



PATIENT INFORMATION LEAFLET



WHAT'S NEXT?

**I HAVE BEEN REFERRED BY MY HEALTH PROFESSIONAL AND I
HAVE A REFERRAL FORM FOR THE PARiS SCHEME.**

If you have been given a referral form from your health professional, please call us on **0161 482 0900** (option 7) to book your **PARiS** appointment.

OR

**I HAVE BEEN REFERRED BY MY HEALTH PROFESSIONAL WHO
HAS SENT MY REFERRAL DIRECT TO YOU.**

Upon receiving your referral, a member of the **PARiS** team will contact you within 5 working days to arrange your appointment. If however, you have not heard from us within 2 weeks, please contact us on **0161 482 0900** (option 7) or e mail gpreferral@lifeleisure.net.

PLEASE NOTE: YOUR PARiS REFERRAL IS ONLY VALID FOR 3 MONTHS

www.lifeleisure.net

WHY HAVE I BEEN REFERRED TO PARiS?

You have been referred to **PARiS** as your health professional feels that regular physical activity can benefit your health and wellbeing. The six month **PARiS** scheme is designed to give you specialist advice on how to become more active and stay active. **PARiS** is delivered by our team of highly qualified specialist coaches.

You have been referred as you are currently

a) participating in less than **1 x 30** minutes of moderate physical activity per week

and

b) have a chronic medical condition

If you do not meet the criteria above then you may not be eligible for the **PARiS** scheme.

WHAT CAN I EXPECT FROM THE PARiS SCHEME?

- An initial 45 minute consultation with one of our GP referral qualified coaches to discuss how we can support you in becoming more active
- Review sessions every 6 weeks to discuss your personal progress
- Access to specialist activity sessions such as walking groups, cycling groups and specific classes which cater for your condition
- Ongoing advice and information about local opportunities which may be suitable for you

YOUR COMMITMENT TO PARiS

In order to get the most out of the **PARiS** scheme, we expect that you will attend the regular review sessions and that you are open to making small changes that will help you to become more active.

PLEASE NOTE: If you wish to access **lifeLEISURE** facilities for activities such as swimming, the gym and/or exercise classes then there is a charge to do so.

If you are not eligible for **PARiS**, you may be offered other services which are more suitable for you.



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