

# FAQS

## What is the Active Lifestyles scheme?

It's a scheme designed to support sedentary patients to become more active. The scheme is 12 weeks long with an assessment at the start, middle and end. During the scheme you can use the facilities as much as you want to.

## Is my GP Surgery a part of the scheme?

Yes we take referrals from all the surgeries in the New Forest area; we also take referrals from Lymington Hospital and local nursing and physio teams.

## Is it free?

It's not free but is heavily subsidised by the district council. You can 'pay as you go' on a casual basis, sessions are £3.60, or purchase the Active Lifestyle Package (£72) and come as much as you are able to for 12 weeks.

## How does the scheme work?

After being referred by your health care professional you come along to one of our health and leisure centres and we'll book you in for your first assessment where you'll meet your Active Lifestyle Advisor - who will give you the information and support you need to start becoming more active.

## Where can I use the scheme?

At one of our NFDC Leisure centres, situated in Applemore, Totton, Lymington, New Milton and Ringwood (we also run Active Lifestyles classes at the Fenwick2 Wellbeing Centre).

## When can I use the scheme?

During the normal opening hours of the centres which are from 6.30am until 9pm or 10pm during the week and 7pm or 8pm at weekends. We also run gym sessions at specific times for those participants that need extra support.

## I don't like the gym, are there any other activities that I can do that might help me?

Yes, swimming, classes and multi sports are all on offer. Your Active Lifestyle instructor will let you know about appropriate activities when you begin the scheme - you'll also get advice on what to do to away from the centre.

## I can't start straight away, how long does the referral from my GP last?

Six months from the date of issue.

## What happens if I fall ill during the scheme?

If you provide a letter from your health care professional we can extend or restart the scheme.