



Exercise Providers, Summary of the Warwickshire Exercise Referral Scheme

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.

It 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 that is welcoming exercise providers to become part of the scheme.
- Outline of Programme: -
 - An easily accessible way for clients to get active in a structured way and help improve their health and wellbeing on an ongoing basis; typically at a fitness suite, or equivalent.
 - 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.
- Benefits :-
 - Income from clients for their attendance at sessions.
 - Future income from conversion of clients to membership / continuation of use of facilities.

Warwickshire Exercise Referral Scheme

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- Secondary income from clients.
- Chance to engage with a range of health professionals and other new partners.
- Chance to attract new clients and new types of clients.
- Staff members need to be Level 3 Exercise Referral, and Level 3 Personal Trainer or Advanced Instructor's qualified. Support may be available to help staff complete an accredited Level 3 Exercise Referral Qualification.
- Wide range of potential referrers; referrals can be made by registered health professionals (not just GP surgeries). Clients choose where they want to participate in the scheme.
- Pricing structure determined locally by exercise providers. No cost to referrers.
- Central contact point, and monitoring and evaluation completed by CSW Sport, and feedback to referrers and exercise providers.
- Convenient paperwork, developed by health professionals and exercise providers, easily downloadable at www.cswsport.org.uk/exercisereferral.
- Please contact The Scheme Coordinator, Exercise Referral Scheme, CSW Sport, if you are interested in being part of the scheme or want to find out more, exercisereferral@cswsport.org.uk or 024765 74889.

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