

RUTLAND ACTIVE REFERRAL SCHEME

PERSONALISED PHYSICAL ACTIVITY PROGRAMMES
SUPPORTING PEOPLE WHO ARE INACTIVE WITH LONG-
TERM HEALTH CONDITIONS (AGED 16+)



Active Rutland Hub



Catmose Sports Centre



Inspire2tri



Oakham School
Sports Centre



Uppingham School
Sports Centre


Active
Rutland Health

FOR MORE INFORMATION CONTACT
ACTIVE RUTLAND HEALTH
ACTIVERUTLANDHEALTH@RUTLAND.GOV.UK
07966 535760

WHAT'S ON OFFER?

ACTIVE RUTLAND HUB

Steady Steps • Cardiac Rehabilitation
£4.50 per session

CATMOSE SPORTS CENTRE

Gym
£5.50 per session or £25.95 per month

INSPIRE2TRI

Steady Steps • Cardiac Rehabilitation • Active Rehab • Rainbow Trail
£5 per session

OAKHAM SCHOOL SPORTS CENTRE

Swimming • Gym • Classes
Pay as you go or £55 per term (1 facility)

UPPINGHAM SCHOOL SPORTS CENTRE

Swimming • Gym • Classes
£5 per session or £30 per month

ARE YOU ELIGIBLE?

- Asthma
- CHD / Angina Pectoris
- COPD
- Diabetes (Type 1 and 2)
- Falls Prevention
- Hypercholesterolemia
- Hypertension
- Joint Replacement
- Obesity
- Osteoarthritis / Rheumatoid Arthritis
- Osteoporosis / Osteopenia
- Simple Mechanical Back Pain
- Stress, Anxiety, Depression
- Other Stable Mild - Moderate Health Conditions

Get in contact if you think this is for you