

everyone **ACTIVE**

Winchester Health and Wellbeing Booklet



Winchester Health & Wellbeing Programme

Everyone Active's Health and Wellbeing programme provides an opportunity for people to access a high-quality supervised exercise programme. It targets people who suffer from or are at risk of developing chronic medical conditions and provides support to patients whose health could benefit from a more active lifestyle.

Which health conditions does the programme cover?

The Health and Wellbeing programme covers a huge variety of health conditions. These include neurological, musculoskeletal, pulmonary, arthritis, high blood pressure, diabetes and obesity, as well as depression, anxiety and a range of other conditions.

What does the health and wellbeing programme involve?

We provide support, advice, and encouragement from our fully qualified Exercise Professionals. They will design and guide you through your own personal exercise plan depending upon your medical conditions and abilities.

Activities may include:

- Gym-based exercise*
- Group fitness classes*
- Swimming*
- Water-based activities
e.g. Aqua Fit*

*Participation in activities are dependent on your medical condition(s)

How can I join the health and wellbeing programme?

You can be referred by a health professional such as a GP/Practice Nurse/Physiotherapist.

You can refer yourself; we may require further information from a health professional to certify you are safe to exercise.

Register using the following link

<https://secure.refer-all.net/referrals/Winchester/Refer>

For further information, please contact us on winchesterwellbeing@everyoneactive.com



Health & Wellbeing Classes

Neuro-fit

This is a small class for patients with neurological conditions, including those recovering from stroke, living with Parkinson's and who would benefit from mobility, balance, and specific strength exercises. The low-level class involves a combination of seated and standing exercises with an instructor close by to help.

To participate you must be referred by your doctor or a medical professional.

Cardiac Phase IV

Our Community-based cardiac rehabilitation (Phase 4) provides people with known coronary heart diseases the opportunity to take part in a weekly supervised exercise session. People who are eligible include those who have participated in Cardiac Rehabilitation programmes and those who meet certain medical criteria and have been assessed by their GP.

Gold Boost

Good Boost is an app-based therapeutic aquatic exercise programme for people with musculoskeletal conditions that can help improve mobility.

Good Boost creates personalised aquatic exercise sessions designed so you can move more, have fun and feel better. Our trained facilitator will be available during the session if you require any support.

Next Steps

1. Join one of our Good Boost classes
2. Good Boost's technology creates an individually tailored programme designed around your needs and preferences
3. You can follow the exercises at your own pace in the pool on Good Boost's waterproof tablet computers

Assisted Circuits

This class is for participants who would benefit from a class environment where exercises are low-level and can be adjusted and tailored for each individual.

Steady and Strong

Steady and Strong classes are designed to help people over 65 to improve strength and balance, helping you to live independently for longer and avoid falls. Exercises are done both seated and standing, with chair support for those who require it. Our classes are suitable for anyone who has had, or is at risk of experiencing a fall.

Pulmonary Circuits

This class is for participant who have a lung condition and would benefit from a class environment where exercises are low-level and can be adjusted and tailored for each individual.

ESCAPE-pain

ESCAPE-pain is a group rehabilitation programme for people with chronic joint pain that integrates educational self-management and coping strategies with an exercise regimen individualised for each participant. It helps people understand their condition, teaches them simple things they can help themselves with, and takes them through a progressive exercise programme so they learn how to cope with pain better.

ESCAPE-pain offers two programmes:

ESCAPE-pain for knees and hips: designed to benefit people with chronic knee or hip pain

ESCAPE-pain for backs: designed to benefit people with chronic low back pain.

Availability is dependent on local resource of fully qualified staff.



Hydrotherapy Pool at Winchester Sport & Leisure Park

Our hydrotherapy pool is a warm water pool of 34-35°C used for aquatic therapy whether to manage a condition, rehabilitate post injury or surgery, or for physical and mental well-being. It has steps with a handrail and both a fixed-point hoist and ceiling tracking hoist to enable clients to access the pool.

The following services are provided within the facility:

- Private hire
- Aquatic Therapy through external providers
- Group bookings

Fully accessible changing rooms are available as well as male and female change.

Please note: all customers who wish to use the hydrotherapy pool will be screened prior to ensure the facility is suitable.



Hydrotherapy Sessions

Ai Chi

Ai Chi is a form of aquatic exercise based on elements of qigong and Tai chi used for wellbeing, physical rehabilitation and relaxation. It uses diaphragmatic breathing with slow progressive movements of the body standing in shoulder depth warm water. The diaphragmatic breathing, physiological effects of warm water immersion, and slow controlled movements of Ai Chi can improve cardiopulmonary function, musculoskeletal function and help with pain / anxiety / stress management. Benefits also include improved flexibility, strength, posture, reduced pain and relaxation.

Self-directed exercise class

This 30-minute class is suitable for individuals who has previously received hydrotherapy and have been provided a set of exercises that they can complete independently within the hydrotherapy pool.

Therapy equipment will be available to use during this session.

SEN Swim Session

This session is suitable for individuals who have a special education need and would benefit swimming in a warmer, quieter pool.

Aquatic Physiotherapy 1:1 Assessment

Everyone Active is working with The University of Winchester Physiotherapy Clinic to offer individuals who would benefit from a aquatic therapy programme, the opportunity to have a personalised aquatic exercise programme designed for them.

The initial assessment will take 45 minutes and will involve both a dry side assessment and pool assessment and hydrotherapy classes.

Individuals must be able to access the hydrotherapy pool independently.

From your initial assessment you will then be able to access our self-directed hydrotherapy sessions.

Our Aquatic therapy programme is suitable for individuals who have a musculoskeletal condition, orthopaedic condition, pre and post orthopaedic surgery, balance and falls prevention and long covid.

Register using the following link <https://secure.refer-all.net/referrals/Winchester/Refer>



Senior Activities

Whether you are a keen sports player or just fancy joining a new social and active club, Everyone Active offer senior activity sessions in a friendly environment.

Activities include:

- Low Level Group Exercise Classes
- Racket Sports
- Swimming
- Gym

At Winchester Sport & Leisure Park you will need to sign up to Winchester Fitness and Sports Club to access the senior activities. This can be done by visiting their website www.wfsclub.org.uk/

Availability is dependent on local resources.

Disability Sessions

Inclusive Football

Our inclusive football sessions are delivered in partnership with Hampshire FA they are open to all adults with learning difficulties.

Disability Swimming

This session is for all ages who are looking to build their water confidence.

The session is suitable for disabled people or those with long term medical or health conditions.

Low Level Circuits

This class is suitable for individuals with a learning disability to take part in a low-level circuits class.



Winchester Saver Card

Winchester Saver Membership is a scheme offering discounts to Winchester district residents on a range of centre activities and premium membership.

Activities include:

- Swimming
- Gym
- Group workout classes
- Court bookings

Who Qualifies:

- Registered student with current NUS card
- Registered unemployed claiming income support or Job Seekers Allowance
- Registered disabled
- A lone parent receiving income support
- Persons over 66 years of age
- Carers
- Those working within the Military Service

Please note: you will need to pay an initial £5 to access the card.

Adult Activities

Walking Netball

Walking netball is a slowed-down version of netball and is aimed towards anyone who wants to take part in sport, but in a more relaxed, supportive, and friendly environment. If this sounds like a sport you would be interested in, come along, and try.

Back to Netball

Back to Netball is for participants of all ages and levels of experience but sessions will be specifically designed to cater for those who have not played for an extended period.

Whether you have not played since your school days, want to improve your fitness in a relaxed and enjoyable environment, or are just looking for a great place to meet new friends and stay active, Back to Netball is the place for you.



Pre and Post Natal Classes

Post Natal Classes

A social way to get active again after having your little one, there's no pressure, you can take things at your own pace, you can feed, change your little ones, chat - rest whenever you need to.

Parent & Baby Spin

Parent & Baby Circuits

Pre-natal Yoga

Prenatal Yoga classes empower women to have positive pregnancies and births, through gentle movement, sharing knowledge & guiding women to trust their intuition. Pregnancy yoga can help manage physical tension caused by pregnancy, such as back ache and groin pain. It can also support the emotional changes that affect us during this special time.

Please consult with your doctor or midwife before taking part in any prenatal or postnatal classes.

Parkinson's Membership

What's included in your membership?

Access to the gym, swimming pool (where applicable) and group exercise classes

Access to EXi digital exercise on prescription

Access to Synergy Dance online classes via a link

For further information on the Parkinson membership please visit: www.everyoneactive.com/promotion/parkinsons or call your nearest centre.

We know how important it is to be active. It's great for your physical and mental wellbeing. Especially if you have Parkinson's. The more physically active you are, the easier it is to live well and manage the symptoms of the condition.

That's why Everyone Active is offering free membership to people with Parkinson's and their carers at any of its 190 sites across England.





Meadowside Leisure Centre - Winchester
Whiteley Way, Whiteley,
Fareham, Hampshire, PO15 7LJ
01489 577464

Winchester Sport & Leisure Park
Bar End Road, Winchester,
Hampshire, SO23 9NR
01962 848700