

activeNoW

Supporting people in Norfolk and Waveney to be more active

Have you heard of Active NoW?

Active NoW is the physical activity referral programme for Norfolk and Waveney.

It's a great way for people with long-term health conditions to move more and improve their health and wellbeing.

Our Active NoW team will:

- Find a range of activities
- Tailor a programme based on health needs and lifestyle
- Support people with their movement journey

"I think the scheme is really helpful for our patients who just need that motivation and extra assistance"

- Wellbeing Service



Scan to learn more
about referring

improvinglivesnw.org.uk/active-now

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Start Referring NoW

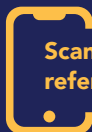
Referrals can be made within SystemOne/EMIS.

In addition, referrals can be submitted conveniently through the Online Referral Form. Once you've completed the referral, our team will take over and make contact with the individual. Here's a brief overview of the process:

- Triage and assessment: We will phone and work together to identify needs and find the best activity
- Physical activity programme: The activity provider is notified and will contact the individual to schedule a start date.
- Evaluation: We'll circulate a survey to the individual to gather feedback.

"The referral form is a breeze to use and doesn't take up too much clinical time, which is crucial to clinicians."

**- East Coast
Community Healthcare
CIC**



Scan and start
referring now

<https://secure.refer-all.net/referrals/ActiveNow/Refer>