



**Wales National Exercise
Referral Scheme (NERS)**
Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru

Newport Exercise Referral Scheme

What is Exercise Referral?

The Exercise Referral Scheme is designed to aid people who have been advised by their Health Professional to take up physical activity in order to help with their health and wellbeing. Once you are on the scheme you will have 16 weeks to access our timetable of classes taken by highly qualified Exercise Professionals.

How do I access the programme?

A Health Professional such as a GP, Nurse or Physiotherapist will be required to complete your referral form and send it to the scheme. Then you will be placed on our waiting list and contacted to book your initial consultation.

What does the programme consist of?

At your first consultation the Exercise Professional will find out a little more about your health history, carry out some basic health checks and discuss a choice of exercise classes that are suitable for you. Once you have started the 16 weeks programme you may attend gym, circuit class or water based exercise. You will be able to contact your Exercise Professional for any advice you require.

Where does this take place?

Classes are available at Newport Leisure Centre, Newport International Sport Village and there are some classes in the community setting.

What are the benefits?

Exercise has been shown to improve people's health in many different ways. Exercise can help reduce blood pressure, help with weight loss and reduce cholesterol levels. It can also help reduce stress, anxiety and depression amongst numerous other benefits. Regular exercise can increase your chances of living healthier and longer and it makes you feel good.

What are the costs on the scheme?

There is a cost of £2.00 per session during the 16 week programme. If you wish to attend more than twice a week, there is an option of taking a Leisure membership with Newport Live for additional benefit.

When can I come to the exercise referral classes?

A variety of classes are available during the daytime and evening. So don't be put off if you work, we will find session times that would be suitable to you. You will be required to attend a minimum of 2 group sessions per week with the Exercise Professionals.

Please note the following guidelines:

- If time taken away from the scheme has not been agreed with the Exercise Professional and you have not been unwell, then you are not entitled to claim back these sessions.
- If you miss sessions due to illness or agreed holiday time, then you are able to attend additional weeks to make this time up (total of 1 month)
- Replacement sessions will also be made available if they have been cancelled by the scheme.
- Under normal circumstances, you cannot re-enter the scheme for a minimum of 2 years.

Will I be exercising alone on the exercise referral scheme?

The exercise referral scheme classes are group based sessions. You will be exercising with others in a friendly environment during the 16 week programme. You may choose to continue independently once you complete the 16 week programme.

Do I need to be fit?

No, exercise can be tailored for different abilities; you will be advised about the level of exercise suitable for you. As a general rule, you should exercise at a moderate intensity that makes you feel slightly warm and increases your breathing slightly – you should be able to hold a conversation, it should not hurt. If you have not exercised for a long time, you may find some muscles are a little bit stiff for a day or two but, this should stop once you are used to exercising.

When will I start to see results?

Exercise may make you feel better after only a couple of sessions however it is not a short term fix. For longer-term improvements such as fitness, weight loss etc, it will take more time. By exercising regularly and at the right level, the benefits should soon show.

What will I need to wear?

You don't have to wear any special clothes as long as you are comfortable and it is better to wear sensible flat shoes or training shoes.

What happens after 16 – weeks?

Towards the end of your 16 – weeks, you will be invited to a follow up appointment to discuss your progress and long term exercise needs. You will be advised on the physical activities appropriate for you to attend. For example, there is a discount Leisure membership available with Newport Live. The exercise referral team are always available to speak to outside of your set appointments for any advice and guidance.

If you require any further information regarding the exercise referral scheme please email Chris Pennington Christopher.Pennington@wales.nhs.uk