**Northampton Activity on Referral Scheme**

**A Quick Guide for Patients**

* The Healthcare professional will securely email the completed referral form with your medical details on to Trilogy Leisure.
* Trilogy staff will contact you within 5 working days.
* You will be offered a consultation appointment within 7 days after Trilogy make contact.
* You will be able to access a 12-week exercise programme. Your consultation meeting will take place at one of the following centres although you will have access to five leisure centres during the 12 weeks:
* Lings Forum Leisure Centre
* Danes Camp Leisure Centre
* Mounts Baths Leisure Centre
* Duston Sports Leisure Centre
* Cripps Recreation Centre (Northampton General Hospital Grounds)
* Suitably qualified staff will prepare a bespoke programme of exercise for you after an initial discussion.
* Staff will be on hand to support you at any time and will meet on a prearranged dates after 6 weeks to monitor your progress and at 12 weeks/programme completion.
* On completion, you will be provided with advice on how to continue with regular physical activity.

**COST:**

**Consultation Fee** - £15.00 (fee includes consultation meetings with AoR exercise professional at 1, 6 & 12 weeks)

**Scheme Cost** - £24.50 per month, direct debit for 3 months committed membership

***Please note this is a saving of £10.50 per month in comparison to one of our similar membership packages (£35 per month)!***

**Scheme Entitlement** –**Unlimited use** of all **FIVE Trilogy gyms** access to **FOUR swimming pools,** over **200 fitness classes**, **two health suites,** the **50 Plus Programme,** the **Forum Cinema** and **Walking Sports**.