

Exercise Referral Programme

Clinical Referral Pathways

We support individuals with long-term health conditions through a 12-week personalised programme with regular touchpoints with an Exercise Referral Specialist.

Previously we have accepted referrals from GPs, health professionals & social prescribers, but we can now also receive referrals from nonclinical professionals via a new SOP

Non-Clinical Referral Pathway

Non-clinical referrers include professionals and organisations who's professional standards do not carry a statutory duty of care in making health-related referrals.

This may include:

Work and health coaches

Care coordinators & navigators

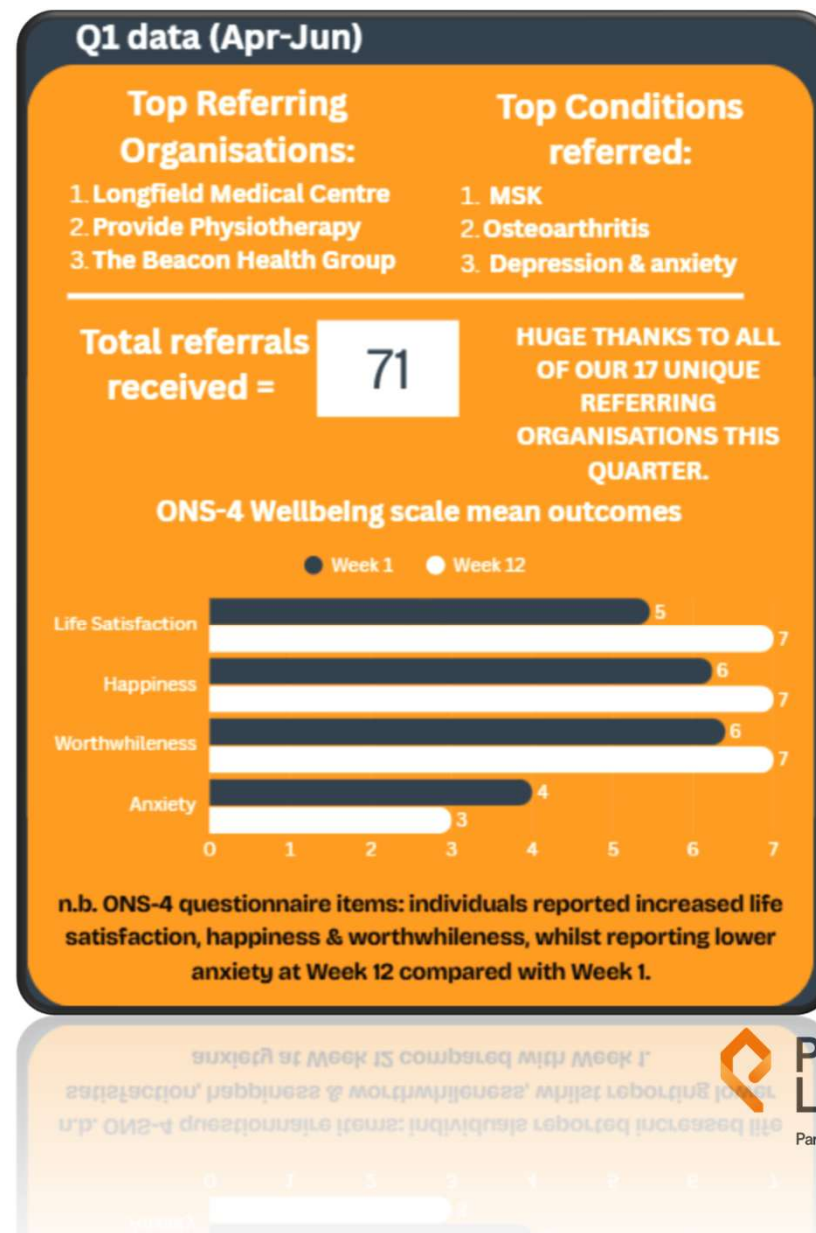
Community connectors

Third sector organisations such as (Stroke Association, MIND etc.)

Charities and volunteer groups

WHY?

In these cases, although the referring body may not have clinical oversight, the individuals they support are often living with long-term conditions and would benefit significantly from tailored, supervised physical activity through us Exercise Referral and other Healthy Communities programmes.



Healthy Communities Updates



Good Boost Programme: Starting Sep26

A new opportunity for people living with musculoskeletal (MSK) conditions, persistent pain and mobility challenges.

Delivered in the pool & on land, Good Boost Aqua and Land Sessions combine the benefits of water-based exercise with personalised support. Consists of an **8-week programme of facilitator-led 45-minute sessions**, helping participants improve movement, confidence and physical function in a supportive environment.

Plus, access to **Grab & Go sessions** at a range of times/days.

Movement Through Menopause

Endorsed by Menopause Movement, **Move Through Menopause** provides a safe and supportive environment for individuals to develop an informed, evidence-based understanding of menopause.

Delivered over 8 weeks, topics include: Hormones & HRT, Symptoms. Alternative Treatment, Future Health, Why Movement Matters, Menopause Mindset, Nutrition, Women's Health, Work & Lifestyle, and Life after Menopause.

First cohort launched 12/6/2026



Big Sister Project

Unlimited gym use during Junior Gym hours, including a gym Induction (for 11–15-year-olds)
Unlimited swimming

Age appropriate exclusive We Move classes

Tuesday 5-5.30pm (9-11yrs) and 5.30-6pm (11-15yrs)

Friendly on-site team, to support you through your activity

Free access to Places Leisure App and Virtual Studio which includes a Big Sister channel.

For further details on these and other programmes please see link below to Places Leisure latest Healthy Communities Newsletter:

Click Link: [Newsletter Q1 2026](#)

Alternatively, if you would like to know more contact:

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