

Teme Leisure



Supporting the NHS +

At Teme we are committed and dedicated to support the NHS by helping reduce demand on services through the prevention and management of illness. Regular physical activity helps people stay healthier for longer, lowers the risk of chronic diseases, boosts mental well-being, and can be a cost-effective way to manage existing conditions

GP Referral Scheme

Our GP Exercise on Referral scheme is where a doctor refers a patient to Teme for a personalised exercise plan to manage a health condition. These programs are for adults (16 and over) with low to moderate-risk long-term conditions like Diabetes, Arthritis, High Blood Pressure, or Anxiety, Obesity, Osteoporosis, Respiratory Disorders to name just a few. Focus on building confidence and self-management through physical activity and is overseen by our Qualified GP Referral Instructors who works with the patient to create and deliver the program.

How to access the Scheme?

Visit your GP, Practice Nurse, Social Prescriber or Physio and ask them for a referral letter. Simply bring this into us and we can put you in touch with our GP Referral team who will chat through it all with you, including prices, answer any of your questions and put you at ease.



 **01584 874620**

 **www.teme-leisure.co.uk**



Bromfield Road, Ludlow, Shropshire SY8 1DR



Aqua-boost

Good Boost Aqua is an app-based therapeutic exercise program that uses personalized water-based routines to help people with musculoskeletal conditions like arthritis and back pain improve their function and mobility. Sessions are guided by waterproof tablets and are delivered in a group setting, making them a fun and supportive way to exercise. One of our Teme Instructors are always on hand to help and advise throughout the 45min session.

Mondays & Thursdays 11.30am
£5 per session



Chair Based Exercise Class



Chair-based exercises are good for improving strength, flexibility, balance, and circulation, for people with mobility or balance issues.

A low-impact way to strengthen muscles and support cardiovascular health, while also boosting mental well-being and posture. Helps with many health conditions such as Osteoarthritis, Parkinson's, Stroke Recovery, COPD or simply to help improve the ease of day-to-day tasks.

Thursday 12pm | £6



For more information on anything found on this flyer, come and have a chat with Deena or Rhys.

Drop into the Centre, give us a call on **01584 874620** or email **info@teme-leisure.co.uk**

