

EBHealthy Programmes are Open!

We are delighted to inform you our Everybody Healthy programmes will resume service from the 21st June. Everybody Sport and Recreation is dedicated to improving the physical and mental wellbeing of everyone in Cheshire East and offer a broad range of support programmes, including:

- Exercise Referral – *helping people with illness or long-term health condition to get active*
- Be Steady Be Safe – *improve mobility, strength, and flexibility to reduce the risk of falling*
- Rehabilitation Exercise Classes – *specialised exercise classes for COPD, Cancer, and Phase IV Cardiac patients.*
- ESCAPE-Pain – *exercise and education for people with chronic pain of the knee, hip, and lower back*
- COVID-19 Rehabilitation Exercise programme – *A new programme for patients with long covid effects, exercising in a safe environment and under specialist instruction.*

Our programmes aim to address inactivity and improve healthy life expectancy, by sourcing and using resources and evidence to design, develop and provide high quality, leading-edge value for money physical activity and wellbeing services that empower people to be physically active, live well and for longer.

Our Specialist Instructors have undertaken extensive training in Level 3 GP Referral, Level 4 BACPR Cardiac Rehabilitation, Level 4 Cancer Exercise Rehabilitation, Level 4 Obesity and Diabetes, Level Chronic Lower Back Pain, NHS Making Every Contact Counts and RSPH Understanding Health Improvement Level 2.

You can start referring from now through our secure Refer-All portal, if you are not registered to use the portal please let us know and we will arrange this for you. Should you wish to discuss the programme further or have any queries please contact us on 01270 685589 or email EBHealthy@everybody.org.uk.



EVERYBODY SPORT & RECREATION HEALTH & WELLBEING PROGRAMMES

