

Health Professionals and Partners, Summary of the Warwickshire Exercise Referral Scheme

*Do you know someone who would
benefit from physical activity?*



The Warwickshire Exercise Referral Scheme succeeds the previous PACE scheme. CSW Sport, the County Sports and Physical Activity Partnership for Coventry, Solihull and Warwickshire, coordinates the scheme, on behalf of NHS Warwickshire. Referrals are made by registered health professionals, including GPs, Practice Nurses, Physios, Dietitians and OTs.

The scheme offers individuals with specific health conditions a personalised 12 week programme of physical activity, with the support of a qualified exercise referral instructor, normally in a local leisure centre. It is open to individuals accessing health services in Warwickshire. The aim is for individuals to become, and continue to be active, in order to benefit their health. The key points are:

- Updated and improved exercise referral scheme across Warwickshire.
- An easily accessible way for individuals to get active in a structured way and help improve their health and wellbeing on an ongoing basis.
- Referrals can be made by registered health professionals (not just GP surgeries).
- Opportunity to signpost individuals to other locally accessible activities.
- Eligible conditions:
 - Mental Health, e.g. mild to moderate depression, anxiety, low mood
 - Respiratory
 - Musculo-Skeletal
 - Neurological
 - Hypertension
 - Risk of Cardiovascular Disease
 - Diabetes (Type 1 and Type 2)
 - Obesity or people who are overweight
 - Osteo/ Rheumatoid Arthritis / Osteoporosis



- Qualified exercise referral instructors (nationally recognised Level 3 Exercise Referral qualification) supporting individuals in locally accessible facilities.
- 12 week referral period that allows for 24 visits for each individual.
- Personalised Exercise Programme developed by the Exercise Referral Instructor with the individual, and as a minimum, 1:1 consultation at weeks 1, 6/7 and 12.
- Progress Form completed and measurements taken at weeks 1, 6/7 and 12 to measure and reflect on the individual's improvements.
- Subsidised costs for individuals; pricing tariffs determined locally by exercise providers. No cost to health professionals.
- Scheme Pack provided, and Action Plan developed at the end of the referral period, so that individuals can continue to be active for the future.
- Questionnaire sent to the individual within 1 month of the referral period and one at 6 months after completing the referral period to monitor individual progress. Feedback process in place, for all parties, for ongoing scheme development. Learning from individuals that are referred but do not start, or complete, the scheme too.
- Central contact point, and monitoring and evaluation completed by CSW Sport, and feedback provided to referrers and exercise providers.
- Convenient paperwork, developed by health professionals and exercise providers, easily downloadable at www.cswsport.org.uk/exercisereferral.
- Contact for general queries - The Scheme Coordinator, Exercise Referral Scheme, CSW Sport, exercisereferral@cswsport.org.uk or 024765 74889.

Warwickshire Exercise Referral Scheme

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