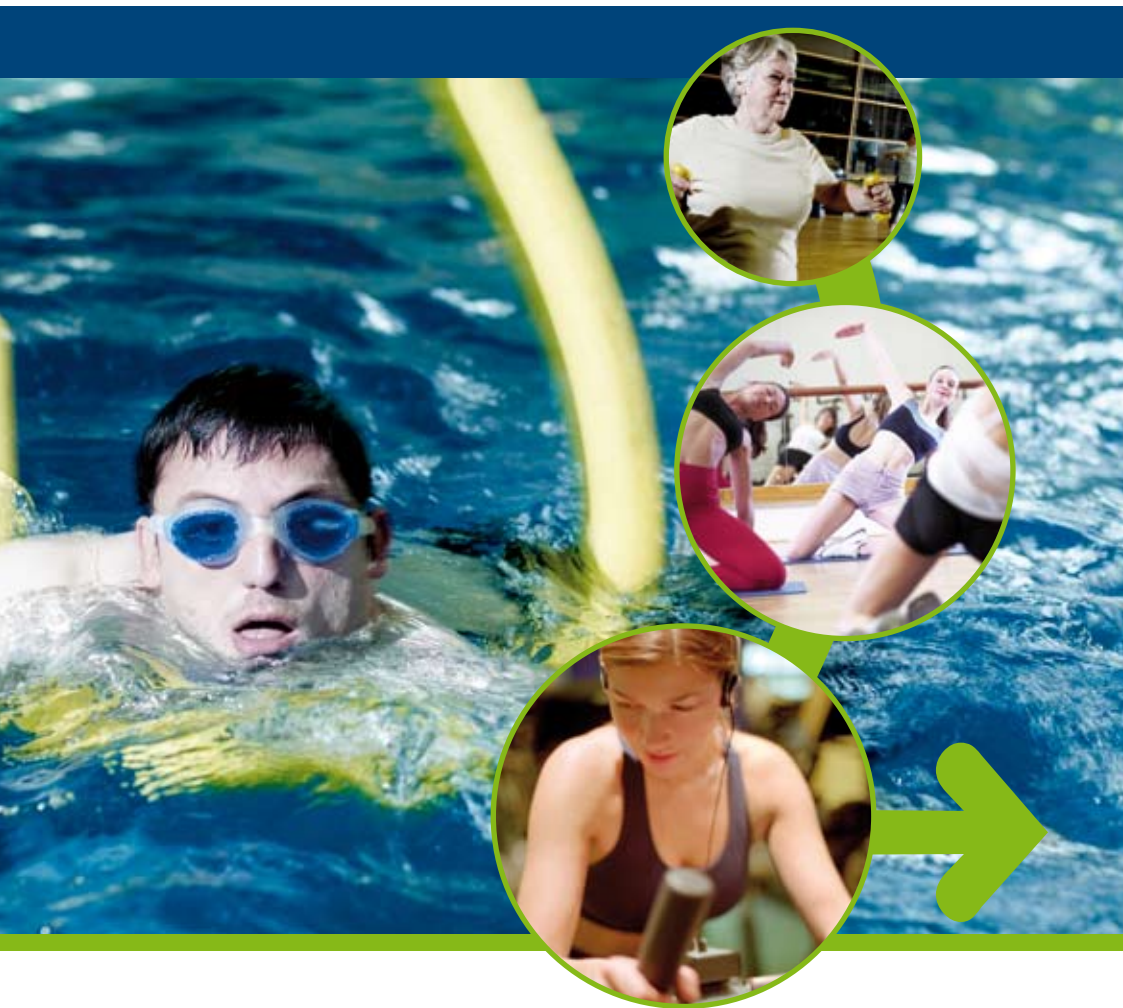


Go⁺ ProACTIVE



Physical Activity Referral Scheme

tone
leisure



www.toneleisure.com
...passionate about leisure 

Tone Leisure is a provider of NHS Somerset's ProACTIVE Physical Activity Referral Scheme. The scheme has been designed to introduce you to a more physically active lifestyle, with a team of qualified instructors to support you. The course will give you the knowledge and confidence to exercise independently beyond the 8-week course, so that you can maintain your health and well-being.

Individuals who have a health condition to which exercise would be of benefit, can be referred to the ProACTIVE scheme by a Professional. The scheme operates at Wellington Sports Centre, Blackbrook Pavilion and Wellsprings Leisure Centre and provides you with a course of supervised activity sessions.



Getting started

A Professional who might be encouraging you to take action to improve your health, can refer you to the ProACTIVE scheme. They would complete a Referral Form for you and ask you for your consent before sending it to Tone Leisure via NHS Somerset.

Upon receipt of the referral form, Tone Leisure would then contact you to book an Initial Consultation at your chosen leisure facility. This is an opportunity to discuss your individual needs with a qualified instructor and for them to devise a safe and effective programme for you. This process, from the point of being referred to the point of being contacted by Tone Leisure should take less than 2 weeks.* A programme of activity sessions would be agreed and if necessary, a second appointment would be made for an introductory activity session.



Maintaining activity

A range of activities is available, individual or group-based at specific times during the week, including evenings. Your Instructor will guide you as to what activities are most appropriate to your needs. Your progress would be monitored throughout the course and you are encouraged to take responsibility for your own health and physical activity participation.

Towards the end of your course, you can review the achievements you have made with your instructor and they will help you to make plans for further activity.



Before you begin

You don't need to buy any special clothing or equipment, you just need loose-fitting clothes that are comfortable for activity and soft-soled shoes for indoor activities. For water-based activities, you need to wear a swimming costume and bring a towel.

The price of the 8-week course is shown below and you are able to take part in as many activity sessions as you want to, with guidance from your instructor.

Adult	£45
60+ & Student	£33.75
Low income	£22.50



Our Low Income rate is for individuals who are in receipt of the following benefits:

- Income Support
- Minimum income guaranteed for Pensioners (Pension Credit)
- Housing Benefit
- Council Tax Benefit (not single occupancy)
- Working Tax Credit (With total income below £15,050)
- Job Seekers Allowance (Income based)

At the time of payment, we will need to see proof that you are in receipt of benefit, in the form of your award letter or award book.

* If you experience a delay in this process, please phone (01823) 273084 and we will be happy to follow-up your referral.

Blackbrook Pavilion: 01823 333435
Wellington Sports Centre: 01823 663010
Wellsprings Leisure Centre: 01823 271271

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Working in partnership with Taunton Deane Borough Council
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