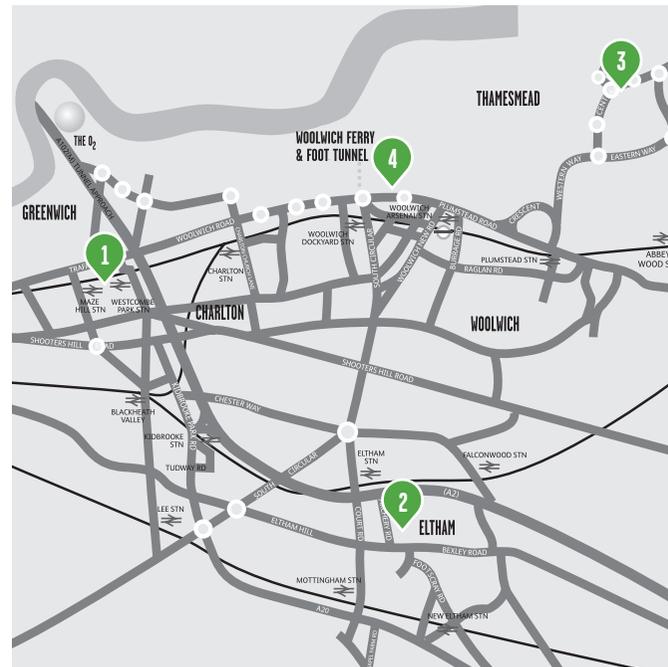
4. Waterfront Leisure Centre

Woolwich High Road
Woolwich London SE18 6DL
Tel: 020 8317 5010 opt. 4

www.better.org.uk/leisure-centre/london/greenwich/waterfront-leisure-centre

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

BETTER CENTRES



CONTACT US

Waterfront Leisure Centre

Woolwich High Road
Woolwich London SE18 6DL
Tel: 020 8317 5010 opt. 4

Fax: 0208 317 5011

Email: healthwise.greenwich@gll.org

Information correct at time of print



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HEALTHWISE: PHYSICAL ACTIVITY REFERRAL SCHEME

INFORMATION LEAFLET



Leisure centres owned and supported by the Royal Borough of Greenwich



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 fitness levels and improve health and well-being.

WHO IS HEALTHWISE FOR?

The scheme is for Greenwich residents or patients from a Greenwich based 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
- Neurological conditions
- 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 classes.

Your physical activity programme may include some of the following:

- Gym based supervised sessions
- Group exercise options
- Healthy walks
- Waterbased exercise
- Musculoskeletal classes
- Cardiac & pulmonary rehabilitation 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 then please speak to your GP or Practice Nurse who must refer you. If your GP is not registered with the scheme then please contact the Healthwise Coordinator at the Waterfront Leisure Centre (Tel: 020 8317 5010 opt 4).

If your GP or nurse feel you may benefit from Healthwise they will need to complete a referral form and send it onto 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.

