

# Active Wellbeing 12 Month Journey

## STEP 1 ARE YOU ELIGIBLE?

- Are you inactive?
- Do you have a stable & controlled health condition

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## STEP 2 SELF-REFERRAL

- online self-referral form
- 01282 661664

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## STEP 3 INITIAL CALL

- initial call to discuss support required
- signposted to alternative provision or next steps for Active Wellbeing programme

## STEP 4 SCREENING

- booked in for detailed telephone screening to understand personal goals and to discuss programmes available

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## STEP 5 MEETING

- meet a member of the team for the first session

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## STEP 6 12 WEEK SUPPORT

- support over 12 weeks to include access to classes, gym, swimming, Feelgood Suite and The Good Life Project
- 6 week review to discuss progress along with an introduction to the wider fitness team so they can offer further support with goal setting
- check in at 12 weeks to look at success so far

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## STEP 7 9 MONTHS SUPPORT INCLUDES

- programme reviews
- access to all classes along with gym and swimming
- tailored support and advice

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## STEP 8 DISCOUNTED MEMBERSHIP

- £28 for further 12 months

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