Warwickshire Exercise Referral Scheme Process

Referrer / Exercise Provider Registration to Scheme

Registration Form - Appendix A sent to CSW Sport

Individual Appointment with Health Professional

Scheme Inappropriate for Patient

Signposting to other Local Activities. e.g. Walking groups (Scheme Pack), if scheme is not appropriate to individual

Referral to Exercise Referral Scheme

Patient/Client Referral Form - Appendix B/B1 is completed and sent to the chosen exercise provider, and a copy to CSW Sport. A Scheme Pack is given to the Patient / Client.

Contact made by Exercise Provider to Patient / Client

On receipt of Referral Form

Start of Scheme for the Patient / Client

Week 1-2 at Leisure Centre

Induction, 1:1 Consultation (Progress Form - Appendix C) and the Personalised Exercise Programme is developed. If the Individual does not want to be part of the scheme then the Exercise Provider should inform the Referrer (and CSW Sport) that this is the case, e.g. not turning up at the 1st appointment

12 Week Referral Period

Individual undertakes the Personalised Exercise Programme. 1:1 Consultations at weeks 6/7 and 12

Individual Early Exit from the Scheme

Progress Form - Appendix C is sent to the Referrer and a copy to CSW Sport

Completion of Scheme

Week 12 Consultation

Review of Referral Period and a future Action Plan is developed. Progress Form - Appendix C is completed and sent to the Referrer and a copy to CSW Sport

Scheme Feedback Form - Appendix E

Available to complete (Individual, Referrer or Exercise Provider)

After the Scheme

Post Scheme Questionnaires

CSW Sport sends a questionnaire to the Individual within approximately 1 month of the Referral Period and then at 6 months after the end of the Referral Period (and to Non Starters and Non Completers of the scheme)

Individual Continues to be Active

On an ongoing basis and their Health Condition(s) continues to improve

Warwickshire Exercise Referral Scheme

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