

UP 

active

FAQ's

# What is Up and Active?

Up and Active are a team of exercise and weight management specialists who are experienced in working with people who are living with long term health conditions. This team is part of Pendle Leisure Trust, and they use the local leisure facilities to help people move more and lose weight.

# What is Up and Active?

**Exercise  
on  
referral**

**Tier 2 Weight  
Management**

**Postural  
Stability**

**Disability  
Sports**

**Phase IV  
Cardiac  
Rehab**

**Community  
Activities**

**School  
Sports  
Programmes**

**Feel Good  
Factory  
Clinic**

# Who is eligible for Up and Active?

Anyone who is aged 16+, inactive (less than 5x30minutes of physical activity a week) and has one or more long term health condition(s) is eligible to join the Up and Active scheme. All existing health conditions must be stable and controlled.

We want to change the language of this conversation though. So we support people who are ready to make a change and help those who are doing nothing, move towards doing something.

# Can people self-refer to Up and Active?

Yes, individuals can self-refer, or you can send a referral in on their behalf.

# How could I refer people to Up and Active?

Call us at the Up & Active office between 09:00-17:00, Monday to Friday and speak to our amazing team. They will be able to guide you through the process and give you any additional information and updates from Up & Active.



01282 661664

# How could I refer people to Up and Active?

If you would prefer to send us emails we are cool with that. Whether you want to refer someone to us or want to know more about what is going on, drop us an email.

We use a secure server to store private information and are GDPR compliant.



[pendle@upandactive.co.uk](mailto:pendle@upandactive.co.uk)

# How could I refer people to Up and Active?

Pop into a Pendle Leisure Trust Centre. We love to meet people, so either come down or direct patients to their nearest Pendle Leisure Centre.





## How much does it cost?

There is a small charge of £2 per session for the first 12 weeks. We also offer a low-cost membership option which is available after the first 12 weeks. This is £30 for 12 weeks... or £2.50 a week... or 36p a day or 1.5p an hour!

It is a great offer.

# What kind of activities do you offer?

We have a wide range of activities which are lead by our qualified instructors, including seated exercise, supervised gym sessions, core stability, weight management and Phase IV cardiac rehabilitation\* classes and use of the Feel Good.

The list is longer so if you'd like to know more please get in touch.

\*In order to access Cardiac Rehabilitation, referrals must come from local cardiac team

# What is the Feelgood Factory?

The Feelgood Factory at Pendle Leisure Centre provides a range of power-assisted machines designed for use by anyone, regardless of age, mobility or fitness level – and perfect for people recovering from illness or with limited mobility. Up & Active run a weekly clinic every Thursday. Contact us for more info or pop in and see us.

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[CLICK FOR INFO](#)

## How do you ensure safety?

All clients are required to complete an Up & Active health screening with one of our specialists. We do this to ensure they are being directed into an activity that is suitable for them and their needs. This person-centred approach ensures we find the right activity for every individual.

All our exercise sessions are COVID secure, with social distancing and cleaning procedures in place.

## What next?

If you have any other questions about the Up & Active programme please do not hesitate to get in touch.

If you would like to come along to any of the Up & Active sessions we would love that! We have sessions taking place all over Pendle, so just let us know, come along and observe, or even take part in an Up & Active session.

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[www.upandactive.co.uk](http://www.upandactive.co.uk)