

2019/20  
community  
**health**  
programmes



# welcome

## to your health programmes guide

Here at Basingstoke Sports Trust we have many programmes to aid in rehabilitation, treatment for various medical conditions and improving your lifestyle.

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## **need a larger print?**

Call us on 01256 302249 to arrange a larger version of this booklet or a clear print document.

# a little bit about us

Basingstoke Sports Trust has existed for around 50 years, serving the local community and helping to make health and fitness available to all. In our half-century of service, we've pioneered some fantastic programmes to help improve the levels of physical activity and the overall health of the people of Basingstoke and the surrounding areas.

Basingstoke Sports Centre is the Trust's flagship site, and where most of our classes take place. The seven floor centre has good access for people with mobility issues as it has two passenger lifts, accessible changing facilities (complete with hoist) and accessible toilets.

The Charity helps fund these activities through consumer memberships, and proudly boasts almost 1 million visits in Basingstoke and Newbury every year.

Customers of Basingstoke Sports Centre and bstFitness Newbury are actively investing in their community, as the surplus generated through these activities are either re-invested into the clubs (constantly improving them and making them more accessible to all) or it's put into specific programmes, like the ones listed in this guide.

If you would like to help donate to your local community, you can do so by taking part in any activity that the Trust runs. Additionally, you can help support us at [mybst.org/donate](https://mybst.org/donate) or speak to a member of the team.

# active in health

## referral programme



It is well documented that exercise will improve your health and wellbeing. Our friendly, approachable instructors and the welcome, sociable nature of our classes can help to make it an enjoyable experience for everyone taking part.

## who is it for?

The exercise referral scheme is suitable for anyone who will benefit from exercise to help in rehabilitation, treatment and prevention of certain medical conditions. For example:

- **Coronary Heart Disease**
- **Mild COPD / Asthma**
- **Controlled Diabetes** (1 & 2)
- **High Blood Pressure**
- **High Cholesterol**
- **Musculoskeletal Conditions**
- **Arthritis**
- **Neurological conditions** (such as Stroke, MS & Parkinson's)
- **Epilepsy**
- **Weight Concerns**
- **Mental Health conditions** such as depression, stress & anxiety.

We can help promote positive changes which will improve your lifestyle, aid stress management, improve your sleep and boost self-confidence.

## how does it work?

Registered Health Professionals can refer people who will benefit from a personalised 12 week exercise programme.

Once we have received your referral, you will have a free one-to-one consultation and a tour of our facilities. At your consultation we will complete some measurable or changeable tests (for example, your blood pressure, which will also be measured again at the end of the programme). After this, you will be booked onto your first session which will be led by a specialist instructor.

You will receive a midway review and then at the end of the course you will have another consultation where we will review your progress and discuss further opportunities for you to continue your exercise with us.

## what do I need to know?

- You do not need special sports clothing; comfortable shoes and loose fitting clothes are adequate (jeans are not appropriate).
- We recommend bringing a bottle of water with you. It is important that you eat something on the day, and at least one hour before exercise.
- Please bring an inhaler if you use one and any medications you may need.
- All gym users are advised not to exercise if they are feeling unwell or are experiencing dizzy spells, unusual shortness of breath or chest pain before or after the session.
- If you experience any change in the symptoms of any condition that you may have, you must let us know prior to exercise.

### PAY AS YOU GO



circuits or gym

**£4.30**

per session

12 Week Programme

### 12 WEEK UP-FRONT COST



one weekly circuit

**£50**

(£4.15 per week)

12 Week Programme



unlimited gym

**£60**

(£5 per week)

12 Week Programme



one weekly circuit and  
unlimited swimming

**£60**

(£5 per week)

12 Week Programme

# cardiac

## REHABILITATION

Cardiac Rehabilitation is a referral based programme for patients with current heart issues or those with a cardiac history (such as a heart attack or bypass surgery). Sessions take place in Basingstoke Sports Centre with specialist staff trained in the latest BACPR practices.



## cardiac rehab timetable

These instructor-led classes are held throughout the week at Evolve Mixed Gym, inside Basingstoke Sports Centre.

|           |  |  |
|-----------|--|--|
| monday    | 09.00 - 10.00<br>12.30 - 13.30<br>18.00 - 19.00                  | programmes<br>rehab circuit class<br>rehab circuit class               |
| tuesday   | 09.30 - 10.30<br>10.35 - 11.35<br>14.00 - 15.00                  | programmes<br>programmes<br>rehab circuit class                        |
| wednesday | 09.45 - 10.45  | beginners programmes   |
| thursday  | 09.30 - 10.30<br>10.35 - 11.35<br>14.00 - 15.00<br>18.00 - 19.00 | programmes<br>programmes<br>rehab circuit class<br>rehab circuit class |
| friday    | 09.30 - 11.30  | drop-in session  |
| saturday  | 09.00 - 10.00  | rehab circuit class  |

# how often should I attend?

We recommend that you attend at least two sessions per week, along with incorporating home exercise, e.g. walking, on a regular basis.

# what actually happens?

Firstly you will have a one-to-one induction with someone from the Health & Wellbeing team. This will take approximately one hour. Your induction will enable us to discuss and complete paperwork; answer any questions you may have; show you how to use some of the equipment, and create a bespoke programme for you.

We will also do a general tour of the building so you know where things are - toilets, changing rooms, lifts, fire exits, etc. After your induction you are able to attend classes - your Instructor will identify those that are best suited to you.

Classes will last one hour. They will consist of a warm-up to enable your body to prepare for your workout. Your main workout will be roughly 30 minutes, and will include various machines for resistance training, along with cardiovascular training for your heart and lungs.

Following your workout, you will have 10 minutes to cool down and stretch. This will ensure that your body is safely back to its pre-exercise state before you leave.

## INDUCTION



one-off 1-2-1 Induction

£12.50

includes one free session

## PAY AS YOU GO



circuits and programmes

£4.30

one session

## PAY MONTHLY



circuits and programmes

£29.95

payable via Direct Debit

# steady & strong

BETTER BALANCE FOR LIFE

## who is it for?

This is a class that will benefit those who have balance problems, and find other functional activities difficult. The exercises aim to improve balance, increase mobility and reduce the risk of falls.

## what happens?

Your class will be run by a fully qualified Steady & Strong instructor. The class is one hour long and consists of warm-up stretches, strengthening & balancing exercises, some endurance work and co-ordination exercises. The class will finish with a cool down, including stretches and some elements of Tai-Chi. This will ensure you feel relaxed and comfortable before you leave.

## steady & strong timetable

**Day:** Monday

**Time:** 12:00

**Venue:** Oakridge Hall,  
Oakridge, RG21 5RG

**Day:** Tuesday

**Time:** 10:30

**Venue:** Harveys Field,  
Overton, RG25 3BZ

**Day:** Tuesday

**Time:** 12:00

**Venue:** Gill Nethercott Centre  
Whitchurch, RG28 7HP

**Day:** Wednesday

**Time:** 12:30 & 13:45

**Venue:** Basingstoke Sports Centre  
Festival Place, RG21 7LE

**Day:** Thursday

**Time:** 10:00 & 11:15

**Venue:** Salvation Army,  
Mulford's Hill, Tadley, RG26 3LJ

**Day:** Friday

**Time:** 10:00

**Venue:** Newman Court, Barber  
Road, Brighton Hill, RG22 4BW

# before I attend my first class

You will be required to complete and return a Health Questionnaire and an Exercise Consent Form. These forms should be sent back in the envelope provided before you start your class. All information on the form will remain strictly confidential. The instructor will give this information to a paramedic or medical professional in the event of an emergency.

## other points to consider

- A light snack is recommended at least one hour before your class is due to start.
- Refuel and rehydrate - replenish your body with a healthy snack or meal and drink plenty of water after your session.
- Be aware of how your body feels. It is very common to experience delayed muscle soreness after exercising, which may last for a couple of days after your activity. Perform some light stretches and keep active to alleviate soreness.

## what is the cost?

Each block of four classes cost £15. This is to be paid on the first session by a cheque made payable to Basingstoke Sports Trust. Alternatively, you can pay by Debit/Credit card at Basingstoke Sports Centre Reception.

## what now?

If you feel you or someone you know may benefit from this class, contact Kevin (details on the rear cover). He'll explain the next steps in more detail, and book you onto the class that best suits you.





# healthy bodies, healthy minds.

TAKING STEPS TO LIFT DEPRESSION

## who is it for?

The Healthy Bodies, Healthy Minds programme is targeted at those who are low in mood and may be experiencing depression, stress and/or anxiety.

Physical activity helps mental health and has a positive effect on wellbeing, mood, sense of achievement, relaxation and release from daily stress.

Healthy Bodies, Healthy Minds is a 12 week exercise and support programme available to people of all levels of physical fitness who would benefit from a structured course of trainer led sessions.

Participants commit to one hour each week working in a group with a trainer. The sessions will focus on physical activity and include information on the benefits that good food and nutrition has on mental wellbeing.

Participants will also receive a voucher for access to a free swim during each week of the programme. They may also wish to use the Basingstoke Sports Centre at other times for self- guided exercise at an additional cost.

## how much will it cost?

This Trust funded programme is available at a reduced cost of just £3.00 per session. This covers both the instructor-led group exercise class and the free swimming session that follows.

## what are the benefits of attending?

- Support to produce positive changes in your lifestyle.
- Improved physical, social and mental wellbeing.
- Experiencing the positive impact that improved physical health can have on depression.
- Increased self-esteem.

## the session

Currently, the class meets at the following time:

**Mondays 10:30 - 11:30 Basingstoke Sports Centre**

## how to join

Participation in the course is available by referral only. Please speak to your doctor or a healthcare professional if you believe this course may benefit you. Please be aware that spaces are limited.

## accessibility at Basingstoke Sports Centre

Basingstoke Sports Trust prides itself on making facilities accessible to everyone. Here's some of the things we offer:

- Inclusive access to all facilities
- IFI Accredited Pulse® Equipment
- Electric Changing Hoist & Changing Bed
- Pool Hoist
- Dementia-Trained Front of House Staff

To find out more about our accessibility, call Sally Starbuck on 01256 302219





## living with cancer

Being physically active helps Cancer patients cope with their condition and the side effects of treatment. It has been shown that exercise may help reduce the risk of recurrence and of other serious long-term health issues. BST offer discounted access aimed specifically at those living with Cancer, and our specially trained Cancer Rehab Instructors are there to design and deliver an exercise programme tailored to you whether during or after your cancer treatment.

## what can this programme do for you?

Everyone is different, and results can vary from person to person. However, patients tend to see positive benefit such as:

- **Increased energy levels** - A reduction in cancer related physical and mental fatigue.
- **Improved mood** - Exercise releases endorphins which help to boost your mood and provide a calming effect on both your body and mind
- **Improved heart and bone health**
- **Helping maintain a healthy weight** - reducing the risk of treatment complications related to being overweight
- **Reduction of cancer treatment side-effects**

# how do I get referred?

Any Healthcare Professional can refer a patient to our scheme - it's as simple as filling in a form and having them tell us the specifics of your condition so we can create the most appropriate programme for you and ensure we can look after you properly. Resources for Healthcare Professionals are available on our website at [mybst.org/cancerrehab](http://mybst.org/cancerrehab) or they can find out more by calling our Health and Wellbeing Co-ordinator on **01256 302249**.



## what happens next?

Once we have received your referral, Kevin Nuttall, our Health and Wellbeing Co-coordinator will contact you to book your initial appointment and give you an insight on what to expect, assess your current situation and advise you on what to bring. We will then develop an exercise programme that is specifically for you, and be there to support and motivate you during your journey.

### CONSULTATION



consultation, tour & programme

**£12.50**

includes one free session

### PAY AS YOU GO



centre/gym admission

**£4.30**

one session

### 12 WEEK REHAB



unlimited access to the centre for 12 weeks

**£60.00**

upfront payment

### PAY MONTHLY



this follows the 12 week programme

**£29.95**

payable via Direct Debit

# WALKING FOOTBALL

TUESDAYS 10:00 - 11:20

The game is small sided with no running on or off the ball, very little contact and kick-ins instead of throw-ins. With less stress on the body and no real sudden change of direction or cutting movements, the game allows participants to play without apprehension.

Older people in particular have seen many benefits; lower heart rate and blood pressure, less fat, more muscle and better mobility. Plus, you'll meet new people, reduce isolation and interact with like-minded individuals and small groups. **BOOK NOW BY CALLING 01256 326331** or for more information, contact Nicola Searle on **01256 302224**.

**FIRST SESSION FREE**

walking

mondays  
10:00-11:00

BASINGSTOKE SPORTS CENTRE

**FIRST SESSION FREE!**

netball



Walking Netball is a reduced speed version of the game of Netball. The game is designed for anyone looking to exercise in a friendly, relaxed and supportive environment. Every session starts with a gentle warm up, and is suitable for participants of all ages and abilities.

**Book Now! Call Reception on 01256 326331**

For more information, call Nicola on 01256 302224

## Dementia Friendly Swimming

We know that you might need a little extra help during your visit so we have specially trained staff on hand to support you, all of whom have completed dementia awareness training.

You will be offered support if you need it at reception, in the changing area and on poolside, giving you the confidence to enjoy swimming as part of an active lifestyle. We've also been working on improving our facilities to help make things easier for you, including better signs and identifiable wristbands.

For more information, call Sally on 01256 302219 or email [sally.starbuck@mybst.org](mailto:sally.starbuck@mybst.org)

Dementia  
Friendly  
Swimming

Fridays  
14:00 - 15:00

Basingstoke  
Sports Centre

## **VISUALLY IMPAIRED SWIMMING**

Are you visually impaired or know someone who is? We run a swim session at Basingstoke Sports Centre specifically for those who are visually impaired. There's also access to the Health Spa, including Sauna, Steam Room and Jacuzzi.

### **FRIDAY AFTERNOONS**

**Swimming** 14:00 - 15:00

**Health Spa** 14:00 - 15:30

### **Basingstoke Sports Centre,**

Festival Place, Basingstoke, RG21 7LE

For more  
information,  
call Sally on  
**01256 302219**

# Could your medical condition benefit from supervised exercise sessions?

Talk to your doctor today about our GP referral programme.

For more information, call our Community Health Development Manager on 01256 302210



## Kevin Nuttall

Health & Wellbeing Co-ordinator

[kevin.nuttall@mybst.org](mailto:kevin.nuttall@mybst.org)

01256 302249

## Gary Burrow

Fitness and Wellbeing Development Manager

[gary.burrow@mybst.org](mailto:gary.burrow@mybst.org)

01256 302210

Please note the information in this leaflet was correct at the time of printing, however some information may change due to local circumstances. Updates will be made to the leaflet if this is deemed appropriate.

## Basingstoke Sports Centre

Festival Place, Basingstoke

RG21 7LE

[mybst.org](http://mybst.org)