

## (EA ERS)

Clients are to be referred by appropriately qualified and registered health professionals.

**The Everyone Active Referral Scheme is for specific low/medium risk conditions and referrals can only be accepted for clients with the conditions specified in the referral inclusion criteria.**

The scheme is open to Havering residents aged 16+

Clients must be inactive – less than 30 minutes moderate activity 2 days a week



## Inclusion Criteria for Referrals

### Conditions List:

- Asthma
- Cancer
- Cardiovascular disease
- COPD
- Covid-19 rehabilitation
- Dementia
- Depression
- Diabetes Type 1
- Diabetes Type 2
- Diabetes Type 2 (diet controlled)
- Fibromyalgia or chronic pain
- Hyperlipidemia
- Hypertension
- ME
- Metabolic syndrome
- MS
- Muscle and Joint Pain
- Obesity
- Osteoarthritis
- Osteoporosis
- Parkinson's Disease
- Peripheral Arterial Disease
- Stress/Anxiety
- Stroke

## EXCLUSION CRITERIA



### NOT SUITABLE FOR EA ERS

The following conditions cannot be accepted onto the EA ERS

- Acute heart failure
- Claudication
- COPD/Emphysema (with ventilatory limitation)
- Hypertension: Systolic 180 and above – Diastolic 110 and above
- Individuals at high risk of falls
- Palliative care
- Phase III and IV cardiac rehabilitation
- Pregnancy
- Unstable Psychiatric illness/cognitive impairment/dementia
- Recent stroke (within 3 months)
- Severe OA or RA
- Unstable angina
- Unstable or uncontrolled cardiac disease
- BP drop > 20 mmHg demonstrated during ETT
- Resting tachycardia > 100 bpm
- Uncontrolled atrial or ventricular arrhythmias
- Unstable or acute heart failure
- Unstable diabetes
- Febrile illness (temperature over 38 degrees)  
(Absolute contraindications taken from BACR 2006 Phase IV Exercise Instructor Training Manual and ACSM (2006) Guidelines for Exercise Testing and Prescription).
- Any Unstable medical conditions including anorexia or bulimia eating disorder

- The scheme should not be used by those who are already active and would not benefit from specialist advice.
- The scheme is not a physiotherapy/rehabilitative service, but can be a valuable follow-on from physiotherapy and certain types of rehabilitation services.

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