HOW THE PROGRAM WORKS

1. REFERRAL

We accept referrals from medical and allied health professionals. Please use the form in this brochure.

2. GETTING INTO THE PROGRAM

If a place in the program is not currently available, applicants will be given options, including a wait-list or referral to another venue which runs the program.

3. WE DO SOME PLANNING, THEN CONTACT YOU

When a referral form is received, the referrer will be contacted to discuss the suitability of the program. If it is agreed, the participant will be contacted to discuss the program and their personal goals and preferences for using the facilities and services.

4. WELCOME TO OUR VENUE

During the first visit to the venue, participants will be met at reception by an experienced staff member who will become their exercise consultant. Participants can bring a support person during this visit. Participants will learn about the facilities and services, meet key staff, complete venue entry documentation and an exercise readiness form, confirm their personal goals and discuss a schedule of visits during which support will be available.

5. LET'S GET MOVING

Participants will be supported by experienced staff during each visit, and also be able to gain personalised guidance from their exercise consultant. Over time, as each participant makes progress toward their personal goals, adjustments will be made to their exercise program, and exercise guidance and support will come from a variety of experienced staff.

6. WHAT PROGRESS HAS BEEN MADE?

Each participant's progress will be regularly reviewed by their exercise consultant and other staff. At the end of the program, each participant will meet with their exercise consultant to review and document their progress, and consider options to support continued access to the venues facilities and services.

CONTACT US

Venues:

Yawa Aquatic Centre
100 Besgrove Street Rosebud

Pelican Park Recreation Centre
2 Marine Parade Hastings

Civic Reserve Recreation Centre
350 Dunns Road Mornington

belgravia foundation

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TAKE® Charge!



MENTAL HEALTH & WELLBEING PROGRAM

Belgravia Leisure offers a free 60-day mental health and wellbeing program to people who have been referred by a medical or allied health professional. Participants have free access to the facilities, services and staff in a participating Belgravia Leisure operated facility.

Take Charge Contact:
BJ Oakford-White
Community Engagement Coordinator
boakford-white@belgravialeisure.com.au

REFERRAL FORM (Strictly confidential)

Preferred Venue (please indicate):

Preferred Venue

Referral Email:

Referral Email

Referral Email

Participant's Details

Participant's Name:

DOB: Gender:

Address:

State: Postcode:

Phone: Email:

Preferred contact time:

Participant identifies as (please indicate):

☐ Aboriginal/Torres Strait Islander ☐ Person with a disability ☐ Other (please specify)

Emergency Contact: Phone:

Mental illness diagnosis:

Referral Details

Referrer's Name: Date of Referral:

Position or relationship to individual:

Name of organisation:

Address: State: Postcode:

Phone: Email:

Reasons for the referral to the program

Intended benefits for the participant in the program

How you will **support** the participant during the program