

Sport, exercise and physical activity at Bamburgh Clinic and Northgate Hospital

Information leaflet



Introduction

This leaflet provides you with information about the sport, exercise and physical activities available at Bamburgh Clinic and Northgate Hospital. If you're not sure about anything in this leaflet please ask a member of staff.

Finding the right fit for you

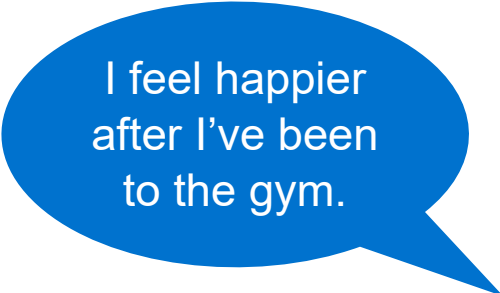
- ✓ If it's not fun and motivating you won't want to do it. Whatever you choose it has to be enjoyable and of interest to you.
- ✓ Take a look at our mixed menu of physical activity and sport to see if there's something you like.
- ✓ Remember, if there's something you fancy but have never done it before we can support you along the way.

Let's get started

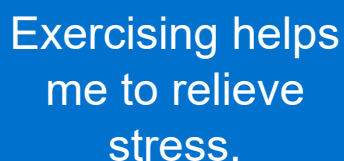
- ✓ Everyone has a different starting point. We'll give you a health screen, chat about your health goals and place you at a safe and comfortable level that suits your needs.
- ✓ Making sport less hard. Let's take it slow, learn some new skills and have some fun. We won't rush or expect too much you can take things at your own pace.
- ✓ Keeping you moving forward. If you're already fit and active we can help you stay motivated and achieve new goals.

Our dedicated team of Sport Instructors work alongside Occupational Therapy and the multi-disciplinary team to address physical health concerns and promote positive lifestyle choices.


Patient quotes 2020



I feel happier after I've been to the gym.



Exercising helps me to relieve stress.



I exercise to make me feel good.

Benefits of exercise

It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes and cancer by up to 50% and lower your risk of early death by up to 30%.

Health benefits

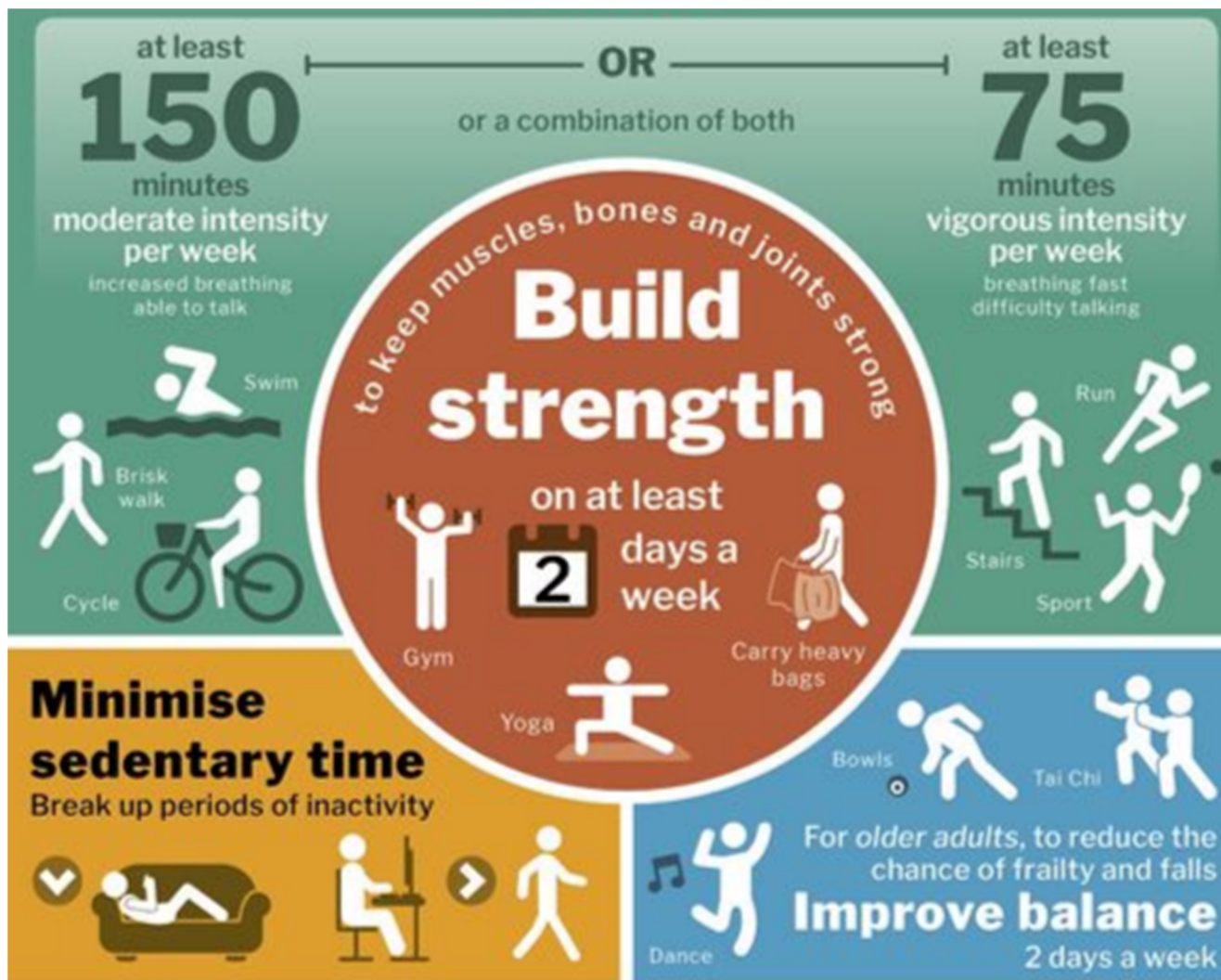
It's medically proven that people who do regular physical activity have:

- Up to a 35% lower risk of coronary heart disease and stroke
- Up to a 50% lower risk of type 2 diabetes
- Up to a 50% lower risk of colon cancer
- Up to a 20% lower risk of breast cancer
- A 30% lower risk of early death
- Up to an 83% lower risk of osteoarthritis
- Up to a 68% lower risk of hip fracture
- A 30% lower risk of falls (among older adults)
- Up to a 30% lower risk of depression
- Up to a 30% lower risk of dementia



How much? How often?

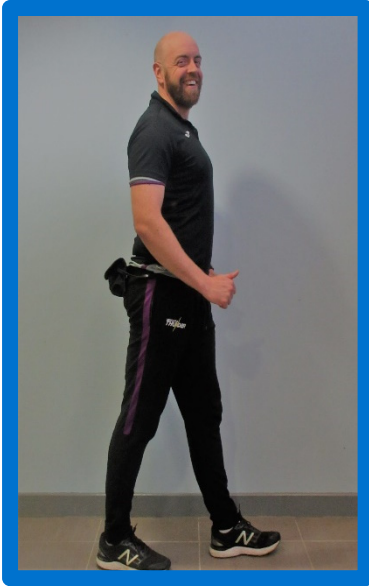
Current exercise/physical activity guidelines



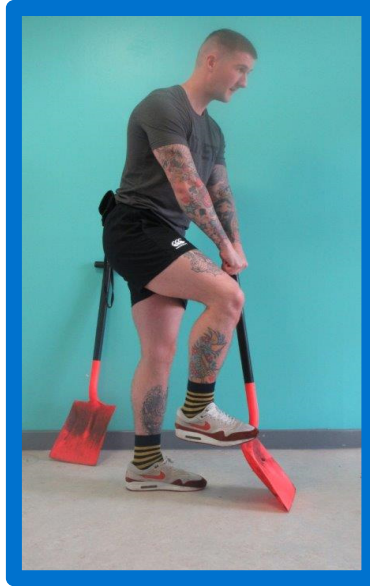
*Remember that these are just guidelines. The most important thing is that you look at ways to increase your activity levels.

Remember it's not all about sport and exercise

It all counts (pushing, pulling, lifting and loading) whether that be walking the daily mile, working or digging in GARPRO (gardens) or sawing and sanding in woodwork.



Walking



Working



Woodwork

Sport and physical activity menu

Use the guide below to choose a sport/activity to suit your own level of fitness/goals. If you would like to know more about an activity see the description guide for each of your choices.

Code	Intensity	Skill and ability
Green	Low	Low
Amber	Moderate	Moderate
Red	High	High

Most team sports can be adapted to accommodate a range of abilities.



Team sports/groups

Good for

- 1.Improving your social skills
- 2.Getting along with others
- 3.Feeling part of a team
- 4.Getting fit by having fun
- 5.Increasing and maintaining your physical activity levels

Activity	Intensity	Ability	Intensity	Ability	Intensity	Ability
	Low	Low	Moderate	Moderate	High	High
Football						
Kick about	✓	✓	✓	-	-	-
Skills and drills	✓	✓	✓	✓	✓	✓
Football team	✓	✓	✓	✓	✓	✓
Football fitness	✓	✓	✓	✓	✓	✓
Evening football	✓	✓	✓	✓	✓	✓
Volleyball	✓	✓	✓	✓	✓	✓
Team games	✓	✓	✓	✓	✓	✓
Badminton	✓	✓	✓	✓	✓	✓
Pilates	✓	✓	✓	✓	✓	✓

One to one support is available for all and can be used to help patients prepare for entry to groups.



Health and fitness

Good for

1. Becoming active and staying active
2. Setting your own goals
3. Improving your confidence
4. Helping to lose weight
5. Increasing and maintaining your physical activity levels

Activity	Intensity	Ability	Intensity	Ability	Intensity	Ability
	Low	Low	Moderate	Moderate	High	High
Gym	✓	✓	✓	✓	✓	✓
Gym Hut	-	-	✓	✓	✓	✓
Walking	✓	✓	✓	✓	✓	✓
Jogging	✓	✓	✓	✓	✓	✓
Cycling	✓	✓	✓	✓	✓	✓
Balance group	✓	✓	-	-	-	-
Hydrotherapy	✓	✓	✓	-	-	-
Boxercise	✓	✓	✓	✓	✓	✓
Thera bands	✓	✓	✓	✓	✓	✓
Stretchalates	✓	✓	✓	✓	✓	✓

One to one support is available for all.



Enriching experiences (community sport and activity)

Good for

1. Having fun doing the things you like to do
2. Trying new activities
3. Visiting places in the community
4. Increasing and maintaining your physical activity levels

Activity	Intensity	Ability	Intensity	Ability	Intensity	Ability
	Low	Low	Moderate	Moderate	High	High
Golf						
Driving range	✓	✓	✓	✓	✓	✓
9 hole course	-	-	✓	✓	✓	✓
Football golf	✓	✓	✓	✓	✓	✓
Hill walking	-	-	✓	✓	✓	✓
Gym	✓	✓	✓	✓	✓	✓
Swim	✓*	✓	✓	✓	✓	✓
Fishing	✓	✓	✓	✓	✓	✓
Cycling	-	-	-	-	✓**	✓**
NUFC Community football	✓	✓	✓	✓	-	-

*Must be able to swim **Must have completed Bikeability



Short courses

Good for

- 1.Improving your knowledge
- 2.Helping you to make good decisions
- 3.Supporting weight loss
- 4.Increasing and maintaining your physical activity levels

Activity	Intensity	Ability	Intensity	Ability	Intensity	Ability
	Low	Low	Moderate	Moderate	High	High
Bikeability	✓*	✓	✓	✓	✓	✓
Health and Fitness	✓	✓	✓	✓	✓	✓
Sports Volunteer	-	-	-	✓	✓	✓

*Must be able to ride a bike



© The Bikeability Trust

One to One support

Whatever your interests we will look to support you

Good for

1. Building a rapport, positive relationships with staff
2. Boosting your confidence and motivation
3. Improving your fitness
4. Exploring your interests/hobbies

Activity	Intensity	Ability	Intensity	Ability	Intensity	Ability
	Low	Low	Moderate	Moderate	High	High
Examples include:						
1v1 Personal Training	✓	✓	✓	✓	✓	✓
Boxercise	✓	✓	✓	✓	✓	✓
Jogging	✓	✓	✓	✓	✓	✓

All abilities catered for



Room based exercise

Good for

- 1.Low level exercise
- 2.Restricted access to equipment
- 3.Maintaining fitness when you can't access the leisure facilities

Activity	Intensity	Ability	Intensity	Ability	Intensity	Ability
	Low	Low	Moderate	Moderate	High	High
Examples Include:						
1v1 Personal Training	✓	✓	✓	✓	✓	✓
Body weight exercises	✓	✓	✓	✓	✓	✓
Home gym	✓	✓	✓	✓	✓	✓



Exercise videos

Search YouTube Bamburgh clinic exercise video
Room based Exercise Video

<https://www.youtube.com/watch?v=sQ3tkmQONvE>

Courtyard Based Exercise Video

<https://www.youtube.com/watch?v=npnK1WQwVg0>

References

- www.nhs.uk/live-well/exercise/exercise-health-benefits/
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf
- www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report
- <https://bikeabilitytrust.org/>

Websites listed above were accessed in June 2020 and were correct at that time.

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Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

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