

## Healthy Life Scheme in the Tyne Valley

Healthy Life is a GP Exercise on Referral scheme in the Tyne Valley, which helps people to become more active.

The scheme has been developed to help those who may be struggling with their weight, have diabetes, high blood pressure or other risk factors that might lead to heart disease. The scheme is also for those who have mental health problems or who suffer from arthritis or asthma.

At the start of the scheme, there is a one – one appointment to discuss what activity sessions are on offer in the area and any worries or concerns about exercise. Participants also have their weight and blood pressure checked, along with a short fitness test.

Activities on offer include use of the gyms, specialist fitness classes and swimming at Prudhoe Waterworld and Wentworth Leisure Centre in Hexham. There are also sessions at Haltwhistle Swimming and Leisure Centre, Ponteland, Allendale and Otterburn. There are also weekly walking groups that meet regularly in many of the towns and villages in the Tyne Valley.

Groups meet at the following locations and times:

|             |                        |       |         |
|-------------|------------------------|-------|---------|
| Stocksfield | Station Car Park       | Mon   | 10.00am |
| Hexham      | Community Centre       | Mon   | 1.45pm  |
| Haltwhistle | Sainsbury's Car Park   | Tues  | 11.30am |
| Wark        | Village Green          | Tues  | 10.00am |
| Corbridge   | Coigns Corner          | Wed   | 10.00am |
| Bellingham  | Rose and Crown         | Wed   | 10.30am |
| Allendale   | Outside Co-op          | Thurs | 10.00am |
| Low Prudhoe | Riverside Country Park | Thurs | 10.30am |

(These groups are open to everyone – you do not need to be part of the Healthy Life Scheme to attend). These walks usually take about an hour and are a good way to get more active, whilst meeting new friends. Everyone is welcome.

Participants can attend sessions with the scheme for 6 months. There are further one to one sessions after 3 and 6 months to discuss how you are getting along and what you would like to do next.

If you would like to find out more about Healthy Life, your GP or Practice Nurse will be able to tell you whether the scheme is suitable for you. Alternatively contact Julie McPherson on 01434 613225 or email [Julie.mcpherson@northcountryleisure](mailto:Julie.mcpherson@northcountryleisure) for more details.