

# MEDIA RELEASE

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## Ashby health and wellbeing centre opens within leisure centre

A new health and wellbeing centre has opened in Ashby's Hood Park Leisure Centre, offering a range of community health services.

The centre is providing physiotherapy clinics, and over the next few weeks it will begin seeing patients for podiatry, wound care and dietetics. It will make it easier for patients to make links with the leisure centre's gym, swimming pool and other facilities.

Alison Ashman, a senior physiotherapist for Leicestershire Partnership NHS Trust, welcomed the move. She said: "I think it is the ideal place to be.

"We can use the gym equipment with patients, and if we think it will benefit them we or local GPs can put our patients on the exercise referral scheme, where they have a structured exercise programme overseen by leisure centre staff.

"We can take our patients past the gym, and show it to them. I think having our base here will encourage many more of our patients to continue their rehabilitation in the leisure centre's facilities.

"It is a nice, central location for patients, and the rooms are bright and new."

Councillor Alison Smith MBE, Deputy Leader and Portfolio Holder for Community Services at North West Leicestershire District Council, added: "It makes sense for certain healthcare services to be located within a leisure centre, as the links between levels of activity and well-being are clear.

"We already do a lot of work with customers who have been referred by their doctors. Our joint investment into the new centre at Hood Park means healthcare and leisure are working side by side for the benefit of patients."

Physiotherapy and community nursing clinics were previously provided at Ashby and District Hospital. It is currently for sale, with bids likely to be considered in July.

**Caption:** Senior physiotherapists Gavin Atkinson and Alison Ashman at the new health and wellbeing centre.

ENDS

**Note to editors**

Leicestershire Partnership NHS Trust (LPT) provides a range of health and wellbeing services mainly for people living Leicester, Leicestershire and Rutland. The Trust serves a population of one million, has a budget in excess of £267 million and employs approximately 5,400 staff. For more information visit [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk).

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