

Activity referral

Patient information

2019

Total cost of all assessments

£7.50 (one-off charge)

Activity sessions

£3.60 standard

Concessionary and Senior Active prices also apply

or

Active lifestyles package

£72

A referral programme for inactive patients offering unlimited activity sessions over a 12 week period.

Patient notes

- **Bring your referral letter to your first assessment appointment along with a list of your medication**
- **When attending the centre for exercise wear suitable clothing and bring a bottle of water and a small towel**

Please contact your nearest Health and Leisure Centre for further information

Applemore Health and Leisure

Claypits Lane, Dibden
SO45 5TN

Lymington Health and Leisure

North Street, Lymington
SO41 8FZ

New Milton Health and Leisure

Gore Road, New Milton
BH25 6RR

Ringwood Health and Leisure

Parsonage Barn Lane
BH24 1PX

Totton Health and Leisure

Water Lane, Totton
SO40 3GX

Classes also available at Fenwick (Lyndhurst)

Contact Richard Bell
023 8028 5588
for further details



newforest.gov.uk/leisure

023 8028 5531