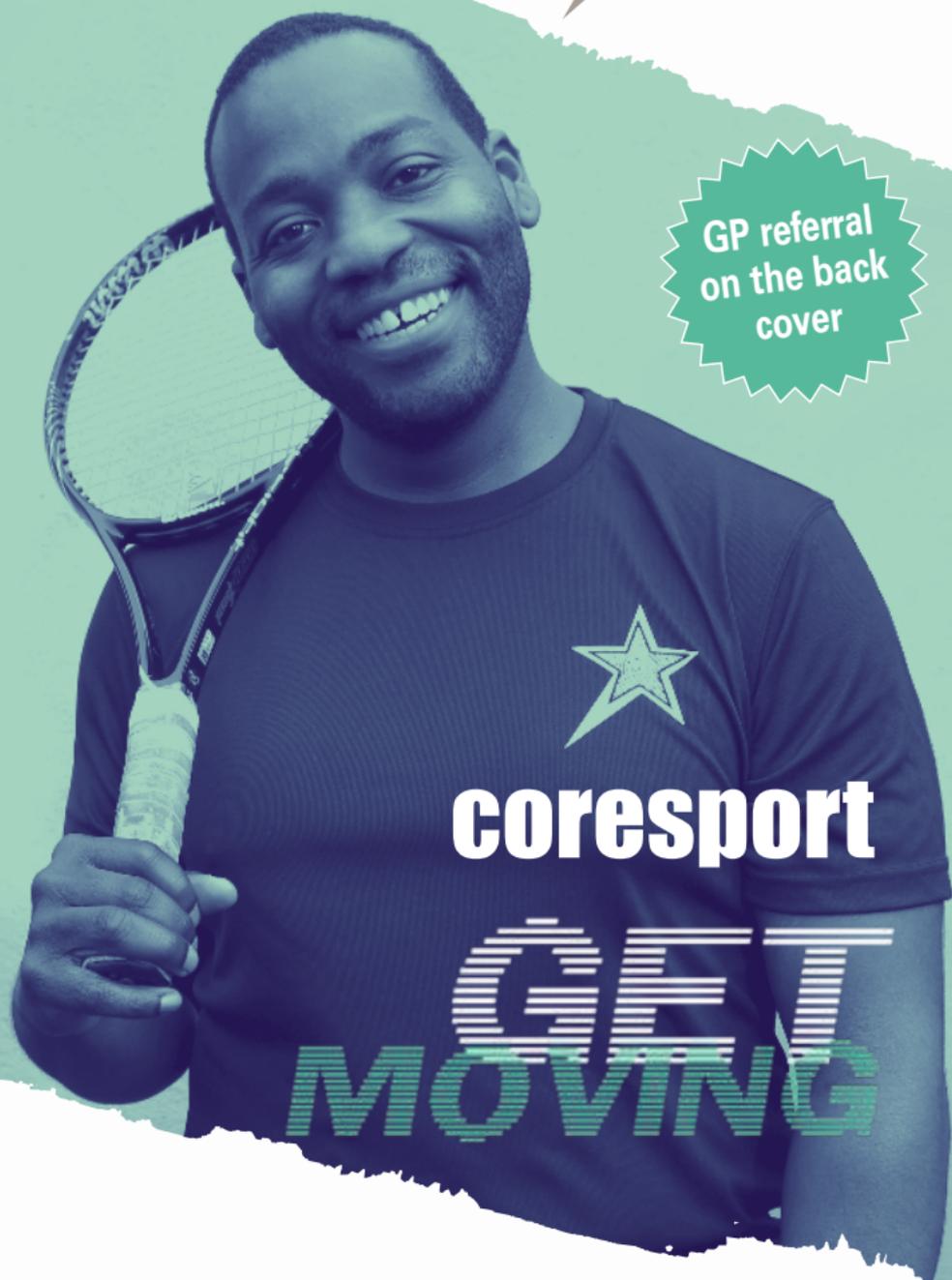


core arts promoting positive mental health



GP referral  
on the back  
cover



**"Mental Health Innovation of the Year"**

Winner HSJ Awards 2019 (UK wide)

**"Mental Health Sports Programme Winners"**

Winner Sports and Recreation Alliance Awards 2019 (UK wide)

**"Best Sports Club of the Year"**

Winner London Sports Awards 2018

[www.core-sport.co.uk](http://www.core-sport.co.uk)

## A FEW BENEFITS OF EXERCISE:

- less tension, stress and mental fatigue
- a natural energy boost
- improved sleep
- a sense of achievement
- focus in life and motivation
- less anger or frustration
- a healthy appetite
- better social life
- boost confidence and self-esteem
- having fun



## ABOUT US

Launched in April 2015, Core Sport is a new enterprise established by Core Arts, an award winning mental health charity based in Homerton, Hackney. Core Sport provides opportunities for adults with mental health needs to participate and engage in inclusive supportive sporting provisions.

Our mission is to promote positive mental health and well-being through creative learning, training, sporting activities and employment opportunities. These initiatives assist people experiencing mental health issues to overcome barriers, fulfil their potential to achieve their personal goals and aspirations, and make a full contribution to society.



## HOW IT WORKS

Core Sport offers a wide range of sport-specific and exercise classes, along with a weight management programme and regular health checks. Core Sport can be accessed by:

- Being a member of Core Arts
- The Wellbeing Network
- Sport on prescription through a GP referral or Health Care Assistant (HCA)

The sports programme is free to everyone who identifies with or has a mental health diagnosis who wishes to improve mental wellbeing through physical activity with a GP referral.

Depending on the referral pathway there may be more one-to-one support for those City & Hackney residents.

All equipment is provided and all levels are welcome to all sessions.

## JOIN US!

- no need to book
- one-to-one support
- all levels welcome
- general health checks
- choose from team sports, aerobics, strength training, mind, body & soul training, aquatic exercise and weight management

“Core Sport is the best thing to happen to Core Arts!”

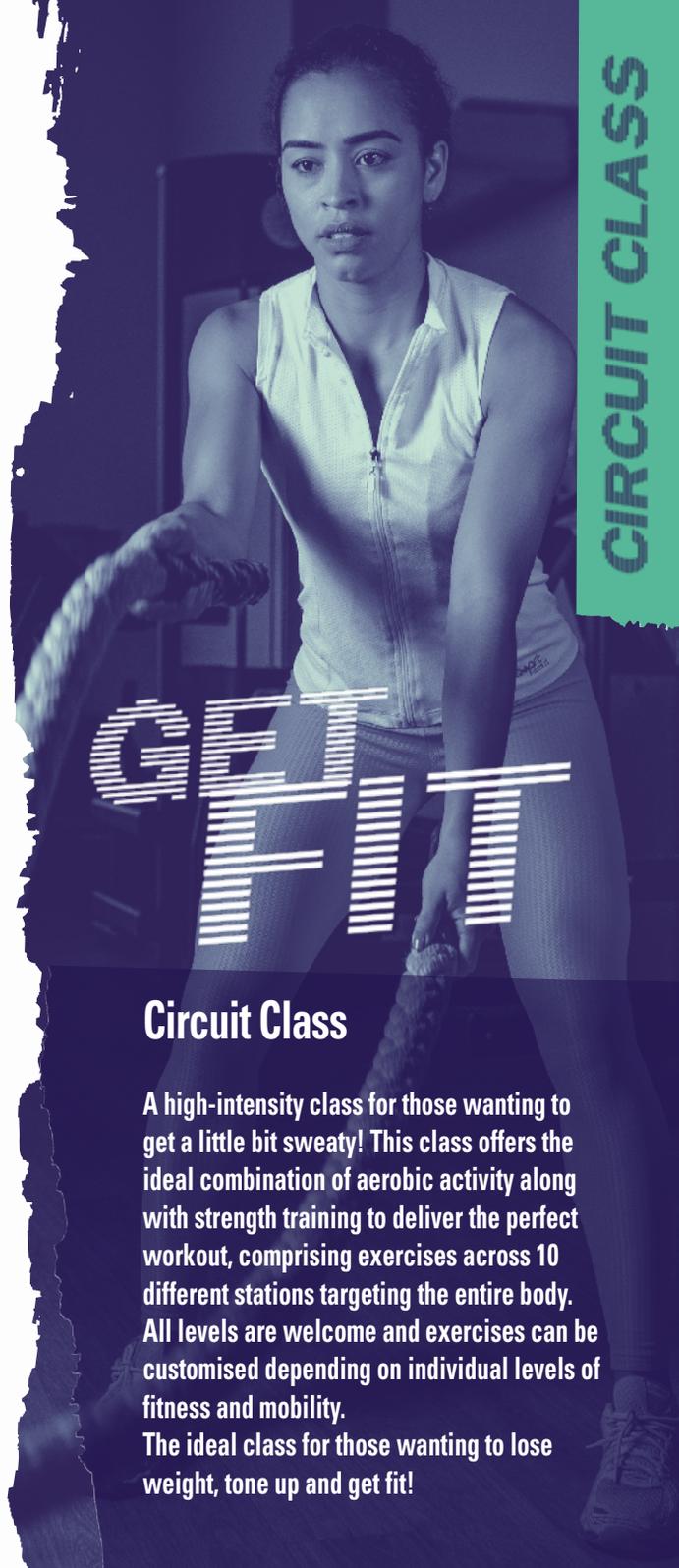
## BOXING



### Boxing

A session comprised of non-contact boxing techniques, padwork and fitness drills to get you into shape. Benefits include bolstered fitness levels, increased strength, and greater agility. These sports not only deliver physical gains, but are a great way to improve focus, release aggression and frustration and promote positive mental health in a controlled, friendly manner. Session are designed for all levels.

## CIRCUIT CLASS



# GRIT

### Circuit Class

A high-intensity class for those wanting to get a little bit sweaty! This class offers the ideal combination of aerobic activity along with strength training to deliver the perfect workout, comprising exercises across 10 different stations targeting the entire body. All levels are welcome and exercises can be customised depending on individual levels of fitness and mobility. The ideal class for those wanting to lose weight, tone up and get fit!



## Core Health

A weight management programme that provides you with all the nutritional information you need to reach your weight management goals along with an optional weigh-in. Core Health boasts peer support weekly sessions to keep you on track, motivated and on your way to leading a healthy lifestyle.

Core Sport has changed my mindset about diet and exercise. I have been able to do things I thought I would never be able to do.



# PUSH

## Cycling

Cycling is a low-impact aerobic exercise that allows you to take in the greenery and canal paths around Hackney and the surrounding boroughs whilst building cardiovascular fitness. Learn how to cycle safely on the roads, master working through the different gears and test your skills on different terrains.

If you do not have a bike, no problem! Core Sport has 10 bikes that can be borrowed for this session, which will work on a first come, first served basis. You are more than welcome to ride your own bike too.

I have loved getting back on my bike. The routes are quiet and scenic and at times I feel like I am on a mini holiday.

DANCING



## Dancing

Keep fit the creative way by joining in with our 10-week dance courses in a variety of styles. Dance is a great way to boost body confidence, strength and fitness and also improve posture.

All classes have an emphasis on fun and enjoyment as well as providing choreography for all levels. Make sure to check the website for more details on when new courses start up.



FOOTBALL

# ENJOY YOURSELF

## Football

Core Sport partake in one-off tournaments, including the Wellbeing Games and also play friendlies with local teams throughout the year. Training sessions include skills, drills and match play. Football is a very social way to partake in physical activity and improve fitness at the same time as well as exploring your competitive edge with our tournaments.

“Sport has now become a really important part of my life. It has helped me focus, added routine and structure and has made me feel more positive about myself.”



## Gym

Core Sport has use of the gyms in both the Aquatics Centre and the Copper Box, based in the Olympic Park. Both gyms boast 100+ station fitness suites with a mixture of cardio, fixed resistant and free weight equipment and machines.

Members of Core Sport will have an induction with a qualified instructor and have the opportunity to have a fitness programme written up if you would like one to help you reach your goals.

We will also support you to transfer onto the inclusive card membership scheme with Better Gyms as part of our progression pathways, which allows you to use the facilities across all Better Gyms across London outside of the Core Sport programme.



## Racket sports

Core Sport offers tennis, badminton and table tennis as part of our sport provision. These sports are a great way to improve fitness, hand-eye co-ordination and to help find future playing partners. Benefits include using up excess energy, improved concentration and focus. Whether you like a friendly rally or a bit of competition, these groups offer it all. All sessions are perfect for beginners and the more advanced.

## Stretch & Relaxation

Core Sport offers different styles of yoga and relaxation classes to suit different needs. All classes help to improve flexibility, posture and create a greater sense of relaxation and stress relief. In addition to these benefits, regular participation leads to relief from pain, better range of motion around the joints and enhanced muscular co-ordination.

These classes are ideal for those seeking a more gentle approach to exercise that not only has physical benefits, but also supports mental well-being; in particular for those suffering from depression, anxiety and insomnia.

A close-up photograph of a man wearing a black swim cap and black swimming goggles. He is looking directly at the camera with a neutral expression. The background is a blurred, light-colored wall.

**“The swimming sessions not only make my day, they make my week!”**

## Swimming

Based at the Aquatic Centre in the Olympic Park in Partnership with Better Gyms. Core Sport will be able to provide lane swimming where the London Olympics 2012 took place.

Aqua-based activities are ideal for those who would like to partake in low-impact and minimal weight bearing exercises. These type of exercises boost fitness levels and enhance breathing capacity. Water can create a calming effect on the body, so would be ideal for those wanting a more relaxing form of exercise.

## WALKING GROUPS

### Walking groups

Pound the streets, parks and riverbanks to fitness. A very social group for those wanting a low-impact way of getting fit, focusing on routes around green spaces, parks and nature.

These sessions are ideal for those just starting out on their fitness adventure and wanting to make new friends. Walking in these surroundings is great way to relieve stress and enhance mental well-being.

Speed of walking is dictated by those attending the sessions; all fitness levels are welcome.

## SPORT TRIPS

### Sport trips

With a fantastic partnership with Lee Valley, Core Sport offer a wide range of one-off sport specific trips and live events. Members can choose from high adrenaline activities such as White Water Rafting, Velodrome Track Cycling, BMXing etc. Or take the more chilled approach and enjoy the many other provisions we provide, such as Yoga retreats, Football Golf, Lawn Bowls and much more.

As well as members joining in with activities, we also provide members with the opportunities to attend live sporting events, which include; football matches, tennis events, Martial Arts Championships to name a few.



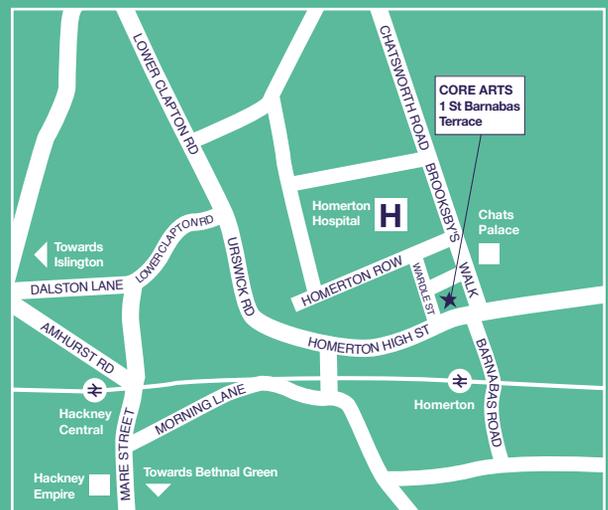
## Peer Development

Here at Core Sport we are very much member led. You can have your say on how we run the organisation and shape the programme by attending weekly Core Sport reference groups and monthly Core Council meetings.

Our member volunteer programme is also a vital aspect of our peer development ethos giving members the opportunity to give back, support new members, be up-skilled in gaining NGB and NVQ qualifications and support to volunteer with partner organisations in a sporting capacity, gaining valuable work experience.

## HOW TO FIND US

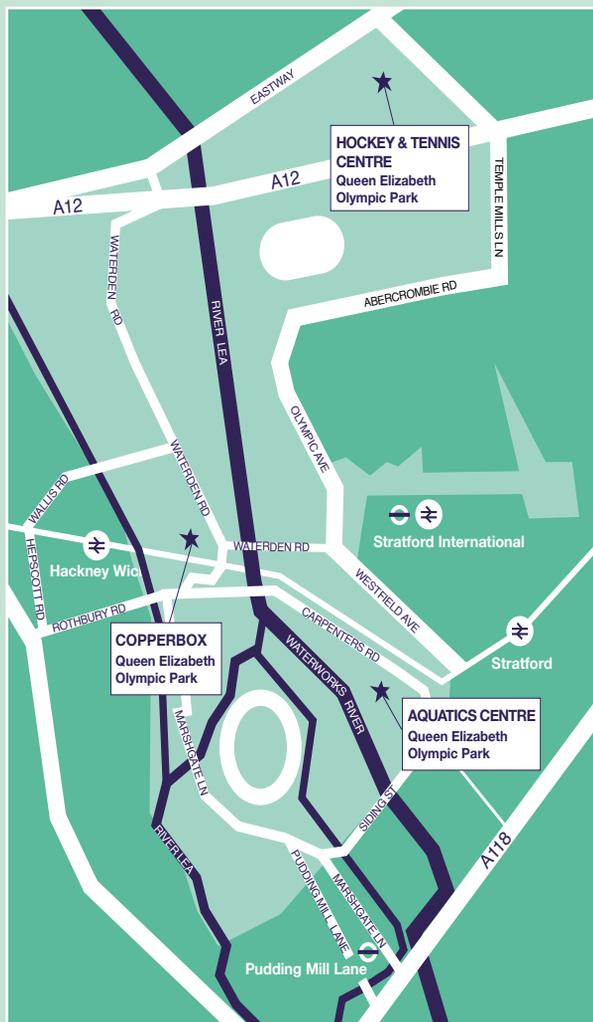
**Core Arts,**  
**1 St Barnabas Terrace, London E9 6DJ**



## HOW TO FIND US

### Queen Elizabeth Olympic Park:

- ★ Aquatics Centre
- ★ Copperbox
- ★ Hockey & Tennis Centre



**Core Sport is an inclusive sports programme for persons wishing to engage with healthy activities and goal setting to support for their mental health and wellbeing.**

- Identify with or have a mental health diagnosis
- Core Sport is exclusively for persons interested in improving their Mental Health through exercise and healthy activities
- Members are able to attend various sites in Hackney independently (inclusive of travel costs) and demonstrate personal responsibility whilst accessing the opportunities.
- Each member of the programme will be required to sign up to our Code of Respect and will be asked to fill an individual health questionnaire in order to access our programme.

## Referral Pathways:

### 1. Mental health diagnosis on GP Practice SMI QOF register (City & Hackney resident)

Members will be referred under this pathway if they have a diagnosis of Schizophrenia, Bipolar, Psychosis or be prescribed an antipsychotic as part of their treatment.

### 2. Mental health diagnosis (non-SMI QOF):

Members will be referred under this pathway if they have or identify with a mental health diagnosis that is not on the SMI QOF register.

### 3. Over 50's:

Members can access the programme on this pathway if they are over 50 and are at risk of loneliness and social isolation. They do not necessarily have to have a mental health diagnosis.

★ Please refer directly to Core Arts Recovery Alliance in which Core Sports will be offered as part of their membership in partnership with ELFT. To refer via this route please visit: [www.corearts.co.uk/referrer-register/](http://www.corearts.co.uk/referrer-register/) or call 020 8533 3500.

Unfortunately, we may be unable to accept referrals outside of this remit. All referrals are assessed on an individual basis at the manager's discretion regarding suitability of access.

We may be unable to support persons with multiple or complex needs who may require additional support to engage. The aim of this service is to offer autonomy and agency in engagement to achieve personal health goals.

# Referral for core sport



**Core Sport is an inclusive sports programme for persons wishing to engage with healthy activities and goal setting to support their mental health and wellbeing.**

#### Client details

|   |         |
|---|---------|
| Name:   |         |
| DOB:  | Tel:    |
| Ethnicity:  | Gender: |
| Address:  |         |
| GP & Surgery :  |         |
| <input type="checkbox"/> Consent to liaise with GP / HCA directly |         |
| Client signature:   | Date:   |

This can be signed at a later date

#### We have specific contracts for the following client groups (please tick if relevant):

- Mental health diagnosis on GP Practice SMI QOF register (City & Hackney resident)
- Over 50's risk of social isolation (City & Hackney residents)
- Mental health diagnosis (not on SMI QOF register)
- Non City & Hackney resident

All referrals are assessed on an individual basis at the manager's discretion regarding suitability of access.



# Referral for core sport



## Referrer details

|              |      |
|--------------|------|
| Name:        |      |
| Organisation |      |
| Email:       | Tel: |
| Address:     |      |

## Referral type

- GP
- Primary care HCA
- Secondary care HCA

Any additional patient details you believe we should be aware of (please refer to additional guidance notes):

## Sign off:

**I confirm that there are no contra-indications to this person participating in physical exercise**

GP  Care Coordinator

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Please send the completed form to [Laura.Connolly7@nhs.net](mailto:Laura.Connolly7@nhs.net)

Core Sport is a branch of the award-winning mental health charity  
Core Arts in Hackney.

1 St Barnabas Terrace, London E9 6DJ

[www.facebook.com/coreartshackney](http://www.facebook.com/coreartshackney) | tel: 020 8533 3500

charity no: 1043588 | company no: 2985939



[www.corearts.co.uk](http://www.corearts.co.uk)

