

XCITE

Health and Wellbeing Referral Programme

Programme Overview

The 12-week holistic programme (more commonly known as an Exercise Referral Scheme or Social Prescribing) introduces patients who are experiencing a variety of mental and physical health problems to regular structured activity on an individual basis or through a variety of support classes, to accompany or act as an alternative to conventional treatment (e.g., medication)

- Activity classes for all fitness levels
- Small specific group classes
- Wellbeing classes
- Gym sessions
- Outdoor walks
- Virtual classes
- Online advice/motivation
- Nutritional advice
- Review of patient progress at 6 weeks and 12 weeks to discuss any further appropriate support.



Starting your journey

- GP, Health Professional or agreed Link Worker refers patient to Xcite Health and Wellbeing team (form completed by GP/MP or Link Worker and patient).
- H/W team receives/reviews completed form and arranges patients first visit.
- At first visit an experienced Health & Wellbeing Advisor will discuss patient aims and talk through an agreed programme. The patient will also complete a pre-start questionnaire and provide data to allow us to measure progress at specific review periods.
- The Health & Wellbeing Advisor will discuss the various facilities and activities available to the patient.

Journey completion

- On completion of the 12-week programme patients will be offered the chance to sign up for a discounted Xcite Medical Referral Membership, which includes a range of different types of activity including group fitness sessions

Or

- We will signpost the patient to various local service that meets their needs.

Programme entry criteria

- Patient must be referred by a GP, Health Professional or agreed Link Worker.
- Xcite members should contact their chosen site for a personal programme review.

For more information please contact the Health and Wellbeing team on **01506 237950** / healthandwellbeing@westlothianleisure.com

