

West Norwood Health and Leisure Centre Easy Read Customer/Membership Pathway



This is an easy read information sheet about joining the gym.



There are two ways to pay for going to the gym.



**The first is called Pay and Play.
This means it costs £4.80 every time you visit.**



The second is an “Inclusive membership”

This is paid straight from your bank account.

It costs £22.40



If you use the gym more than five times in a month, this would be cheaper for you.



If you are a member, your support worker can come free.



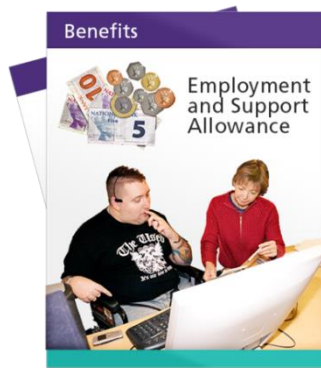
You can use the gym and go swimming as many times as you like if you are a member.



We will show you how to use the machines and help you with an exercise plan.



To be eligible for an Inclusive membership you need to show that you receive one of these benefits.



Employment and Support Allowance



Personal Independence Payment



Disability Living Allowance



You don't need to be able to write to join.

The staff at the gym can help you fill out the forms.



If you have any questions, you can call West Norwood Health and Leisure Centre on 020 8761 1159.