

# PHYSICAL ACTIVITY RESOURCES FOR CKMP PATIENTS

updated November 2023

## HOW TO REFER

Patient can self-refer to groups (send them the relevant Accrux text) or you can refer directly (see details below).

If referring directly, record permission from patient within EMIS consultation to share their details & medical conditions (if relevant) with the group organiser.

If you can't find the right resource or your patient needs more input, refer them to Jane Rogers at Wellspring. Patients can self-refer (send them Accrux text 'Jane Rogers Self-referral') or you can email [jane.rogers@wsb.org.uk](mailto:jane.rogers@wsb.org.uk) with patient's details + info about their needs (again record patient consent to do so). She can connect them with sports & nature groups.

## ACCRUX 'GET ACTIVE' TEXTS

Search 'Live Well' on Accrux to find texts which can be sent to patients:

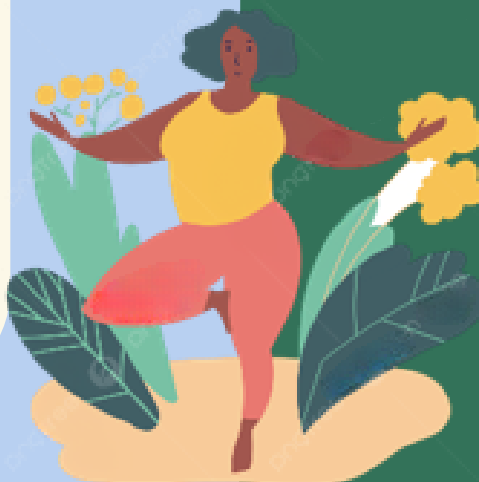
"Get Active"

"Get Active after illness"

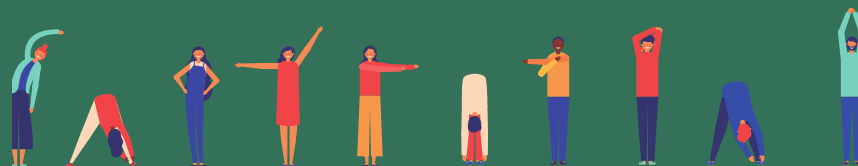
"Get Active in later life"

"Healthier with Nature" – local green spaces map & nature groups

There are also texts in the Live Well section for 'Healthy eating', 'Lose weight', 'Sleep better', 'Drink less' & 'Smoking cessation'.



# RESOURCES FOR EVERYONE



## WELLSPRING SETTLEMENT

Jane Rogers works at Wellspring and supports people to become more physically active. See 'How to refer' for referral details.

The Wellspring settlement also runs free exercise sessions (access via Jane Rogers



- Stretch & Strengthen (small group physio, for joint or back pain)
- Move Well (introduction to gentle strengthening and cardio)
- Yoga-based movement for chronic pain
- Yoga for Anxiety (mat-based gentle yoga for beginners)

## PARK RUN

Parkrun happens every Saturday morning at 9am over a 5k course at Eastville Park, BS5 6PX. You can walk, run, volunteer or spectate. It's totally free + everyone is welcome.

<https://www.parkrun.org.uk/eastville/>.

Accrux text 'Park Run'. Refer via <https://ea-info.co.uk/GP>.

## GP EXERCISE ON REFERRAL SCHEME

Easton + St Paul's leisure centres both run GP exercise on referral schemes. Patients can have discounted access to the gym, swimming + some classes.

Refer via <https://ea-info.co.uk/GP>.

## RAKING & BAKING

St Werburghs Community Centre runs free healthy cooking and community gardening 7-week courses. They focus on growing food in small spaces and how to cook fresh, seasonal meals.

<https://stwerburghs.org.uk/>.

Accrux text 'Raking & Baking'.

## RESOURCES FOR OLDER PATIENTS

### REACT

A group physical activity programme for >65yr (2 sessions a week) followed by a cup of tea and a chat. Free sessions for 12 weeks + then £3.50 each. The sessions run at Easton & St Paul's Leisure Centres.

<https://www.youtube.com/watch?v=bsZnuMIY7QU>

Refer via <https://ea-info.co.uk/GP> + write 'REACT & which leisure centre' in the relevant information box or send Accurx text 'Physical Activity Programme for >65yr'.



## RESOURCES FOR WOMEN

### TIGER STRIPES DANCE FITNESS

Low-cost fitness class for women of all ages at St Werburghs community centre. <https://tigerstripesfindyourfierce.com/> Accurx text 'Dance Fitness for women'.



## RESOURCES FOR REFUGEES & ASYLUM SEEKERS

### BORDERLANDS

Borderlands is a charity which supports refugees & asylum seekers. Every Wednesday they offer wellbeing activities such as yoga, fitness classes, sleep support sessions + sewing. <https://www.borderlands.uk.com/feelgoodwednesday>

Email [Francisco@borderlands.org.uk](mailto:Francisco@borderlands.org.uk) to refer patients or send them Accurx text 'Feel Good Wednesdays'.



## RESOURCES FOR MEN

### MEN'S FOOTBALL

Free football sessions for men over 16yr old. Fun, casual, drop-in session with a focus on mental wellbeing. All abilities welcome.

Every Tuesday 1.30-2.30PM outside on the astroturf, St Pauls Community Sports Academy, BS2 9NH.

Refer by emailing Lee from Bristol City Football Club - [lee.gillett@bcfc.co.uk](mailto:lee.gillett@bcfc.co.uk) or send Accurx text 'Football for men'.



## RESOURCES FOR YOUNGER PATIENTS

### EMPIRE FIGHTING CHANCE

Empire Fighting Chance is a boxing charity which uses non-contact boxing and intensive personal support to help young people aged 8 to 25yr. They have a range of programmes including mentoring, therapy, careers and education activities.

<https://empirefightingchance.org/>

Refer via EMIS form or send Accurx text 'Boxing'.



### JUMP START KIDS

Jump Start after-school sessions are free play sessions for primary school kids. Activities include running games, ball games, boxing and forest school activities.

Wednesdays 4-5pm, Croydon House Tower block

Thursdays 4-5pm, Wills Drive Tower block

Refer by emailing Jane Rogers at [jrcomms@outlook.com](mailto:jrcomms@outlook.com) or send Accurx text 'Jump Start for Kids'.