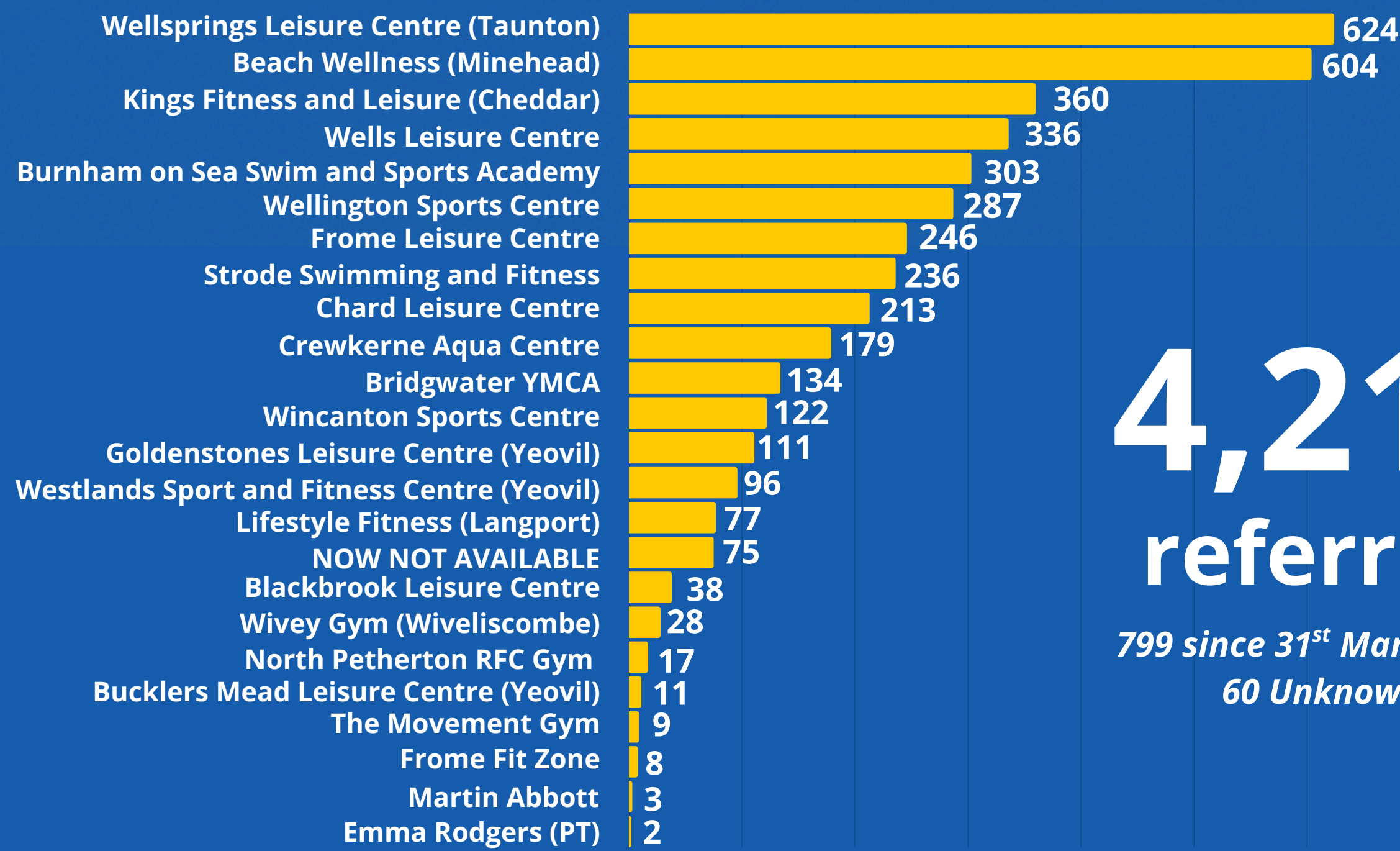


Our Journey So Far...

January 2023 - August 2025



4,213
referrals

799 since 31st March 2025
60 Unknown



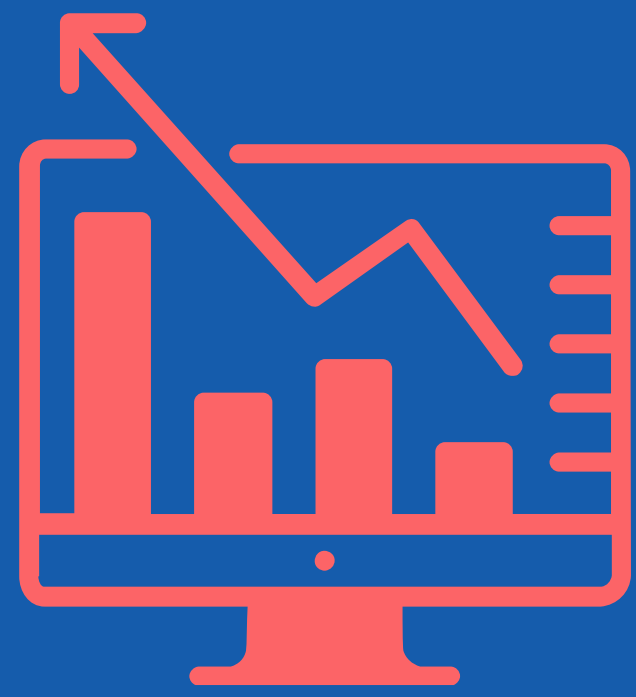
1,238
completers
(attended 12 weeks)
221 since March 2025



62%
completion rate
(attended 12 weeks)
10% higher than end of
September 2024

1,555
referrals through the
online referral form

2,649
referrals through
EMIS upload



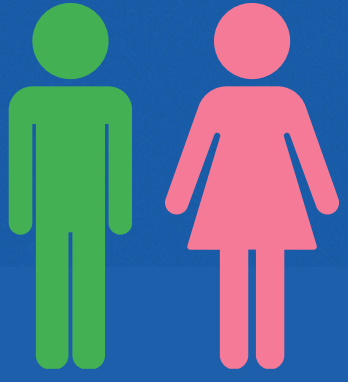
63 Individuals funded for training in
either Level 2, Level 3, or Level 4
to support Physical Activity on
Referral



22
Leisure Providers
now accredited



Demographics

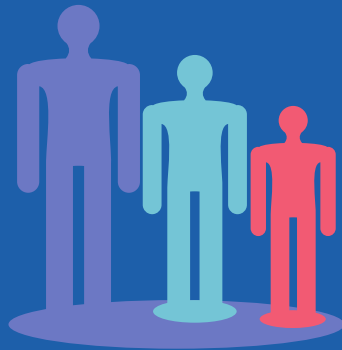


62% Female
38% Male



7%

referrals from top 20%
most deprived wards



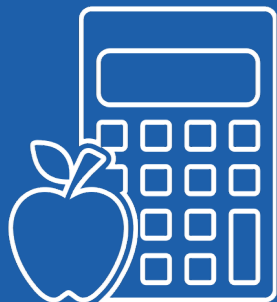
56% referrals aged over 59 years olds

Improvement Scores



56%

completers had
improved balance
at 12 weeks
(down from 59%)



32%

completers had
improved BMI at
12 weeks (up
from 31%)



78%

completers had
improved
strength at 12
weeks (no
change)



41%

completers had
improved weight
at 12 weeks (up
from 38%)



59%

completers had
improved blood
pressure at 12
weeks (up from
52%)



40%

completers had
improved IPAQ
score at 12 weeks
(no change)



3%

completers had
improved Smoking
status score at 12
weeks (no change)



63%

completers had
improved wellbeing
score at 12 weeks
(down from 64%)



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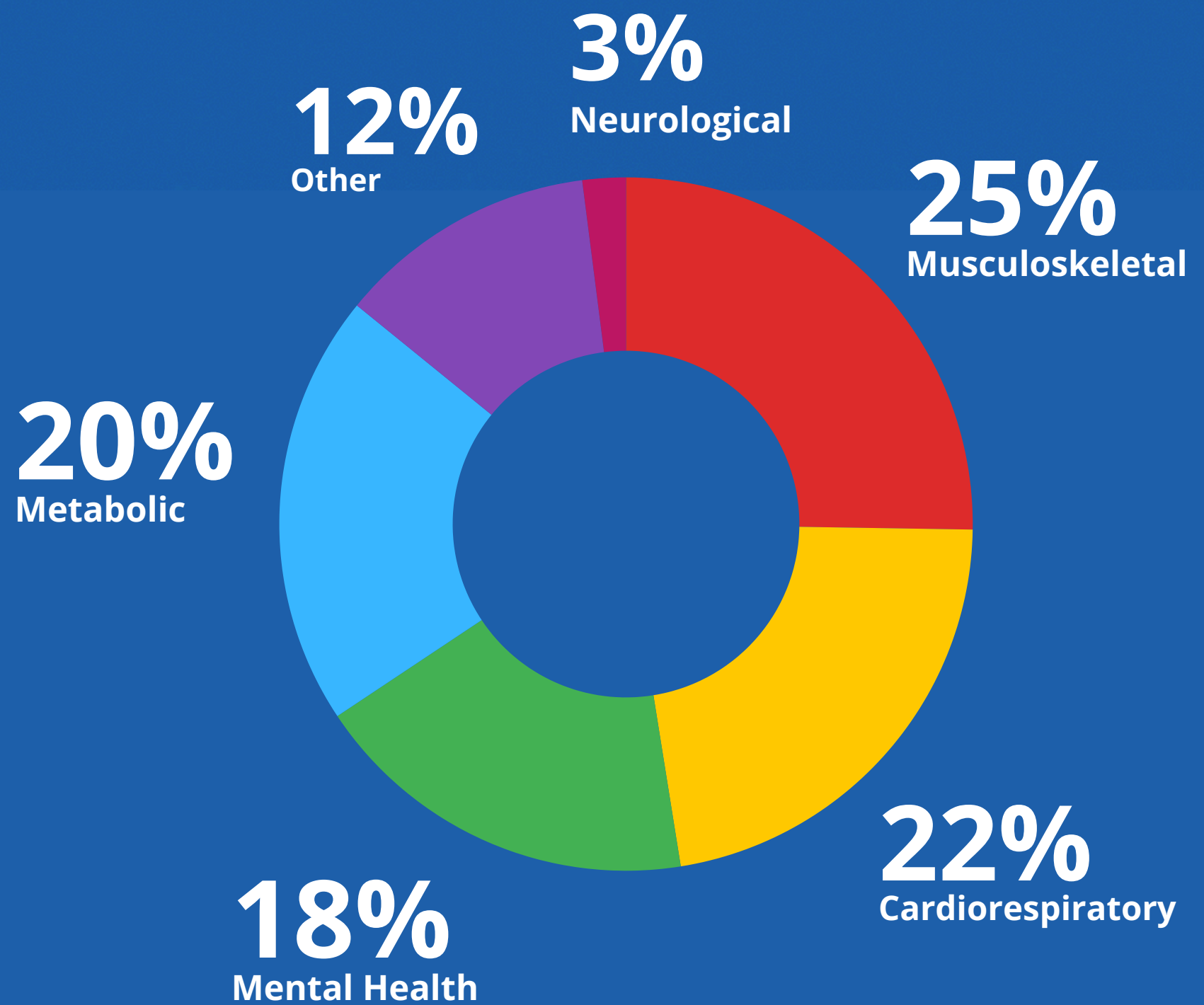


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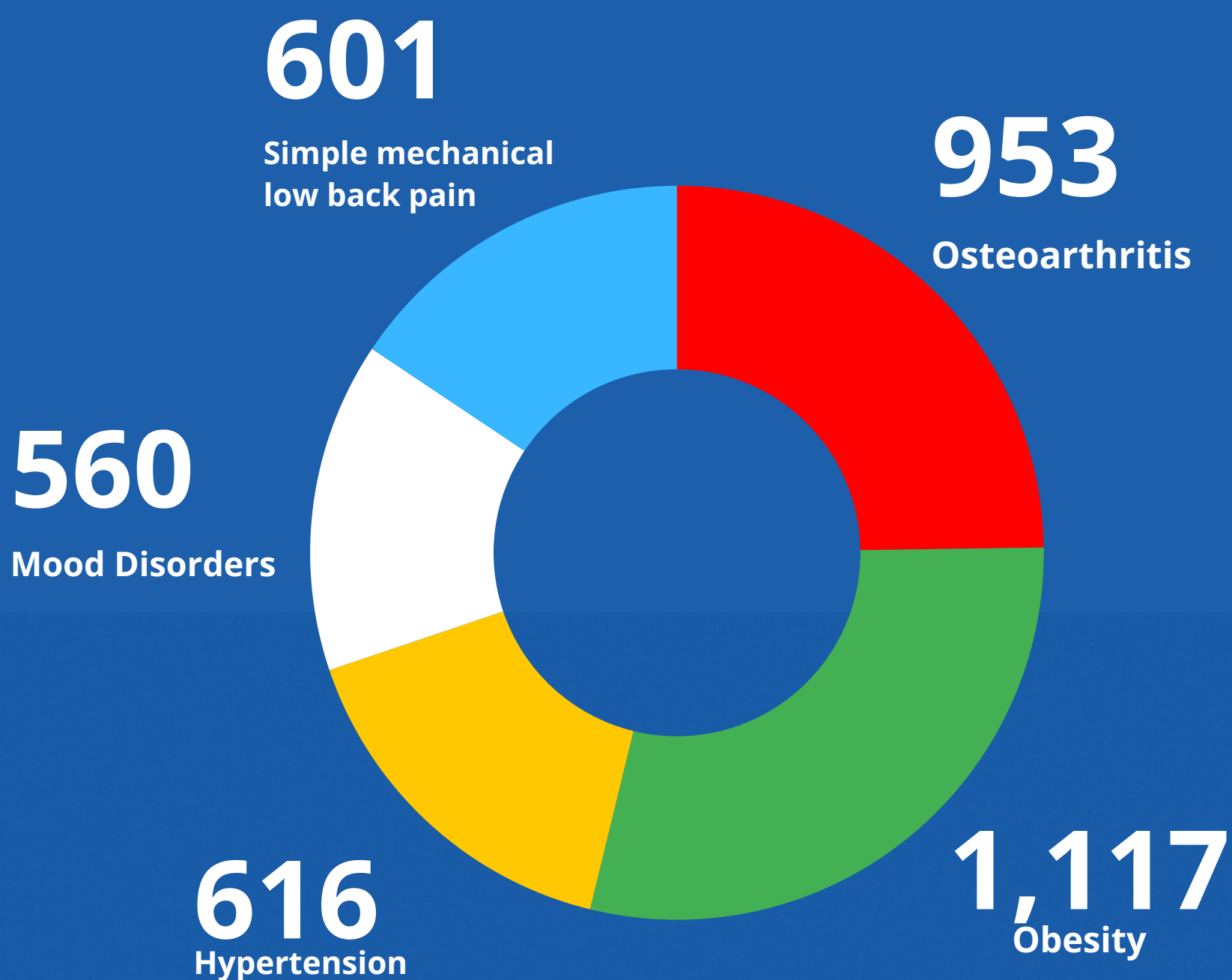




Total Referral Conditions



Top 5 Referral Conditions (by number of referrals)



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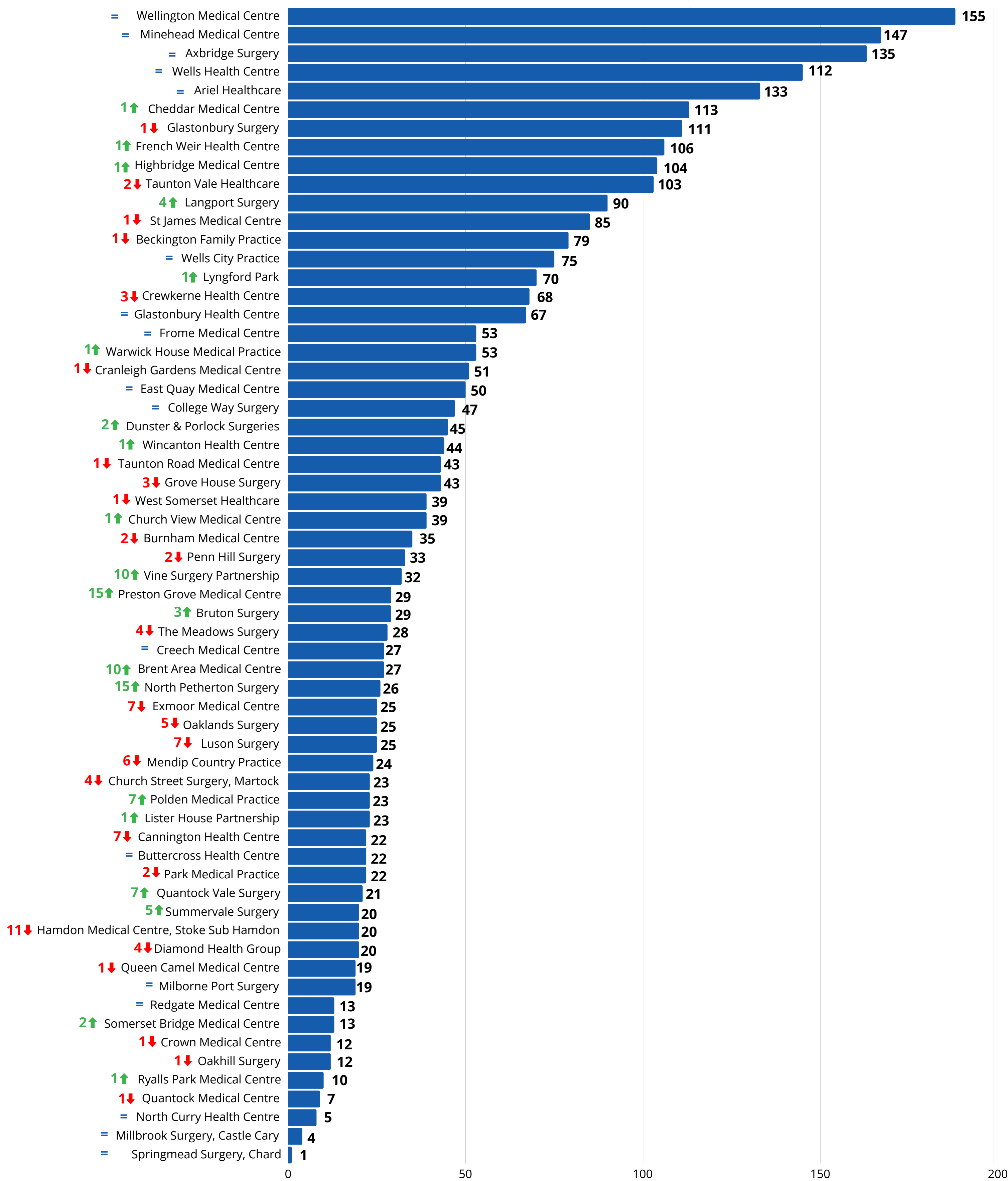
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Surgery Referrals



Updated: August 2025

