

Activise

January 2012 Programme



WOKINGHAM
BOROUGH COUNCIL

Referral Information

Activise is a referral based scheme that gives vulnerable adults the opportunity to access leisure facilities and sports sessions at a reduced rate.

Vulnerable adult's eligibility is defined in the following criteria:

Mental health condition	Families with support needs
Substance misuse	Offenders or people at risk of offending
Learning/ Physical disability	Young people leaving care
Homeless with support needs	Young people at risk (18+)
Rough sleepers	Travellers
Teenage parents	Women at risk of domestic violence

To access these facilities, a referral form must be completed by a GP or Health Professional on behalf of the individual with all relevant information completed on the form. The referral form needs to be completed for the following activities below:

Leisure Pass
Gym Session
Multi Sports

A separate form needs to be completed to participate in Rebound Therapy

Once the referral form is received by the Physical Activity Health Mentor, it will be supplied to the relevant centre who will then contact the individual to arrange an induction (Leisure Pass only). Please ensure there is no contact with the leisure centre until the referral form has been accepted.

If the referred person wants to access the sessions stated on the referral form, the Physical Activity Health Mentor will contact them with all relevant information.

After the 3 months are complete, it is up to the participant to be referred either from the original referrer or if this is no longer applicable, has the option to join that Leisure Centre as a public member. A re-referral will not be accepted until a feedback form has been completed.

Activities

Activity	Day and Time	Venue	Location	Target Group	Cost
Gym Session	Tuesday 10am - 12pm	St Crispins Leisure Centre	Wokingham	Non Disabled Participants	£1.80
NEW! Nordic Walking	Thursday 10.30am - 11.30am	Finchampstead Baptist Church	Finchampstead	Non Disabled Participants	£1.80
Rebound Therapy*	Thursday 11am - 2pm (15mins session)	Loddon Valley Leisure Centre	Lower Earley	Disability	£2
Multi Sports	Friday 10am - 11am	Loddon Valley Leisure Centre (The Pod)	Lower Earley	Disability	£1.80
NEW! Multi Sports	Friday 5.30pm - 6.30pm	St Crispins Leisure Centre	Wokingham	Non Disabled Participants	£1.80
Multi Sports	Friday 5.30pm - 6.30pm	St Crispins Leisure Centre	Wokingham	Disability	£1.80
Multi Sports	Friday 7pm - 8pm	St Crispins Leisure Centre	Wokingham	Disability	£1.80

Activise Gym and Swim Leisure Pass

Wokingham Borough Council's Sports Development Team have been working with Leisure Connection to provide Activise Members the use of gym and swimming pool facilities at a reduced rate. The pass is based on a 3 month period at the following Leisure Centres:

Carnival Pool
Wellington Road
Wokingham
RG40 2AF

St Crispins Leisure Centre
London Road
Wokingham
RG40 1SR

Loddon Valley Leisure Centre
Rushey Way
Lower Earley
RG6 4GD

Bulmershe Leisure Centre
Woodlands Avenue
Woodley
RG5 3EU

Activity	Day	Time	Location	Cost
Gym and Swim	7 days a week	9.30am – 4.30pm	St Crispins Leisure Centre	£1.80 pay as you go or Direct Debit available
Gym and Swim	7 days a week	9.30am – 4.30pm	Carnival Pool Leisure Centre	
Gym and Swim	7 days a week	9.30am – 4.30pm	Loddon Valley Leisure Centre	
Swim	7 days a week	All public swim times	Bulmershe Leisure Centre	

Coming Soon!

From April 2012, there will be some exciting new sports and physical activity beginning for people with a disability. The Sports Development Team will be working with local Community Groups and leisure centres to facilitate the project and increase the awareness of disability sport.

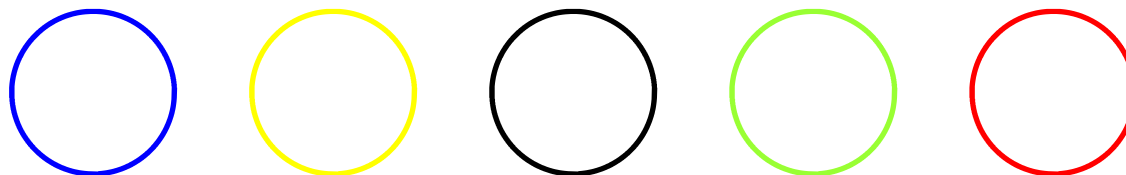
In September 2012, there will be an All4Sport Disability Sports Event which will showcase what people in the Borough have achieved during 2012.

Activities such as:

- Multi Sports Sessions**
- Health Walks**
- Dance**
- Seated Exercise**
- Gym sessions**

There are also opportunities for non disabled adults who are seeking physical activity too!

- Health Walks**
- Dance**
- Multi Sports**
- Gym Circuits**






Additional Information

All of our activities are created for a specific group to maximise development for all participants attending. There are some exclusions for these sessions, so please enquire for further details.

These sessions are provided as part of the Activise Project and are subject to change. New sessions will be updated with a current programme of activities.

***A separate form needs to be completed to participate in Rebound Therapy**

Specific sports and physical activity sessions can be arranged to accommodate groups from one organisation, please enquire for further details.

	
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