

The Everyone Active EXERCISE REFERRAL SCHEME

Everyone Active's Exercise Referral Scheme is designed to help individuals with long-term health conditions increase their physical activity to enhance their health & wellbeing.

Our goal is to provide a safe and welcoming environment within our leisure centres where everyone can become more active, whilst raising awareness about the benefits of physical activity and fostering long term behaviour change.

What does the Exercise Referral scheme involve?

At an initial appointment the Exercise Referral instructor will find out what is important to the individual and help them to find activities that they will enjoy! A 6 and 12 week review will enable the instructor to support the individual through their first 12 weeks to a healthier lifestyle.

Activities vary at each centre but may include:

- Walking Sports or groups such as [Walking Football](#), [Walking Netball](#) or Walking Cricket
- [Chair based exercise](#)
- [Swimming](#)
- [Group exercise classes](#)
- Water based activities like [Aqua Fit](#) or [Good Boost](#)
- [Gym-based exercise](#)
- [Community Outreach Sessions](#)

Participants will be encouraged to attend at least two physical activity sessions per week, and social sessions to meet people as well

This is a chargeable scheme. Prices may vary per site or activity. Pay as you go and direct debit options available. Direct Debit option is always 25% off the headline rate for that site.

[Everyone Active's Exercise Referral Scheme](#)



The Referral Process

We aim to process all referrals within a week of them being received at site however due to instructor availability/sickness/annual leave this is not always possible. If there is to be a delay of longer than 2 weeks then we will inform the contact centre.

Once a referral is accepted at site, a text will be sent to the patient asking them to register with us online. If they already have an account with us then they can ignore this.

Within a few days of this they will receive a phone call from the site team to book the patient in for their initial consultation, which will take part in a private section of our facility. The instructor will show them round the facility and make them feel welcome and comfortable within the centre. If they then choose to participate in the scheme, we will sign them up onto the DD membership as soon as possible so that they can start to reap the health benefits of this scheme. PAYG option is also available to the patient however this often ends up being more expensive.

Everyone Active in Warwickshire:

Site	Address	Monthly DD Price	Car Parking	Additional Information
Newbold Comyn	Newbold Terrace East, Leamington Spa, CV32 4EW	£29.99	Free	Good Boost available
St Nicholas Park	Banbury Road, Warwick, CV34 4QY		Pay and Display	Scheme currently not operating due to long term instructor sickness
Castle Farm LC	Fishponds Road, Kenilworth, CV8 1EY	£22.49	Free	Scheme opening January 2025, limited capacity
Pingles	Avenue Road, Nuneaton, CV11 4LX	£24.37	Free	Good Boost available
Bedworth LC	Coventry Road, Bedworth, CV12 8NN	£24.37	Free	
Southam LC	Welsh Road West, Southam, CV47 0JW	£28.12	Free	Good Boost available. Current patients only as instructor leaving, recruitment ongoing
Stratford LC	Bridgeway, Stratford upon Avon, CV37 6YX	£29.99	Pay and Display	
The Greig LC	Kinwarton Road, Alcester, B496AD	£20.99	Free	
Shipston LC	Darlingscote Rd, Shipston on Stour, CV36 4DY	£28.12	Free	No Instructor

Prices correct for January 2025, any price increases go into effect January each year



Exercise Referral in Nuneaton & Bedworth

Direct debit membership (£24.37p/m) that covers use of [Bedworth Leisure Centre](#), [Pingles Leisure Centre](#) and [Jubilee Sports Centre](#).

There are Exercise Referral instructors at both Bedworth Leisure Centre (Tuesdays only), and Pingles Leisure Centre (Monday, Tuesday, Wednesday and Friday – occasional Saturdays). There are no instructors at Jubilee Sports Centre – this is an unmanned gym facility.

The membership includes access to gym, swimming, group exercise classes and community activities such as health walks and walking sports. Specific sessions for each centre are as follows:

Bedworth Leisure Centre

60 Station gym

Group Exercise – 18 sessions per week (+ virtual sessions throughout the week)

Aqua fit – 3 sessions per week.

Community activity classes:

- Health walk – Monday 10:30-11:30
- Seated Exercise – Monday 11:30-12:15
- Inclusive Multi-sport – Monday 14:00-15:00
- Seated Exercise – Tuesday 11:15-12:00
- Senior Swimming – Tuesday 14:30-15:30
- Women's only swimming – Thursday 11:30-12:30

Pingles Leisure Centre

70 Station gym

Group Exercise – 17 sessions per week

Aqua fit – 2 sessions per week + 1 Low intensity session.

Community activity classes:

- Goodboost starting in November

Jubilee Sports Centre

20 Station gym

Group Exercise – 4 sessions per week

Community activity classes:

- Bowls – Tuesday 14:00-16:00
- Badminton – Tuesday 14:00-16:00
- Senior Pickleball/Tennis – Wednesday 13:00-14:00
- Walking Cricket – Thursday 11:00-12:00
- Badminton – Thursday 14:00-16:00



Exercise Referral Scheme in the Warwick District

GP Referral memberships at [Newbold Comyn Leisure Centre](#) are offered at a discounted rate of £29.99 per month and £22.49 at [Castle Farm Leisure Centre](#).

There are Exercise Referral instructors at both Newbold Comyn Leisure Centre (Monday to Saturday), and, from December 2024, Castle Farm Leisure Centre (Wednesdays only). There are currently no instructors at [St Nicholas Park Leisure Centre](#).

The membership includes access to gym, swimming, group exercise classes and community activities. Specific sessions for each centre are as follows:

Newbold Comyn Leisure Centre

100 station gym

6 lane - 25m main pool

Leisure pool which includes a water slide

Jacuzzi

Sauna and steam room

Group exercise – 107 classes per week

Community Activity Classes:

- Senior sessions : Thursday 10:00 – 12:00
- Good Boost – Wednesdays 14:00 and Fridays 13:00

Castle Farm Leisure Centre

80 station gym

6 court sports hall

78 Group Exercise sessions per week

Activities:

- Walking Football : Wednesdays 13:30 – 14:30
- Senior Badminton: Mondays 10:00 – 12:00
- Senior Multisports Sessions: Tuesdays 13:30 –15:30 & Fridays 10:00 – 12:00
- No strings Badminton: Wednesdays 18:00 – 19:00
- Pickleball: Thursdays 14:00 – 15:00
- Running Club: Mondays 18:00 – 19:00



Exercise Referral Scheme in the Stratford District

GP Referral memberships at [Stratford Leisure Centre](#) are offered at a discounted rate of £29.99 per month, [Southam](#) and [Shipston](#) is £28.12 per month and [The Greig](#) is £20.99 per month. There are Exercise Referral instructors at both Stratford Leisure Centre and The Greig. Stratford's coordinator works Tuesday and Thursday 12-2:30pm and Wednesday 8am until 1pm and The Greig's coordinator works 3.5hours with flexibility for appointments.

Stratford Leisure Centre

- Technogym Gym- with over 100 stations
- Two Pools
- Group Fitness classes over 100 per week including virtual options.
- Wellness Suite
- Health Suite (Sauna and Steam room)
- Walking Tennis- Monday 12:30
- Walking Netball- Tuesday 10am
- No strings badminton Friday 2pm
- Senior Badminton and Table Tennis Tuesday 11:30am and Thursday 11am
- Senior Swimming- Tuesday 9am,
- Ladies only Swimming- Monday 10am, Tuesday 10am,
- Quiet Adult Swimming- Thursday 3pm
- Seated Exercise within the community (Timetable which has community/ specific sessions on)
- Walking in water (for MSK conditions)- Tuesday 3pm.

Southam Leisure Centre

- Technogym Gym- With 60 stations
- 25m Swimming Pool
- 55 Group Fitness Classes including virtual options
- Health Suite (Sauna and Steam room)
- Inclusive Multisports Monday 11am
- Goodboost land 12:15pm
- Goodboost Aqua 9am and Aquanatal 10am (Aqua only session will be changing in December to 11am).
- Short Mat Bowls Wednesday 11:30am
- Quiet Adult Swimming Tuesday 12noon and Thursday 11am
- Disability Swim Sunday 1pm
- Seated Exercise within the community (5 local Seated Exercise classes local to Southam area)

Shipston Leisure Centre

- Technogym Gym- With 30 stations
- 25m Swimming Pool
- Disabled Swimming Wednesday 2:30pm
- Quiet Adult Swimming Tuesday 9am
- Pilates at Townsend Hall Shipston Friday 9am (as per [community timetable](#))



The Greig Leisure Centre

- Technogym Gym- With 38 stations
- 37 Group Fitness Classes per week including virtual options
- No Strings Badminton Thursday 2pm
- Seated Exercise class Thursday 1pm
- Senior Badminton and Table Tennis Thursday 10am.

The logo for 'everyone ACTIVE' features the word 'everyone' in a lowercase, rounded sans-serif font. A grey arc starts from the top of the 'o' in 'everyone' and curves upwards and to the right, ending at a solid pink circle. Below 'everyone' is the word 'ACTIVE' in a bold, uppercase, sans-serif font.

everyone
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