



Enhanced Access

Community Wellbeing
& Movement Support



FREE support in your local community.



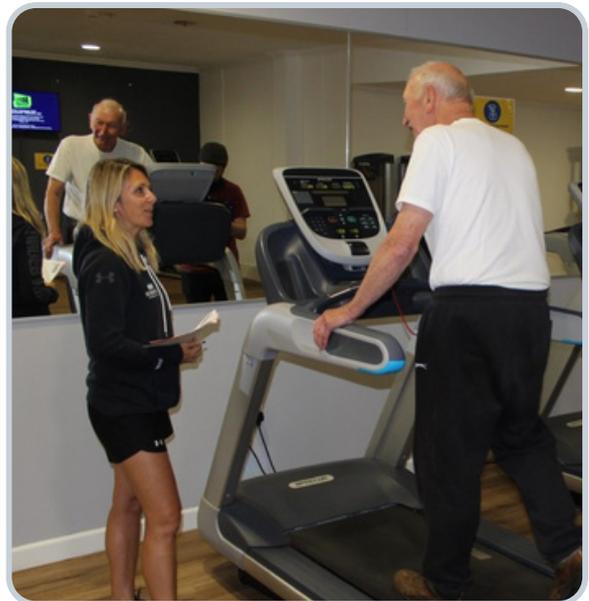
What to expect:

Delivered over 12-weeks, the programme offers sessions between Monday-Friday 18:30pm-20:30pm & Saturdays 9:00am-17:00pm. It is designed to empower patients with practical, achievable steps to improve their wellbeing.



Who is it for?

This programme is for individuals with no significant health concerns, who want to start or reintroduce physical activity safely. Patients will improve their health, and build healthy habits with personalised support from highly experienced instructors.



What's Included?

Leisure Centre Offer

- Begins with a **wellness appointment** at the local leisure centre*.
- **Programme orientation** with an experienced instructor covering medical history and health information.
- A personalised **movement plan is created** together.
- Patient **granted access** to leisure centre facilities at the agreed times.
- Regular **wellbeing check** in's, including a 6 & 12 week review.

(*Only in EA providing leisure centres).

Community Courses

Centred around patients needs:

- Seated movement
- Pain management
- Strength and balance
- Peri-menopause
- Diabetes fitness
- And more...

After the movement, patients enjoy time for coffee and conversation, fostering **social connection** and **peer support** in a friendly, welcoming environment.

⇒ How to join?

Patients may receive a **text message** invite from their GP surgery with a direct booking link to access either a community course or access to their leisure centre.

Patients can also **self-refer** and each provider has a scheme coordinator who can be contacted directly to book the initial wellness appointment or find out further information.

Provider information can be found on the **SASP website**:
<https://www.sasp.co.uk/enhanced-access>.



Primary Care Networks currently offering Enhanced Access programmes within the community.





Our Impact

Enhance Access **increases opportunities** for patients to engage in safe, supported physical activity within their local community. By strengthening collaboration between Primary Care Networks and leisure providers, the project has improved access to preventative health services and **reduced barriers to participation**.

The programme is empowering patients to take control of their health through **personalised support**, structured activity, and social connection. By building confidence, improving wellbeing, and supporting lasting lifestyle change this helps to **prevent long-term health issues**.

750

Referrals
to date

82

Hours
allocated



Increased activity levels

25

Community
courses delivered

280

Patients
attending
courses



Improved WEMWB scores

6

PCNs
collaborations

4

Leisure
providers



Improved blood pressure





Patient Feedback

Patients have reported **positive experiences** with the programme, highlighting improvements in confidence, wellbeing, movement, and enjoyment of the physical activity. Feedback also emphasises the value of personalised support, social connection, and guidance from experienced instructors.



“I wanted to say **how much I'm enjoying** it. Each week has been different, and the instructor gives plenty of options to make each exercise harder or easier.

I have complete faith in her ability to teach me **safely and appropriately**. I've also found her very approachable, which for me **being anxious is really important**. Thanks for the opportunity”.

“After week 3 I managed to walk to the class instead of drive. I've loved meeting new friends and getting out the house at the weekend.

After my mat work, my aches and pains do go away, I've even joined a Pilates class now too!”



“The teacher is excellent after years of not exercising she's **given me the joy of movement** because of weight issues and lack of confidence I feel can do it in a safe and enjoyable way thank you.

I would really **recommend these exercises classes** to anyone who is offered a place and I hope that funding can be found to continue them”.





Next Steps:

We welcome enquiries from Primary Care Networks interested in implementing or expanding their Enhanced Access programme.

For further information, to discuss collaboration, or to arrange a briefing, please contact:



Steph Moreland

Senior Project Officer for Health



smoreland@sasp.co.uk



<https://www.sasp.co.uk/enhanced-access>

Our Partners:

