



Exercise Referral Schemes

Devon Leisure Providers

What are Exercise Referral Schemes?

Exercise Referral Schemes are specially designed for healthcare professionals to recommend their patients to an exercise programme in order to support their health, wellbeing and quality of life. The services are provided by a number of leisure providers in Devon (see below) and operate through qualified instructors who design and work through a personalised programme of exercise with the patient.

A programme will normally include an initial one-to-one consultation, followed by a 12—16 week programme. The services are paid for by the patient, although many leisure providers offer the services as part of a membership scheme or offer concessionary rates. To find out more about the scheme in your area, please click on the relevant link below:

The following areas currently have Exercise Referral Schemes:

- ◇ [West Devon](#)
- ◇ [Mid Devon](#)
- ◇ [East Devon](#)
- ◇ [Teignbridge](#)
- ◇ [South Hams](#)
- ◇ [Exeter](#)

The following areas do not currently have Exercise Referral Schemes:

- ◇ North Devon
- ◇ Torridge

West Devon

Leisure Provider :	Leisure in the Community Trust (Leisure Connection)
Leisure Centres:	◇ Parklands Leisure Centre , Simmons Park, Okehampton, Devon EX20 1EP
Summary:	Personalised programme with assessment + 12 sessions (1—2 sessions per week).
Facilities Available:	34 station gym, dance studio, 25 metre swimming pool. See website: http://www.harpersfitness.co.uk/okehampton-parklands/
Staff:	Qualified instructors including 1 trainer with Level 4 Diabetes and Weight Management Training.
Cost:	12 sessions: £60 6 sessions: £30
Contact:	Jon Smith cmwestdevon@leisureconnection.co.uk 01843 659 154

Mid Devon

Leisure Provider :	Mid Devon District Council
Leisure Centres:	<ul style="list-style-type: none">◇ Exe Valley Leisure Centre, Bolham Road, Tiverton EX16 6SG◇ Lord's Meadow Leisure Centre, Commercial Road, Crediton, Devon EX17 1ER◇ Culm Valley Sports Centre, Meadow Lane, Cullompton, Devon EX15 1LL
Summary:	Personalised programme with assessment + 12 sessions (1—2 sessions per week). See website: http://www.middevonleisure.org.uk/fitness/active_start
Facilities Available:	Fitness studios, swimming pools and fitness classes (site specific facilities). See website: http://www.middevonleisure.org.uk/fitness
Staff:	Qualified instructors.
Cost:	Initial assessment: £5.50 Sessions: £5.80 (£2.30 for people on low income) The scheme is also available as part of Mid Devon Leisure's Membership Scheme . See more details online: http://www.middevonleisure.org.uk/fitness/active_start
Contact:	Michael Lowe mlowe@middevon.gov.uk 07714 680171

East Devon

Leisure Provider :	Leisure East Devon
Leisure Centres:	<ul style="list-style-type: none">◇ Axminster Leisure Centre, Lyme Road, Axminster EX13 5AZ◇ Honiton Leisure Centre, School Ln, Honiton, Devon EX14 1QW◇ Ottery Leisure Centre, Cadhay Ln, Ottery St Mary, Devon EX11 1QW◇ Sidmouth Leisure Centre, Primley Rd, Sidmouth, Devon EX10 9LH◇ Exmouth Leisure Centre, The Royal Ave, Exmouth EX8 1EN
Summary:	Personalised programme with assessment + 12 sessions (1—2 sessions per week) + re-assessment at end of programme.
Facilities Available:	Fitness studios, swimming pools and fitness classes (site specific facilities). See website: http://www.ledleisure.co.uk/
Staff:	Qualified instructors.
Cost:	Sessions: £3.90 Also available as part of membership scheme, with various concessions available.
Contact:	James Teed jteed@ledleisure.co.uk 01395 562 500

Teignbridge

Leisure Provider :	Teignbridge District Council
Leisure Centres:	<ul style="list-style-type: none">◇ Broadmeadow Sports Centre, Broadmeadow Lane, Teignmouth TQ14 9AE◇ Newton Abbot Leisure Centre, Highweek Rd, Newton Abbot, Devon TQ12 2SH◇ Dawlish Leisure Centre, Sandy Lane, Dawlish EX7 0AF
Summary:	Personalised programme with assessment + 12 sessions (1—2 sessions per week) + re-assessment at end of programme.
Facilities Available:	<p>Fitness studios, swimming pools and fitness classes (site specific facilities).</p> <p>See website: http://www.teignbridge.gov.uk/index.aspx?articleid=120</p> <p>For low risk patients - entry into mainstream activities is available, as agreed upon with the trainer, including: classes, unsupervised gym sessions with a personal programme, general swim, easy life and aquacise pool sessions.</p> <p>For medium - high risk patients - all sites offer supervised studio class and gym sessions during the daytime.</p> <p>For all patients - a district-wide 'Walking for Health' scheme is also signposted.</p>
Staff:	Team of 6 - 7 qualified instructors.
Cost:	<p>12 sessions: £50</p> <p>Concessions: £35 (for patients in receipt of income support, disability allowance, over 60 years of age or in full-time education).</p> <p>A Teignbridge Leisure Card is included as a gift upon graduation from the programme.</p>
Contact:	<p>Chrissie Rowe</p> <p>chrissie.rowe@teignbridge.gov.uk</p> <p>01395 562 500</p>

South Hams

Leisure Provider :	Tone Leisure
Leisure Centres:	<ul style="list-style-type: none">◇ Quayside Leisure Centre, Rope Walk, Kingsbridge TQ7 1HH◇ Dartmouth Leisure Centre, Wessex Way, Dartmouth TQ6 0JL◇ Ivybridge Leisure Centre, Erme Court, Leonards Rd, Ivybridge PL21 0SL
Summary:	<p>Personalised programme with assessment + 16 sessions (2 sessions per week) + re-assessment at end of programme.</p> <p>See website: http://www.toneleisure.co.uk/activities/view/?id=204</p>
Facilities Available:	<p>Fitness studios, swimming pools and fitness classes (site specific facilities).</p> <p>See website: http://www.toneleisure.co.uk/</p>
Staff:	Qualified instructors always available on site. Instructors also have specialist training in cardiac, diabetes and cancer rehabilitation.
Cost:	<p>Quayside: £46 standard/ £36 concession (age 60+ and students)/ £26 access to leisure (low income).</p> <p>Dartmouth and Ivybridge: £44 standard/ £34 concession (age 60+ and students)/ £22 access to leisure (low income).</p>
Contact:	<p>James Curry</p> <p>james.curry@toneleisure.com</p> <p>01395 562 500</p>

Exeter

Leisure Provider :	Westbank Healthy Living Centre
Leisure Centres:	Westbank Healthy Living Centre, Farm House Rise, Exminster, Exeter EX6 8AT
Summary:	Personalised programme with assessment + 10 sessions (2 sessions per week) See website: http://westbank.org.uk/health-and-fitness
Facilities Available:	Gym with specialised equipment suitable for people with physical disabilities
Staff:	3 qualified instructors
Cost:	Assessment—£5 Session—£3 or monthly payment of £20 for EoR members
Contact:	Rob Amor (Manager) or Patrick Smye r.amor@westbankfriends.org p.smye@westbankfriends.org