

Program Referral / Enrolment

Client Details

Name _____

Address _____

Phone _____

Emergency contact name _____

Emergency contact's phone _____

Referrer Details

Your name _____

Name of your surgery or

Organisation _____

Address _____

Phone _____ Fax _____

Email _____

Name of client's usual GP _____

Address of client's usual GP _____

Phone of client's usual GP _____

Comments _____

Your signature _____

Please **fax** this form to your local participating program location.
You will be contacted by the program leader to arrange an
appointment to get started.

Where is this program available?

Central Coast

Lake Haven Recreation Centre – Goobarabah Ave, Gorokan.
Contact Stuart Lofts – Tel: 4392 7677 Fax: 4392 2530

Hunter

Raymond Terrace YMCA – 18A Sturgeon St.
Contact Megan Cox – Tel: 4980 0328 Fax: 4987 5109

Sydney

Cook & Phillip Park – 4 College St.
Contact Luke Starr – Tel: 9326 0444 Fax: 9326 0599
Ian Thorpe Aquatic Centre – 548 Harris St.
Contact Adam Waterson – Tel: 9518 7220 Fax 9660 2212
National Centre for Indigenous Excellence –
160-202 George St, Redfern.
Contact PJ Borrell – Tel: 9310 1033 Fax 9310 2476

Sydney South

Carringbah YMCA – Jacaranda Rd.
Contact James Hall – Tel: 9524 1800 Fax 9524 1496

Sydney South West

Mt Annan Leisure Centre – Welling Drive.
Contact Joel Andersen – Tel: 4648 4830 Fax 4648 4834

Sydney West

Hawkesbury Oasis – Cnr Church & Drummond Sts.
Contact Sam Brincat – Tel: 4584 8900 Fax 4587 8300
Penrith City YMCA – 1 Patty's Place.
Contact James Hinks – Tel: 4733 7388 Fax 4733 4522

PLEASE NOTE: We respect your privacy. All phone and fax lines
are strictly secure and all details are treated with the utmost
confidentiality.

If you would like more information, please contact:
Adam Waterson – Health & Fitness Coordinator
Ian Thorpe Aquatic Centre
Phone: 9518 7220 Mobile: 0402 945 110
Email: adam.waterson@ymca.org.au



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YMCA
We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**

Did you know?

FACT: Depression affects 1 in 5 Australians at some point in their lives.

FACT: Poor social relationships and a lack of community participation are seen to be as big a risk for health as smoking, high blood pressure and obesity.

FACT: Exercise releases endorphins, improves self esteem and builds social networks; building stronger people in body mind and spirit.

The YMCA of Sydney's Mental Health and Wellbeing Program promotes mental health recovery through exercise, peer support and socialisation. It aims to:

- Orient individuals who are at prodromal or remission phases of mental illness into a customised exercise program
- Eliminate or minimise factors which give rise to distress and loss of wellbeing
- Maximise factors that create the circumstances in which all can flourish
- Create a pathway to ongoing participation in regular exercise

Who is it for?

This program is appropriate for people who are at prodromal or remission phases of mental illness

Program

The program runs for 60 days and consists of two components — customised individual exercise program AND weekly group exercise

Cost

The 60 days is free. After the 60 day period, we encourage participants to continue exercising through the YMCA's Fee Assistance Program or as a fee for a service member

Getting involved

To participate in the program and enjoy the benefits of better health in body, mind and spirit, follow the steps below. Dedicated specialist YMCA staff will ease you into the program and support you throughout.

Step 1 - Health professional referral

Your doctor or health professional must complete the referral form herein and fax it to your local participating program location; these locations are listed over the page. Your referral will go to the dedicated Program Leader at your Centre; your privacy is respected at all times. Please keep your referral and bring it with you on your first visit.

Step 2 - First contact

The Program Leader at your Centre will contact you directly by phone. They will tell you more about the program and make an appointment for your first visit. They will answer any questions you may have.

Step 3 - Your first visit

Your Program Leader will meet you at the Centre for an orientation. You will be asked to complete a membership form and a short questionnaire. You will be given a tour of your Centre. If you are ready, you can start your first session. This is a fitness consultation where a personalised program will be designed just for you.

Step 4 – Your program

You will have 4 guided sessions with a trainer familiarising you with the equipment, learn new exercise techniques, monitor progress and keep you motivated and excited. You now have unlimited access to the Fitness Centre and we will encourage you to visit as often as you can. Group exercise sessions will start once there are 5 or more people enrolled in the program at your centre. We will also run a social event each month.

Step 5 – Program completion

At the end of your 60 days, you will meet with your Program Leader to discuss how it went, your options to continue exercising and be asked to complete a brief questionnaire. We hope you will continue to belong to your Centre.

The YMCA is committed to building stronger people of all ages. Sport and exercise contributes significantly to overall health. It is also central to a person's identity and sense of self. This program combines fitness, fun and friendship for recovery.



free
60 day
program