

Hywel Dda University Health Board;

Project Title; Exercise Referral Scheme

Hywel Dda; North Ceredigion

Project Lead; Contacts;

Rationale; Exercise has been shown to improve people's health in many ways. For Example, it reduces the risk of heart Disease, lowers blood pressure, and helps weight loss. It can also help to reduce stress, anxiety and depression, therefore enhancing the participants feeling of well being

Project Details; National Exercise Referral Scheme (NERS): NERS is a Welsh Assembly Government initiative to promote physical activity in those people who are currently inactive or who have certain medical conditions. Exercise has been shown to improve people's health in many ways. For Example, it reduces the risk of heart Disease, lowers blood pressure, and helps weight loss. It can also help to reduce stress, anxiety and depression, therefore enhancing the participants feeling of well being. NERS has worked collaboratively with us on this project.

Intended Outcomes; The principal aims of the Scheme

- To offer a high quality National Exercise Referral Scheme across Wales
- To increase the long term adherence of clients to physical activity
- To improve the physical and mental health of clients
- To determine the effectiveness of the intervention in increasing clients' activity levels and improving their health

Partners; WLGA

Time-frame; Funded until March 2017

Future Development Planned; No information currently available

Commissioning / Funding; PHW

Evaluation / Reporting; No information currently available

Supporting Documentation;



NERS Poster.pdf

Acknowledgement; Rachel Pompa; Head of GMS Hywel Dda UHB

Project Status;

- 159 people were referred up to December 2016
- 87 had completed the course; 49 were currently on the programme;
- 34 on waiting list which was increasing.
- 4week review, 16 week review and 1 year review shows positive results in increased activity levels, maintaining or losing weight.