

Huntingdonshire District Council One Leisure

‘UNDEFEATABLES’ Guidance for the Public

1. Introduction

Huntingdonshire District Council (HDC) recognises the importance of people leading healthy, active lifestyles. It also recognises the unique position of the Council to enable and empower all individuals to be able to take part in positive activity through its various facilities, programmes and services offered by its in-house leisure provider arm ‘One Leisure.’

2. Benefits of Exercising for Long-Term Health Conditions

There are many benefits of being active when you have long term health conditions. Moving more can:

- help you look after your blood pressure, because high blood pressure means you are more at risk from a range of health conditions including diabetes complications
- help to improve cholesterol (blood fats) to help protect against problems like heart disease
- help you lose weight if you need to, and keep the weight off after you have lost it
- give you energy and help you sleep
- help your joints and flexibility
- help your mind as well as your body - exercise releases endorphins, which you could think of as happy hormones. Being active is proven to reduce stress levels and improve low mood
- help people with type 2 diabetes improve their HbA1c. In some cases, this can help people with the condition go into remission
- help people with type 2 diabetes by the body using insulin better by increasing insulin sensitivity.

It is important to remember that being active is even more beneficial if you are also making healthier food choices, not smoking and getting enough sleep.

3. The Scheme

Adults (18 and over) can sign up for the 'Undefeatables' offer if you have been diagnosed with certain long term health conditions including diabetes (type 1 and 2), non-diabetic hyperglycaemia, lung conditions including chronic obstructive pulmonary disease, cancer, and long-term depression/anxiety (6 months plus).

You must also be currently inactive (doing less than 30 minutes of activity per week) and not been a pre-paid member of One Leisure for at least 2 years at the point of application.

The offer is a discounted membership for a period of 9 months which includes activities such as badminton (off peak), indoor cycling, the gym, classes, and swimming, amongst other targeted activities delivered across One Leisure.

4.0 Eligibility Criteria

- **Diabetes/Non-Diabetic Hyperglycaemia**

- have a Diabetes (Type 1 or 2) Diagnosis in writing from an appropriate health professional (such as General Practitioners, specialist health professional, social prescriber) OR
- have a medication prescription for diabetes (dated within 3 months of application) OR
- have received a pre-diabetic letter from a surgery or CCG/ICS or equivalent (dated within 3 months of application)

OR

- **Lung Disease (eg, Chronic Obstructive Pulmonary Disease [COPD], Idiopathic Pulmonary Fibrosis, Long COVID, Lung Cancer, Mesothelioma, Others may be considered on a case-by-case basis)**

- have an appropriate diagnosis in writing from an appropriate health professional (e.g., General Practitioners, specialist health professional, social prescriber, or pulmonary rehabilitation team) OR
- have a Medication Prescription for lung disease (dated within 3 months of application)

OR

- **Cancer**

- have a confirmation of diagnosis in writing from an appropriate health professional (e.g., General Practitioners, specialist health professional, social prescriber, or Macmillan/Hunts Community Cancer Network) OR
- have a relevant Medication Prescription (dated within 3 months of application)

OR

- **Long term Depression/Anxiety (6 months plus)**

- have a confirmation of diagnosis in writing from an appropriate health professional (e.g., General Practitioners, specialist health professional, social prescriber, or mental health worker) OR
- have a relevant Medication Prescription (dated within 3 months of application)

AND

- Adults (Over 18 years of age)
- Be inactive, (undertake less than 30 minutes of exercise per week)
- Not been a pre-paid 'One Leisure' member for at least two years from application
- Residents of Huntingdonshire District only unless health professional referral exemption
- Customers will only be 'eligible' for one 'Undefeatables' offer.

4.1 Allocation of 'Undefeatables' Offer

Eligibility will be the final decision of the Scheme Manager.

4.2 Under 18s

Under 18s will be eligible for the Student Membership for their preferred site.

4.3 Proof of Eligibility

Proof of eligibility will be required from all applicants. Appropriate documentation as described above (4.0) will need to be uploaded with the application form. Any application submitted without relevant evidence will be automatically rejected.

5. How to Apply

Application will be through completion of an electronic form. The form will be available online only. The facility to scan and attach eligibility documents will be required for the online form.

Applicants will be informed within 10 working days if you have been accepted onto the scheme.

You will not be able to turn up on the day at a Centre and immediately join the scheme to access an activity. There will need to be a period of validation for each application.

Individuals who require additional support to complete the form:

- Is there someone else you can ask to help you to complete it?
- One Leisure Receptions: if you have no one else to ask then One Leisure Receptions may be able to assist - you may need to wait for assistance
- Customer Services at Pathfinder House - if you have no one else to ask then Customer services at Pathfinder House, St Mary's Street, Huntingdon may be able to assist. You may need to wait for assistance.

6. Cost

Undefeatables Cost: £29 per month Direct Debit

Following the end of the 9-month period customers will automatically become Active Lifestyles Membership at £35 per month. It will be the responsibility of the customer to stop the Direct Debit with their bank if they so wish.

7. Duration

The offer will be for a maximum period of 9 months.

Customers will only be 'eligible' for one 'Undefeatables' offer.

8. Existing One Leisure Members

This offer applies to NEW members only as we are targeting those who are currently inactive (undertaking less than 30 minutes of exercise per week). Existing Pre-Paid Members are NOT eligible for this programme. Eligibility will be subject to a 10-day application and verification period.

9. Centre Regulations

All 'Undefeatable' card holders will be subject to the standard One Leisure Regulations.

10. Summary

Eligibility will be the final decision of the Scheme Manager. HDC reserves the right to withdraw the 'Undefeatables' offer if false declaration is given or in the event of misuse. Membership is not transferable. Information is correct at the time of publication but as this is a new scheme terms and conditions are subject to change.