

## Wiltshire Council Leisure Centres

- **Amesbury:** Amesbury Sports Centre
- **Bradford On Avon:** Bradford on Avon Pool (Swimming Pool)
- **Calne:** Calne Community Campus
- **Devizes:** Devizes Leisure Centre
- **Durrington:** Durrington Swimming and Fitness Centre
- **Chippenham:** Olympiad Leisure Centre
- **Corsham:** Springfield Community Campus
- **Marlborough:** Marlborough Leisure Centre
- **Malmesbury:** The Activity Zone
- **Melksham:** Melksham Community Campus
- **Pewsey:** The Vale Community Campus
- **Salisbury:** Five Rivers Health and Wellbeing Centre
- **Tidworth:** Tidworth Leisure Centre
- **Tisbury:** Nadder Centre
- **Trowbridge:** Castle Place Leisure Centre (Gym) or Trowbridge Sports Centre (Swimming Pool)
- **Warminster:** Warminster Sports Centre
- **Westbury:** Leighton Recreation Centre or Westbury Pool (Swimming Pool)
- **Wootton Bassett:** Lime Kiln Leisure Centre

A partnership with

**Wiltshire Council**



Your Hospital  
Your Health  
Your Charity

Charity no. 1052284

## About the Stars Appeal Charity

Salisbury Hospital's Charity, the Stars Appeal, is proud to support many wellbeing activities for people with cancer. The free Leisure Centre 12-session pass was made possible due to a grant from NHS Charities Together.

Thanks to the support of donors and fundraisers, the Stars Appeal funds a wide range of projects across Salisbury Hospital, from free Wi-Fi to additional scanners. You can find out more about the work of the Hospital Charity at [www.starsappeal.org](http://www.starsappeal.org) or by calling the Stars Appeal team on 01722 429005.

Registered charity no. 1052284



# 12-session pass to a Leisure Centre\*

close to your home...

Funded by Salisbury  
Hospital's Charity

**STARS APPEAL**

You may be eligible for a 12-session pass to a Leisure Centre\* close to your home if you are a patient at Salisbury Hospital with a cancer diagnosis.

This initiative is made possible by Salisbury Hospital's Charity, the Stars Appeal, thanks to a grant from NHS Charities Together.

\*Qualifying leisure centres only

## About the Exercise Programme

Patients diagnosed with cancer at Salisbury Hospital can access Prehabilitation **before** treatment or surgery, and Rehabilitation **during and after** their hospital care.

Our team of Cancer Specialist Exercise Instructors and Physiotherapists will meet you at the Odstock Health and Fitness Centre at the hospital and prescribe you an exercise programme tailored to your preference and needs.

You may be offered a free 12-sessions pass for a Leisure Centre\* of your choice with a six-month expiry time. After 12 sessions, if you choose to continue attending the Leisure Centre, you will not be charged a joining fee and you can choose the membership suitable for you.

## Activities Available

Your Exercise Instructor or Physiotherapist will advise which activities are best suited for you. The following are included in your 12-session pass:

**Gym:** Leisure Centre gym induction is included in your free membership

**Swimming:** Your pass enables you to swim at the Leisure Centre and undertake aqua classes if they are on offer.

**Classes:** Most Leisure Centres have a range of classes which may include aerobic, strength and conditioning classes and Yoga/Pilates. All qualifying Leisure Centres have classes except Trowbridge Sports Centre. Bradford on Avon Pool and Westbury Pool only offer aqua classes.

Your Exercise Instructor or Physiotherapist will meet you on a regular basis to monitor your progress, adjust your exercise programme and discuss any issues or concerns that you may have.

## How can exercise help me?

Research has shown that there is strong evidence that certain ways of being active can help people with cancer.



Scan this QR code for more information and exercise guidelines for people with cancer.

## How do I join the Programme?

If you are a patient at Salisbury Hospital with a cancer diagnosis, please talk to the hospital's Cancer Therapy team or contact your Cancer Support Worker on 01722 336262 ext. 2417 for more information.

## Qualifying Leisure Centres

Your free 12-session pass will be valid at the Odstock Health and Fitness Centre at Salisbury Hospital or at one of the Wiltshire Council Leisure Centres listed in this leaflet. To check your eligibility and apply for a free pass, please contact the hospital's Cancer Therapy team.

