

# What is NERS?

NERS is an evidenced based health intervention incorporating physical activity, behavioural change techniques to support referred clients to make healthy lifestyle changes and to improve their health and wellbeing.

The scheme originally targeted clients who were at risk of developing CHD and those with mild to moderate anxiety (Level 3 Exercise Referral delivery).

In 2009 NERS developed delivery to include those with chronic conditions to meet the Welsh Government priorities (Level 4 Specialist Instructor delivery) and funded by WLGA and Public Health Wales

# What we deliver

- Circuit Classes
- Gym Classes
- Pool Sessions
- Pilates
- Rehabilitation Classes i.e. Cardiac, Stroke, Cancer, Falls, Back Care, COPD etc.
- Tai Chi
- Walking/ Cycling Sessions

# Referral Conditions

- Osteoporosis
- Anxiety, depression, stress
- Respiratory
- Diabetes
- Musculoskeletal i.e. knee, hip etc
- CHD risk factors i.e. raised BP and cholesterol etc

# What are our aims

The National Exercise Referral Scheme (NERS) provides access to tailored and supervised group exercise for those who are inactive and at risk of or currently experiencing a long term or chronic health condition. Referrals are from all registered Health Professionals within the NHS

The NERS Programme aims to ensure that:

- Population with chronic conditions are active and in best possible health
- Clients have a good physical and mental health
- Clients have a good quality of life
- Clients have a good life expectancy

# Where are we?

- The classes are delivered in a variety of community and leisure venues working closely with PASS and Celtic Leisure Trust.
- The sessions are at various times and on most days of the week and we rely heavily on the income from these classes to help support the scheme as we are a grant funded annual project.
- The sessions are for 1 hour and we encourage 2 sessions per week for 16 weeks at a cost of £2 per session.
- We review progress at 16 weeks and offer options to remain active with local facilities or at home.



**Cynllun Atgyfeirio Cleifion  
i Wneud Ymarfer Corff Cymru**  
Wales National Exercise  
Referral Scheme (NERS)



Llywodraeth Cymru  
Welsh Government

# NPT NERS

# Pandemic Journey

# Our Journey 2020

- Initial Response
- Resurrecting Facebook/Social Media/YouTube
- Team/Client Education and Training
- Challenges/Positive Outcomes
- NPT NERS Future



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# Initial Response

- Cancelled all classes until further notice
- Offered support to existing clients should they need to isolate
- Sent out home exercise programmes
- Developed ways to connect and engage with clients from a distance.

e.g. FACEBOOK/YOUTUBE

- Educated Lisa & Claire on how to use Teams.....😊



# NERS Facebook Page

- Inactive since 10th March 2016
- Only 49 people following the page



## FAST FORWARD TO OCTOBER 2021

- Just under 600 page followers
- 28 day average post reach of 1100 people
- Live weekly Tai Chi sessions

# HOW WE DID IT

- Developed a structured timetable for posts e.g.
  - Schedule post daily
  - Educational videos – Hip/Knee/Back
  - Posters
  - LIVE classes – Tai Chi, Pilates & Walking
  - Food education
  - Circuit classes



# Introduce The Team

We used Facebook as a way to introduce the team.

Using questions and pictures to demonstrate our individual characters to show new followers who we are.



# Creating Youtube

Youtube provided us with a platform to upload our videos into an online library.

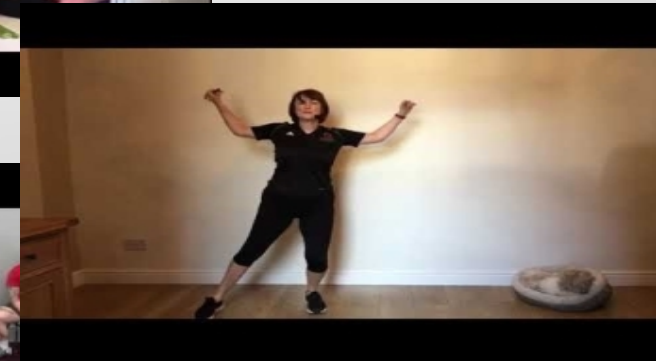
Video access via:-

- Phones
- IPads/Tablets. Linked to Digital Wales.
- Lap tops
- Directly through TV's.

This made it easier to email links or for clients to search for our videos directly.

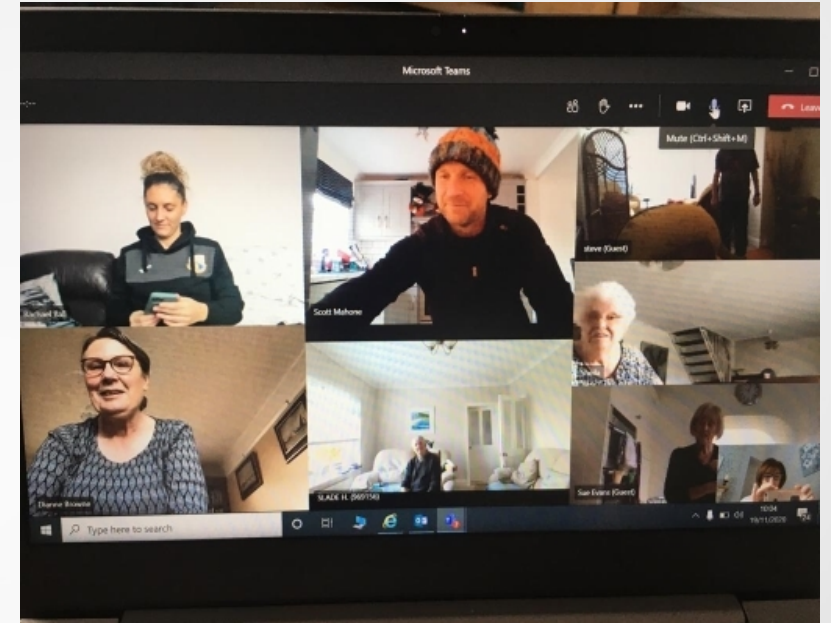


## Floor Exercise Pelvic Floor Set up



# “Teams” Class Experience

- Scott and Rachael invited a small group of existing participants to join them online.
- They created a “How To Guide” for teams
- Risk assessed virtual exercise environment
- Supported participants throughout this new experience.



# Staff Training

- Teams/Zoom
- Foodwise
- Covid 19 Course
- Cancer Level 4
- Diabetic Level 4



# Challenges We Faced

- Working from home
- Computer Literacy both staff and participants
  - Isolation from team and participants
  - Fear of the unknown

# Positive Outcomes

- Increased our visibility online
  - Developed a virtual platform that anyone can access.
- Developed new skills e.g Social media, video making/editing, poster making etc.
  - Appreciation of good health





# NERS Future

- Blended Timetable
- Maintain virtual classes/social media
- Create new outdoor opportunities
- Continue to support those who lack confidence with IT
- Continue to develop and maintain the service

# NPT PASS Future

## VISION

**“Creating a Neath Port Talbot where everyone has an equal chance to be healthier, happier, safer and prosperous”**



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Any Questions?

