



Warwickshire Exercise Referral Scheme, Newsletter January '12

- **Scheme Facts** - Scheme Facts since the scheme went live in May 2011
 - Total number of Referrals made - 193
 - Profession that has made most referrals – Practice Nurses / Nurse Practitioners
 - Most referrals made by a referring organisation – Physio Department, Rehabilitation Hospital, Leamington, SWFT
 - Leisure site with most referrals received – St Nicholas Park Leisure Centre, Warwick District Council
 - District with most number of referrals made – Warwick District

- **Quotes from Patients who have participated in the scheme** -

“My instructor was very helpful and supportive, gave good advice and chose activity that was suitable for my ability, and was mindful of my limitations”

“My mood and general fitness and wellbeing has improved”

“The scheme helped me learn more about gym equipment and how it helps the body”



- **New Leisure Sites** - There are some new leisure sites (exercise providers) have become accredited to the scheme in the last month. These are in addition to the current ones. The relevant instructors at these centres have worked hard over the last year to become qualified. These centres are:-

- Coleshill Leisure Centre, North Warwickshire borough
- Lea Marston Hotel, North Warwickshire borough
- Atherstone Leisure Complex, North Warwickshire borough
- Polesworth Sports Centre, North Warwickshire borough
- Warwickshire College, Leamington Campus, Warwick District
- Curves for Women, Kenilworth

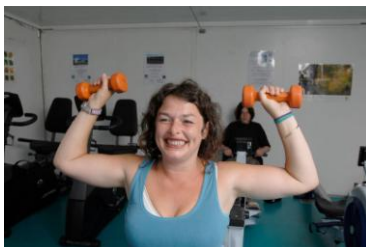
Please note that *Newbold Comyn Leisure Centre* will be able to take referrals again from May 2012.

Warwickshire Exercise Referral Scheme

Warwickshire Exercise Referral Scheme, CSW Sport, University of Warwick, Westwood Campus, Coventry, CV4 7AL (private & confidential)

exercisereferral@cswsport.org.uk 024765 74889 www.cswsport.org.uk/exercisereferral

- **Leisure Site Contact Details** - Please find attached with the email the list of the accredited leisure sites and separately a summary of the contact details and pricing tariff of the leisure sites. These documents and all other up to date scheme documentation is accessible at www.cswsport.org.uk/exercisereferral
- **Promotional and Support Material** - Some of you have received some scheme promotional and support material from myself. This includes posters, leaflets, reference versions of scheme resources and packs to give to patients. There are further versions available so if you run out of these please email exercisereferral@cswsport.org.uk. If you have not received the material then you will receive this in due course. Please be patient as my replacement will not be in post for a period and so these resources won't be able to be distributed as quickly as one would like. The CSW Sport team will try and pick up as much work on this scheme as possible.
- **Please Spread the Word** - Please can you raise awareness of the scheme to colleagues and contacts wherever possible. Word of mouth is very powerful and effective. If people don't know about the scheme then they can't use it. There are a number of organisations and people who are aware of the scheme yet there are people within organisations who are still not aware of the scheme.
- **Promotion of the Scheme in your Organisations** - Please can you consider including information about the Warwickshire Exercise Referral Scheme, with a link to www.cswsport.org.uk/exercisereferral, on your organisation's website, as well as promoting the scheme through other types of media, e.g. e-news, newsletters



- **Cost Involved and not Personal Trainer Service** - Please can health professionals remember to Inform all patients that there is a **cost involved in participating** in the scheme. This is at reduced rates and very attractive compared to normal prices for leisure centres. Please inform patients that only some of the sessions offer 1:1 contact (at least at weeks 1, 6/7 and 12) with the qualified exercise referral instructor and not every session. The packs that I refer to below will help inform patients of the above.

Scheme Contact Details - The scheme contact details are exercisereferral@cswsport.org.uk and 024765 74889. One of the CSW Sport team will respond to correspondence. The website, www.cswsport.org.uk/exercisereferral contains all the up to date scheme documentation so you can easily download paperwork from the site.

Thank you for your engagement in the scheme and I hope that you can continue to be actively involved in the scheme. I have enjoyed working with those people that I have had contact with and I'd like to thank the exercise providers for their hard work in delivering the scheme.

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