

North Somerset Health Exercise Information List

Hutton Moor leisure centre - (01934) 425900

Cardiac rehabilitation

For anyone following a cardiac event or intervention, Includes those with heart failure
Mondays 13:00 - 14:00, Requires Referral from phase 3 or the GP.

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership. Referral required from GP via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Call: 07917 116154 (Amanda) **Email:** amanda.burroughs@legacyleisure.org.uk

Better breathing

For those with a breathing/ Pulmonary condition, including COPD. Suitable for all levels including those on oxygen therapy.

Mondays 14:00 - 15:00

Referral from pulmonary team or GP. Referral required from GP via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

Call: 07917 116154 (Amanda) **Email:** amanda.burroughs@legacyleisure.org.uk

Exercise for those with cancer

For anyone with a cancer diagnosis. Including those before and after surgery

Thursdays 14:00-15:00. Self referral with no underlying conditions. Referral required from GP or self referral via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

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Exercise for people with Parkinson's

Exercise group for those with Parkinson's and Parkinsonism,

Fridays 12:00 - 13:00

Self referral, unless there are any underlying health conditions in which case a GP referral. Referral required from GP or self referral via this link:

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Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

Call: 07917 116154 (Amanda) **Email:** amanda.burroughs@legacyleisure.org.uk

Stroke Rehabilitation

For those following a stroke or with a neurological condition.

Fridays 13:00 -14:00

Referral required from the GP. Referral required from GP via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

Call: 07917 116154 (Amanda) **Email:** amanda.burroughs@legacyleisure.org.uk

Exercise for people with fibromyalgia

For anyone with a diagnosis of Fibromyalgia

Thursdays 10:30 - 11:30 & Saturdays 11:15-12:15

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

Self referral, unless there are any underlying health conditions in which case a GP referral. Referral required from GP or self referral via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Call: 01934 425900 (ask for Kylie Taylor) **Email:** kylie.taylor@legacyleisure.org.uk

Exercise for people with Pre Type 2 Diabetes

For anyone with a diagnosis of Pre type 2 Diabetes.

Friday 14:00 - 15:00

Free funding from North Somerset Council for 12 weeks. After initial 12 weeks £5.90 per session or a reduced membership option.

Self referral, unless there are any underlying health conditions in which case a GP referral. Referral required from GP or self referral via this link:

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Call: 01934 425900 (ask for Kylie Taylor) **Email:** amanda.burroughs@legacyleisure.org.uk

GP referral

Exercise and instruction to improve many conditions including; diabetes type 1 and 2, rehabilitation following surgery, muscle and joint disorders, obesity and many others.

7 Days a week sessions available. Referral required from GP via this link:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Cost £5.90 per session for 12 sessions and then a reduced membership following successful completion

Call: 01934 425900 (ask for Kylie Taylor) **Email:** kylie.taylor@legacyleisure.org.uk

Scan below to get the referral link:



MSK

Good Boost provides a flexible approach to supporting you with your muscle or joint pain through gentle aqua and land based exercise rehabilitation classes.

Using information provided about your unique muscle or joint condition, sessions are individually tailored to allow you to progress through your exercises at your own pace and have been built by experts in order to reduce pain and improve your strength and mobility.

The sessions last between 30-60 minutes (site dependant) and consist of a 10-minute warm up followed by a series of 3-4 minute individual exercises, with fun group activities in-between in order to maintain a comfortable body temperature. These sessions cost £5.90 and are on:

Good boost Aqua Tuesday & Friday 14:30-15:15

Good boost Land Wednesday 14:30-15:15 & Saturday 11:00-11:45

Self Referral required:

<https://www.leisurecentre.com/hutton-moor-leisure-centre/health-programme/steps>

Escape Pain Sessions

Tuesday 13:00 and a Thursday at 11:30

ESCAPE-pain is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better.

6 week course 2 sessions per week. Free funding from the NHS.

Call: 01934 425900 (ask for Kylie Taylor) **Email:** kylie.taylor@legacyleisure.org.uk

Self Referral required:

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Scotch Horn Leisure Centre - (01275) 856965

Cardiac Rehabilitation

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Thursdays 11:00 - 12:00, Requires Referral from Phase 3 or the GP.

£5.60 per session or a reduced membership. Referral required from GP via this link:

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Call: 07917 116154 (Amanda) **Email:** amanda.burroughs@legacyleisure.org.uk

Exercise for those with Cancer

For anyone with a cancer diagnosis. Including those before and after surgery
Thursdays 14:00-15:00. Self referral with no underlying conditions. Referral required from GP or self referral via this link:

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£5.60 per session or a reduced membership option.

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Call: 01275 856965 (ask for Amanda Burroughs)

Email: amanda.burroughs@legacyleisure.org.uk

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Email: amanda.burroughs@legacyleisure.org.uk

Steady Steps

A class for anyone wishing to improve their Strength, Balance and reduce their risk of falls.

Mondays 2pm till 3pm and Wednesdays 11am till 12pm

Self referral unless there are any underlying health conditions in which case a GP Referral is required from GP or self referral via this link:

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Cost £5.60 per session

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Email: amanda.burroughs@legacyleisure.org.uk

Seated Exercise

A class for those who prefer to remain seated. This class is also suitable for those with dementia.

Thursdays 2pm-3pm Self referral unless there are any underlying health conditions in which case a GP Referral is required from GP or self referral via this link:

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Cost £5.60 per session

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