

Our Journey So Far...

January 2023 - August 2025

Wellsprings Leisure Centre (Taunton)	624
Beach Wellness (Minehead)	604
Kings Fitness and Leisure (Cheddar)	360
Wells Leisure Centre	336
Burnham on Sea Swim and Sports Academy	303
Wellington Sports Centre	287
Frome Leisure Centre	246
Strode Swimming and Fitness	236
Chard Leisure Centre	213
Crewkerne Aqua Centre	179
Bridgwater YMCA	134
Wincanton Sports Centre	122
Goldenstones Leisure Centre (Yeovil)	111
Westlands Sport and Fitness Centre (Yeovil)	96
Lifestyle Fitness (Langport)	77
NOW NOT AVAILABLE	75
Blackbrook Leisure Centre	38
Wivey Gym (Wiveliscombe)	28
North Petherton RFC Gym	17
Bucklers Mead Leisure Centre (Yeovil)	11
The Movement Gym	9
Frome Fit Zone	8
Martin Abbott	3
Emma Rodgers (PT)	2

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

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

1,555
referrals through the
online referral form



2,649
referrals through
EMIS upload



22
Leisure Providers
now accredited



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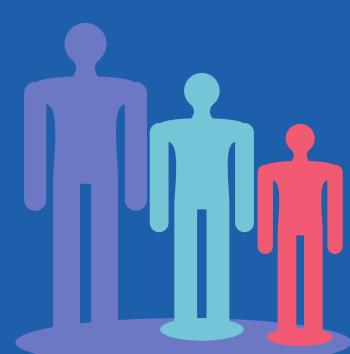
Demographics



62% Female
38% Male



7%
referrals from top 20%
most deprived wards



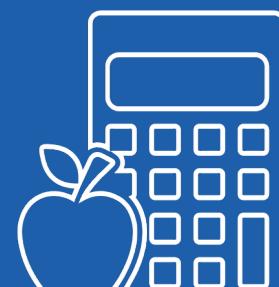
56% referrals aged over 59 years olds

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%)



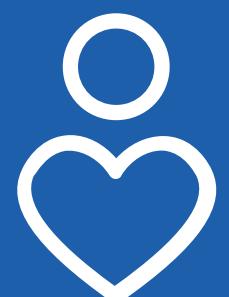
40%

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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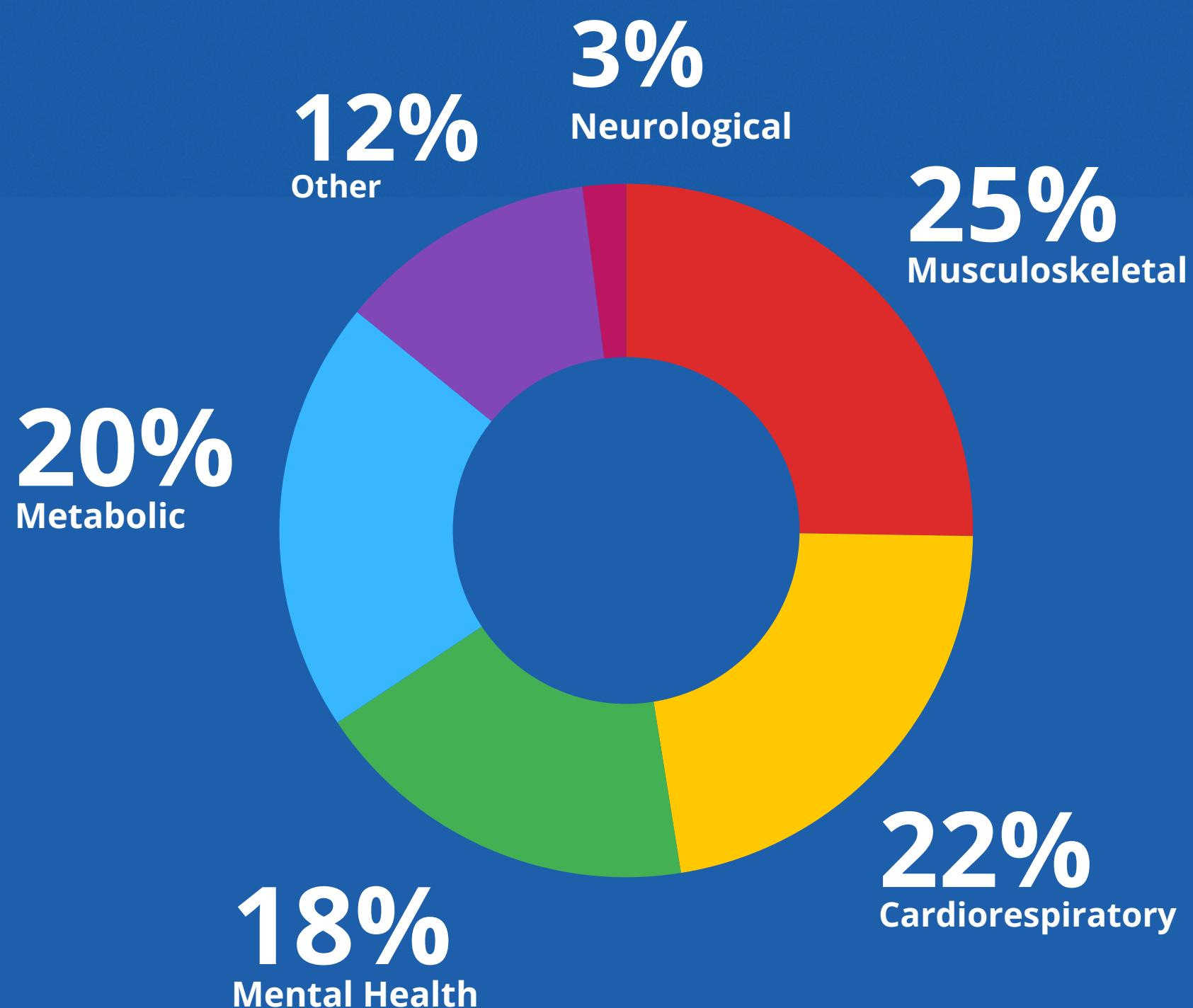


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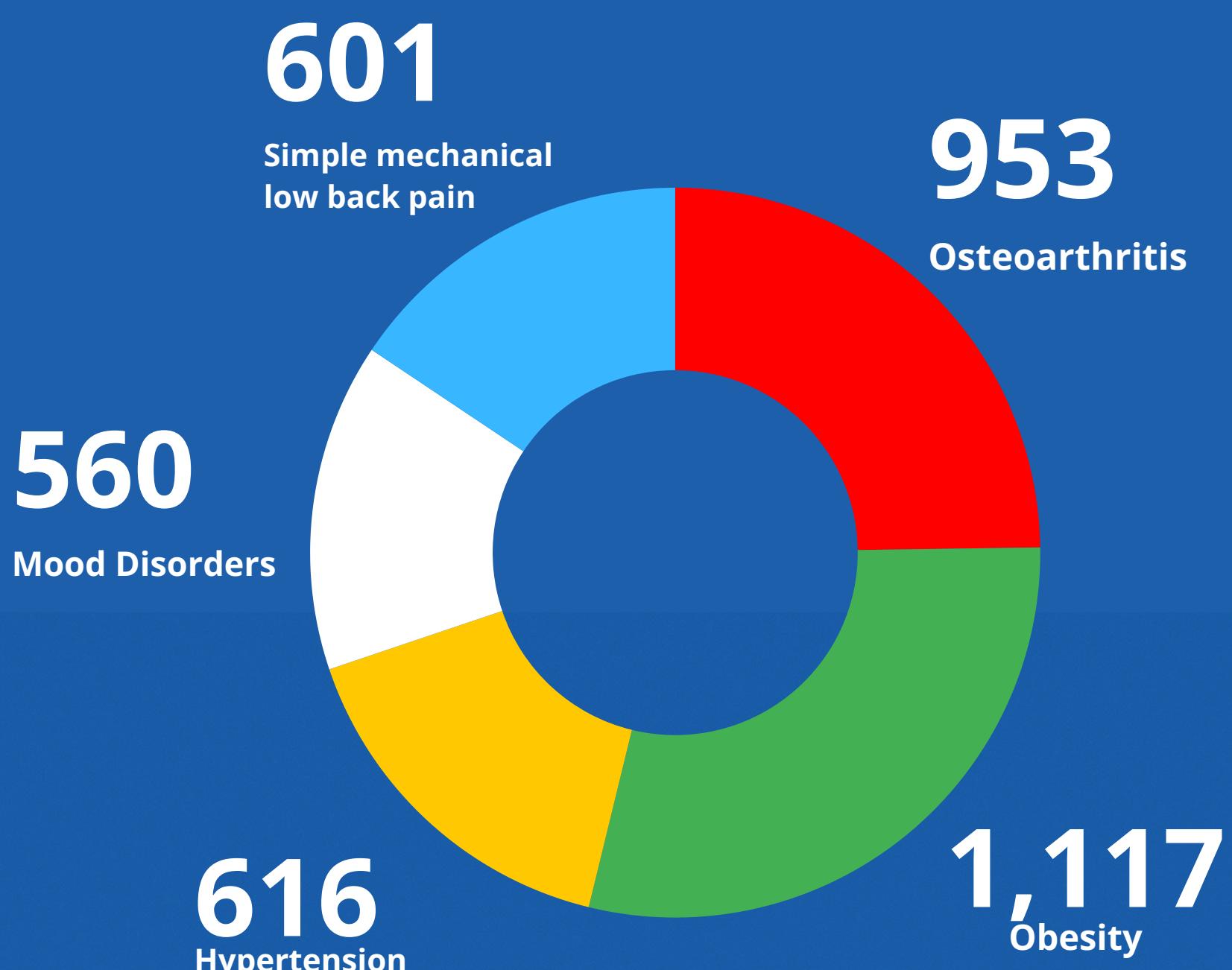




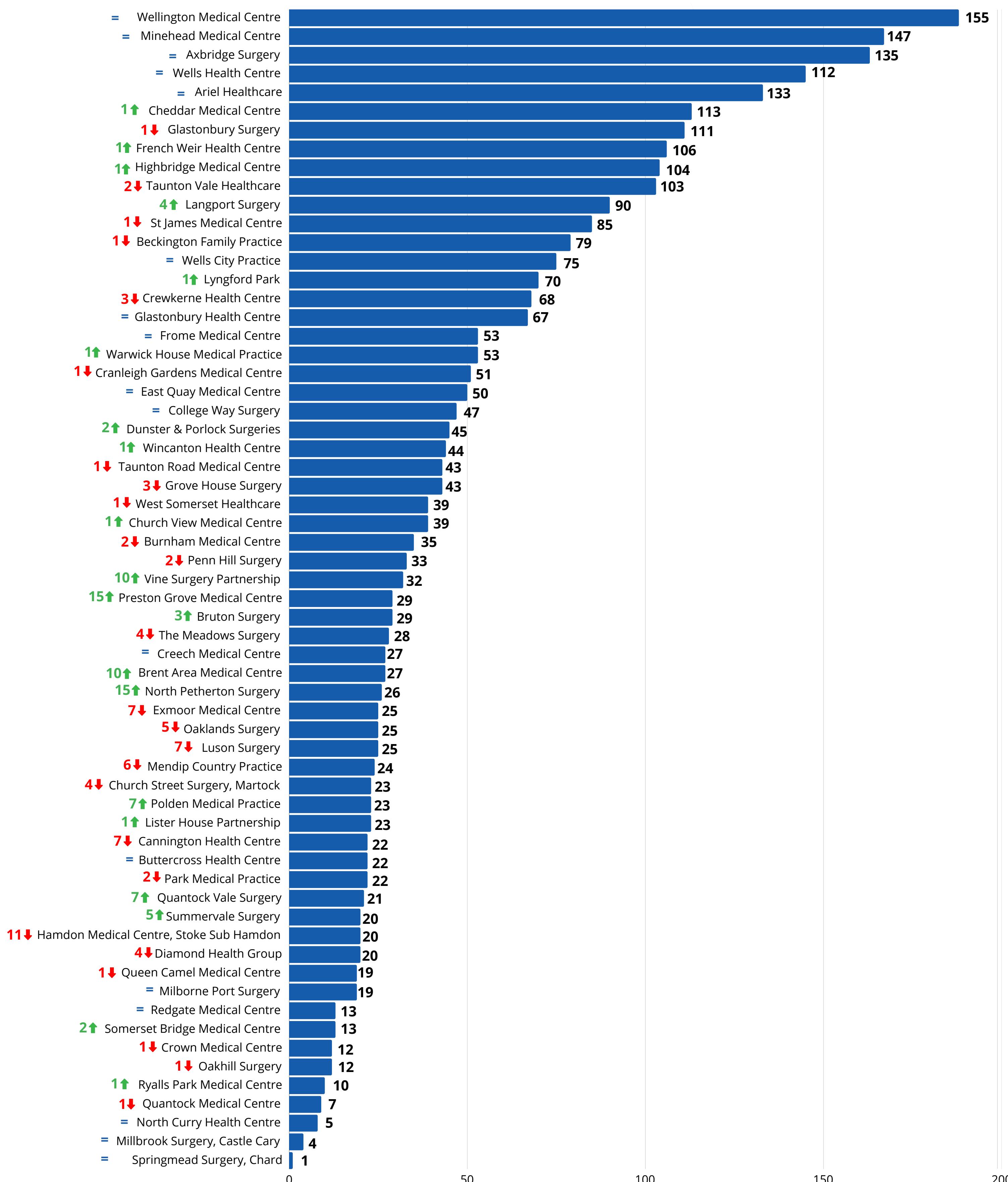
Total Referral Conditions



Top 5 Referral Conditions (by number of referrals)



Surgery Referrals



Updated: August 2025



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