FINDING YOUR WAY TO BETTER HEALTH...
YOUR JOURNEY STARTS HERE

ACTIVE REFERRAL

JERSEYSport.JE

Contact Us
www.jerseysport.je/referral
info@jerseysport.je
01534 757700
What is Active Referral?

Active Referral is a 12-week programme of exercise for people in Jersey, supported by our specially-trained fitness instructors.

It’s for Islanders aged 16 or over with, or at risk of, certain medical conditions or pre/post surgery and is run by specially-trained fitness instructors. You are encouraged to work at your own pace.

What are the benefits?

The Active Referral scheme encourages you to participate in regular physical activity which can help to:

• Rehabilitate following injury, surgery or illness
• Reduce your risk of coronary heart disease, stroke and other medical conditions
• Control your blood pressure
• Improve your confidence, self-esteem & mental wellbeing

How do I get on the scheme?

You must be referred by either your doctor or a health care professional to get a place on the scheme. They will send us your details.

Why not ask them today if they think you’d benefit from exercising with our team? Once you have been referred to the scheme, Jersey Sport will contact you.

For more details visit the Jersey Sport website at www.jerseysport.je or email info@jerseysport.je

Your first appointment

Once your referral form is received, we’ll be in touch to book you in for your initial assessment. These take place at Fort Regent and last approximately 45 minutes. In the two hours immediately before your first appointment you should avoid:

• Exercising
• Heavy meals
• Smoking
• Drinking tea, coffee or alcohol

If you have a cold, flu or are recovering from a virus then you should cancel your appointment and rebook it once you are well again. A 24 hour cancellation fee applies. For your first appointment, please make your way to the Active Referral office and take a seat outside until you are called through (see map opposite). During your assessment, you will be invited to select your preferred sports centre and session (day and time).

What you need to bring

• GTN spray if you suffer from Angina
• Inhaler if you suffer with Asthma
• Reading glasses if you need them
• List of medication
• Evidence of income support from Social Security, if applicable

What does it cost?

The initial assessment is £20 per person, paid by everyone at the point of booking, and the 12-week course with 24 sessions will then cost £84 for senior citizens and £132 for other adults. This will need to be paid in full on the day of your assessment, so please bring a debit / credit card with you. If you are receiving income support from Social Security you may be entitled to attend for free. All prices are subject to change.

After the scheme

At the end of 12 weeks you will be invited to have another fitness assessment to discuss your progress. Following this assessment you:

• may be advised to continue for a further 12 weeks
• can buy an Active membership at a reduced rate
• can attend community-based exercise classes

Where are we?

While Active Referral sessions are held at sports centres around the island, initial assessments are carried out at Fort Regent.

From the entrance go straight ahead, turn left when you reach the cannon, head through the set of doors and you’ll see us on the right (marked in green on the map below)