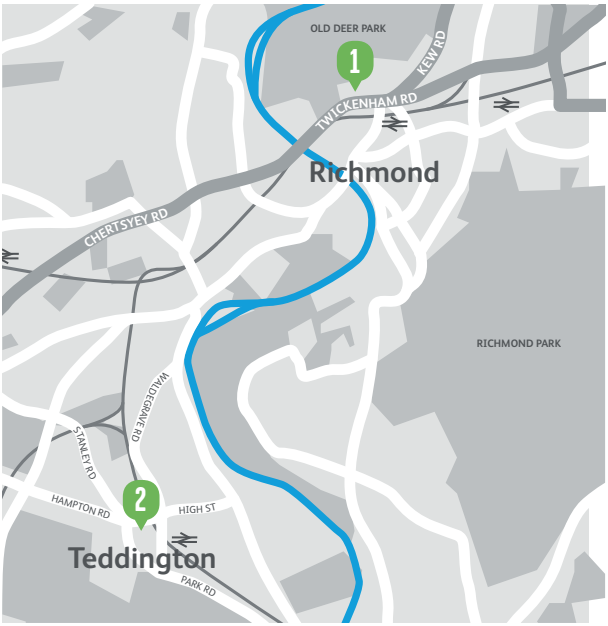
WHAT IS HEALTHWISE?

The Healthwise physical activity referral scheme introduces individuals to the benefits of physical activity in order to help reduce risk factors for chronic disease, and manage existing medical conditions.

The programme aims to encourage people of all abilities to become and remain more physically active, helping to increase activity levels and improve health and wellbeing.





WHERE IS HEALTHWISE?

01. Pools on the Park and Teddington
Old Deer park, Twickenham Road, TW9 2SE

02. Teddington Pool & Fitness Centre
Vicarage Rd, Teddington TW11 8EZ

Contact us
Healthwise.richmond@gll.org

Better is a registered trademark and trading name of GLL (Greenwich Leisure Limited), a charitable social enterprise and registered society under the Co-operative & Community Benefit & Societies Act 2014 registration no. 27793R. Registered office: Middlegate House, The Royal Arsenal, London, SE18 6SX. Inland Revenue Charity no: XR43398 VAT registration no: 219749179.

HEALTHWISE: PHYSICAL ACTIVITY REFERRAL SCHEME



CERTIFIED SOCIAL ENTERPRISE
BUSINESS FOR GOOD

LONDON BOROUGH OF RICHMOND UPON THAMES

BETTER

WHO IS HEALTHWISE FOR?

The scheme is for Richmond residents or patients registered with a Richmond GP/doctors surgery who are physically inactive. It is designed to assist people with medical conditions or other specialist requirements that may be a barrier to accessing mainstream activity in leisure centres.

Common reasons for referral:

- High blood pressure
- Diabetes
- Asthma
- Circulatory/respiratory diseases
- Depression and anxiety
- Arthritis.



HOW CAN BEING MORE ACTIVE HELP ME?

Regular activity can reduce the risk of major illnesses, such as heart disease, stroke, diabetes and cancer.

Regular activity will help to:

- Keep your heart strong and healthy
- Reduce stress and anxiety
- Assist with weight loss and weight management
- Strengthen your muscles
- Improve your mobility and posture
- Assist with smoking cessation
- Improve your quality of life and overall health.

WHAT ACTIVITIES ARE AVAILABLE?

Healthwise offer a range of activities to suit all abilities. Your facilitator will help you select suitable classes.

Your physical activity programme may include some of the following:

- Gym-based supervised sessions
- Group exercise options
- Water-based exercise
- Better Balance



THE HEALTHWISE TEAM WILL HELP:

- Assess and monitor your progress
- Motivate and encourage you during your activity programme
- Advise you on how to exercise safely and with confidence
- Answer your questions.

HOW TO REGISTER

If you are interested in Healthwise then please speak to your GP, practice nurse or Social prescribing link worker, who must refer you. If your GP is not registered with the scheme then please contact the Healthwise Coordinator at your local Better Leisure Centre. If your GP or nurse feel you may benefit from Healthwise they will need to complete a referral form and send it on to the Healthwise team. Healthwise will contact you to screen your referral further and if successful you will be signposted to the appropriate intervention with a Healthwise Facilitator.

If you are interested in being referred to the Healthwise service, please speak to your GP, practice nurse or allied health professional.