

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager
Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust, Royal Albert Edward Infirmary
Wigan Lane
Wigan
WN1 2NN

Ask 3 Questions



Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, braille, and other languages upon request.
For more information please ask in the department/ward.

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Pilates and Leisure Centre

Patient Information

The Patient Information Leaflets page on the Trust website is available on the link:
[https:// www.wwl.nhs.uk/patient-information-leaflets](https://www.wwl.nhs.uk/patient-information-leaflets)
or scan the QR code.



EMPLOYER RECOGNITION SCHEME

GOLD AWARD 2021
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Introduction

Now that you have completed your course of the core stability class, you will either be re-assessed by your referring physiotherapist or be discharged from the department to self manage.

We would encourage you to continue with your exercise programme at home. There are seven council Leisure Centres within Wigan & Leigh, that are accessible through the **BeWell Scheme**.

BeWell Scheme Wigan and Leigh

Please either speak to your referring physiotherapist to request a referral to BeWell Wigan, or self refer by contacting: **01942 488 481** or completing an online referral on: <https://www.wigan.gov.uk/BeWell/Contacts/Wellbeing/Activity-referral.aspx>

Register at your local Leisure Centre with a free BeWell Card to use the facilities at a discounted rate. Contact the BeWell team for prices.

Staff at each facility are unfortunately not able to provide you with any assistance that requires lifting and handling. Anyone accompanying you must have a BeWell card and will not be charged when supporting as a carer.

Please contact your local Leisure Centre for timetables on pilates times:

➤ Ashton Leisure Centre

Ashton Leisure Centre, Old Road, Ashton-in-Makerfield, Wigan, WN4 9TP

01942 720826

Pilates:

- Tuesday 09:15-10:15
- Thursday 13:45-14:45
- Friday 10:00-11:00

➤ Howe Bridge Sports Centre

Eckersley Fold Lane, Atherton, M46 0PJ

01942 870403

Pilates:

- Monday 19:00-20:00
- Wednesday 12:00-13:00

➤ Hindley Pool and Leisure Centre

Hindley Leisure Centre, Mornington Road, WN2 4LG

01942 404886

Pilates:

- Monday 12:30-13:30
- Wednesday 19:00-20:00
- Thursday 12:30-13:30

➤ Wigan Life Centre

Wigan Life Centre, College Avenue, Wigan, WN1 1NJ

01942 489611

Pilates:

- Monday 12:00-12:45
- Friday 09:30-10:30

➤ Leigh Leisure Centre

Leigh Sports Village, Sale Way, Leigh WN7 4JY

01942 487800

Pilates:

- Tuesday 20:00-21:00
- Wednesday 10:15-11:15
- Thursday 19:00-20:00

➤ Robin Park Leisure Centre

Robin Park Leisure Centre, Loire Drive, Newtown, Wigan, WN5 0UL

01942 828550

Pilates:

- Tuesday 19:00-19:45
- Wednesday 13:15-14:15

➤ Standish Leisure Centre

Standish Leisure Centre, Rectory Lane, Standish, Wigan, WN6 0XB

01942 486486

Pilates:

- Thursday 19:15-20:15
- Friday 18:15-19:15
- Saturday 09:00-10:00