



Are you aged over 18 and are feeling anxious or depressed?
Are you a parent or Carer who is stressed and needs a break?
Do you think that you might benefit from exercise?

With X4H you can:

- *Take part in regular weekly exercise activities*
- *Take some time out for yourself*
- *Meet others in a friendly atmosphere*
- *Improve your sense of well being*
- *Choose from Gentle exercise, Tai Chi, Movement to Music, Yoga, Relaxation and even Flower arranging!*



Evidence shows that you can reduce depression, stress and anxiety by taking part in regular physical activities.

Gentle exercise is a good way to start, you can improve your fitness levels through a range of movements—none of which are too strenuous!

For those who want a more lively form of exercise there is Movement to Music.

Yoga, Tai Chi and 'stress buster' activities help you to feel more relaxed and uplifted..

All of these activities can improve your balance, strength, posture, mobility and stamina.

They are also good for your health, well-being and confidence.

Exercise 4 Health (X4H)
Programme 2009-10

Starting from 2nd November 2009

Tuesday:

Gentle Exercise 12-1:30pm at Old Hall Street (M222)
Tai Chi 1:45– 3:15pm at Old Hall Street (M222)

Wednesday:

Relaxation 10:30am-12:30pm at Compton Grange

Friday:

Movement to Music 2-3:30pm at Compton Grange

Starting from 16th November 2009

Monday:

Flower arranging 1-3:00pm at Pendeford CLC

Starting from 2nd January 2010

Monday:

Flower arranging 1-3:00pm at Pendeford CLC
Yoga 2-3:30pm at Old Hall Street (M222)

Tuesday:

Gentle Exercise 12-1:30pm at Old Hall Street (M222)

Wednesday:

Relaxation 10:30am-12:30pm at Compton Grange

Thursday:

Tai Chi 3-4:30pm at Compton Grange

Friday:

Movement to Music 2-3:30pm at Compton Grange

To qualify for any of these free activities your GP, Practice Nurse, Health Visitor or other Health Care Professional will need to complete the Referral form (opposite). Many of them are already aware of this programme and actively encourage people to join.

What to do next:

- Telephone 01902 558143/558180, leave your name, address and telephone number.
- or e-mail dana@aes.wolverhampton.gov.uk
- or contact Dana Tooby, X4H, Adult Education Service, City Learning Quarter, Old Hall Street, Wolverhampton, WV13AU.

If you have any questions or concerns please contact Dana who will be happy to talk to you about any aspect of this programme.



Exercise For Health (X4H) Referral Form



Please complete **part 1** of this form, then ask your GP, Health Visitor, Practice nurse or other Healthcare professional to complete part 2 (overleaf).

Part 1:

I am interested in attending the following classes which are part of the Exercise For Health programme:

- | | | |
|---|----------------------------------|--|
| Gentle Ex <input type="checkbox"/> | Tai Chi <input type="checkbox"/> | Relaxation <input type="checkbox"/> |
| Flower arranging <input type="checkbox"/> | Yoga <input type="checkbox"/> | Movement to Music <input type="checkbox"/> |

Your name:

Date of Birth:

Nat. Ins. No:

Address:

.....

Postcode:

Telephone:

E-mail:

I agree that the health practitioner, named in **part 2** (overleaf), can pass on any relevant information regarding my medical condition, including an Individual Risk Checklist, if required, to the Wolverhampton Adult Education Service.

Signed

Date:

All information will remain confidential and will not be passed on or shared with others outside the Adult Education Service without the learner's permission.

Now please ask your GP, Practice nurse, Health Visitor or other Health Professional to complete Part 2 (next page).

Then return this form to Dana Tooby, X4H, Adult Education Service, City Learning Quarter, Old Hall St., Wolverhampton, WV1 3AU as soon as possible to reserve your place(s).

Places are allocated subject to availability.

Exercise For Health (X4H) Referral Form



Exercise for Health (X4H) is part of the wider Art 4 Health programme offering a range of creative activities for people who are experiencing stress and anxiety.

The X4H programme is co-ordinated by Dana Tooby 01902 558143 and managed by Sian Fletcher 01902 558164.

To qualify for this free programme of physical activities learners must to be referred by a GP or other Health Professional.

Part 2:

To be completed by a GP, Practice nurse, Health Visitor or other Health Care Professional:

The person, named overleaf, is known to me at the address given.

I recommend him/her the above learner for the Exercise For Health Programme.

To the best of knowledge his/her medical condition does not put him/her self, other learners or staff at risk.

I am willing to complete an Individual Risk Checklist, if requested.

Name:

Professional role:

Address/Practice:

.....

Postcode:

Telephone

E-mail address:

Signature:

Date:.....

Please contact Dana Tooby if you have queries or concerns about any aspect of this programme.

Thank you. This form should now be returned to: Dana Tooby, X4H, Adult Education Service, City Learning Quarter, Old Hall Street, Wolverhampton, WV1 3AU.