



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

SUCCESS STORIES

JOHN

John finished NERS and is now a regular attendee of the 'follow-on' classes at Llantrisant Leisure Centre.

WHY DO YOU ATTEND THE CLASSES?

I attend the classes to maintain whatever levels of health I have. If I don't function it is a cost to everyone. Without this class I would be a burden to my main carer. I consider my attendance of this class is doing my bit for society, in a positive way, as it is not just about exercise.

HOW DID YOU FIND OUT ABOUT THE GROUP?

My GP referred me to NERS as I was in a place lacking motivation, feeling my world was crumbling. Pretty depressed to be honest.

WOULD YOU HAVE JOINED THIS CLASS, WITHOUT SUPPORT FROM NERS?

No. Having worked in the sector representing our elderly and disabled population for over 30 years, this type of service can not be underestimated. Socialisation through exercise is very important and I encourage those that can, to consider giving it a go.



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