

Healthy Body Referral Criteria



Macmillan Move More

Suitable

- Anyone with a cancer diagnosis of palliative or curative
- Must be aged 16+

Power Our Minds

Suitable

- Anyone with a cancer diagnosis of palliative or curative
- Experiencing emotional health conditions including but not limited to:
 - Anxiety
 - Stress
 - Depression
 - PTSD
- Must be aged 16+
- Live in Luton and / or registered with a Luton GP

Respiratory Programme

Suitable

- For individuals with any type of lung condition including but not limited to:
 - COPD
 - Chronic bronchitis
 - Emphysema
 - Chronic asthma
 - Bronchiectasis (and other pulmonary diseases)
- Must be aged 16+
- Live in Luton and / or registered with a Luton GP

Cardiac Rehab

Suitable

- Must be referred by the Cardiac Phase 3 Referral Team only
- Must be aged 16+
- Live in Luton and / or registered with a Luton GP

Stroke Rehab

Suitable

- Confirmed diagnosis of a stroke or TIA
- Must be aged 16+
- Live in Luton and / or registered with a Luton GP

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Neurological Support Programme

Suitable

- Diagnosed with neurological condition including but not limited to:
 - Multiple sclerosis (MS)
 - Parkinson's Disease (Extends to those diagnosed with dementia and Alzheimer's)
- Must be aged 16+
- Live in Luton and / or registered with a Luton GP

Long Covid Rehab

Suitable

- Must be aged 16+
- (Live in Luton, OR registered with a Luton GP)
- Experiencing Long Covid symptoms/Deconditioned
- Referred by a health/medical professional

Adult Weight Management

Suitable

- BMI equal to or greater than 25
- Must be aged 16 years and over
- Address is a Luton postcode and / or registered with a Luton GP

Exclusion

- Children – see child and family weight management
- BMI under 25

Child and Family Weight Management

Suitable

- Must be aged 5-15 years
- BMI on or presenting above the 91st centile (BMI must be collected at referral point)
- Those presenting a BMI above 99.6th Centile must receive consent via GP to participate safely in physical activity programme and to assess for any co-morbidities present.
- Address is a Luton postcode and / or registered with a Luton GP

Exclusion

- Children with a severe learning difficulty or disability – refer to Active Luton disability activity club, or nutrition and dietetics
- Any child attending Lady Zia Werner, Woodlands Avenue and Richmond hill – refer to Nutrition and dietetics
- Children/families who are not suitable for a group setting

Healthy Body Referral Criteria



Exercise on Referral

Suitable

- Client diagnosed with:
 - Fibromyalgia
 - Hypertension
 - Diabetes
 - Falls Prevention
 - MSK
- Must be referred via a GP or Health Professional
- Must be aged 16 years and over
- Must live in Luton or be registered with a Luton GP

Social Prescription

Suitable

- For anyone struggling with but not limited to:
 - Social, emotional, physical, financial – we will support.
- Must be aged 18 years and over
- Registered with a Luton GP

Stop Smoking

Suitable

- Be using tobacco products
- Must be aged 12 years and over
- Address is a Luton postcode and / or registered with a Luton GP