

Huntingdonshire District Council One Leisure

UNDEAFEATABLES [Diabetes Type 1 and 2]: Guidance for 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 diabetes

There are many benefits of being active when you have type 1, type 2 or other types diabetes. Moving more can:

- help the body use insulin better by increasing insulin sensitivity
- help you look after your blood pressure, because high blood pressure means you're more at risk of 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've 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.

It's important to remember that being active is even more beneficial if you're 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 Diabetes Type 1 or 2; are 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, indoor cycling, the gym, classes, and swimming, amongst other targeted activities delivered across One Leisure.

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4. Eligibility Criteria

- Adults (18 years +)
- Residents of Huntingdonshire District only unless health professional referral exemption
- Have a Diabetes Diagnosis in writing and/or a Medication Prescription for diabetes (dated within 3 months of application)
- Be inactive, (undertake less than 30 minutes of exercise per week)
- Not been a pre-paid 'One Leisure' member for at least two years at date of application
- 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.

- A letter or equivalent confirming diabetes diagnosis OR
- A medication script for diabetes medication (dated within 3 months of application)

5. How to apply

Application will be through completion of an electronic form. The form will be available on-line 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.

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6. Duration

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

Following the end of the 9 months period customers will automatically become Active Lifestyles Membership. It will be the responsibility of the customer to stop the direct debit with their bank if they so wish.

7. Cost

Undefeatables Cost: £29 per month direct debit

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.