

## **Livewell Gateshead Information**



LiveWell (Exercise Referral)

Livewell Gateshead is a health and wellbeing service that offers support for an array of health issues, including weight management, healthy eating, physical activity and improving confidence. This is a 12 week programme for people who have a health condition for which exercise is recognised as being beneficial. GPs, Practice Nurses and other health professionals can refer patients. Self referrals are not permitted.

The programme comprises of a pre-consultation with a specialist prior to attending The LiveWell programme as well as including gym based sessions offer a menu based approach which allows participants to attend a range of activities, including exercise circuits, water based sessions and appropriate sports

Referrals are now accepted for weight loss however exercise referral is mainly a physical activity intervention- some dietary advice will be available but this is limited and we therefore recommend Why Weight as the most appropriate programme for those who are overweight or obese. If Patients are attending a practice based weight management group or are being referred to a commercial programme that does not include exercise then Exercise Referral may meet their physical activity needs.

Following on from this we have introduced a 3 month health membership, to completing participants, at a fifty percent reduction on the standard membership; this is seen as a stepping stone towards general activity maintenance.

Support is available to individuals and family groups. For more information please contact the Livewell Team, Telephone line is open 7 days a week from 8am – 7pm.

Telephone

0191 2831145 or 0800 014 9092

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