

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin  
Newry, Mourne and Down District Council

# Scéim Atreorúcháin um Ghníomhaíocht Coirp

## Physical Activity Referral Scheme



Ag freastal ar an Dún  
agus Ard Mhacha Theas  
Serving Down  
and South Armagh



Comhairle Ceantair  
an Iúir, Mhúrn agus an Dúin  
Newry, Mourne and Down  
District Council



## What is the Physical Activity Referral Scheme?

**PARS** is a physical activity referral programme.

If you meet the required criteria, your GP can refer you to your local leisure centre for discounted health membership and advice on getting and staying active.

**PARS** is a programme delivered in partnership with Newry, Mourne and Down District Council and the Public Health Agency as part of the Be Active for Health initiative. **PARS** is designed for people with health-related conditions who may benefit from prescribed physical activity, under the guidance of qualified exercise professionals.

We know that taking part in regular physical activity has many health benefits and can help to reduce the likelihood and even delay the onset of some health conditions. We also know that people need support and encouragement to help them take the first steps to becoming more active.

**PARS provides the following:**

- **12 weeks access to PARS condition specific classes**
- **12 weeks access to the Council's fitness suite, pool and health suite**
- **12 week access to Be Active classes**
- **On going support and guidance to help manage your condition.**



## Who can join the Physical Activity Referral Scheme?

**Anyone aged 18 and over who currently has one or more of the following conditions:**

- high blood pressure
- controlled diabetes or a strong family history of diabetes
- heart disease or risk factors associated with coronary heart disease
- anxiety, stress, depression and controlled mental health problems
- overweight or obese
- well-controlled lung problems such as asthma, bronchitis or COPD
- mild to moderate joint problems such as osteoporosis
- another condition that does not prevent you taking part in physical activity

## What can exercise do for me?

**Taking part regularly in physical activity has been shown to:**

- reduce the risk of heart disease
- lower blood pressure and cholesterol levels
- reduce the risk of developing some cancers
- reduce the risk of developing type II diabetes
- help prevent or reduce osteoporosis
- help control weight
- promote mental well-being
- help the management of painful conditions, and
- make you feel more confident and energetic



## What does the Physical Activity Referral Scheme include?

With **PARS** we provide you with health membership for 12 weeks. This includes access to the fitness suite, swimming pool and over 20 Be Active classes per week. You will have specific fully supervised **PARS** classes, supervised gym sessions and will receive a personalised physical activity programme. You will be supported and guided throughout the 12 weeks by your very own qualified and dedicated exercise professional.



## What to do next?

Contact your GP or health care professional who will assess your suitability to join **PARS**.

They will then complete an online referral form through the Trust's CCG electronic referral system and this will be sent directly to your exercise professional.

Your exercise professional will then contact you initially through the council's text messaging system to make your first appointment and to register you onto the scheme.



**Contact your local leisure centre: 0330 137 4026**  
or email [PARS@nmandd.org](mailto:PARS@nmandd.org).

The Physical Activity Referral Scheme is available in the following Leisure Centres:

**Newry Leisure Centre**  
**Downpatrick Leisure Centre**  
**Kilkeel Leisure Centre**  
**Newcastle Centre**

