



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

# SUCCESS STORIES

## RICHARD

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

### WHY DO YOU ATTEND THE CLASSES?

I experienced a heart attack, watching Wales play rugby at the National stadium and it knocked me. These classes are very social and there is a strong sense of companionship. We all have a common ground with some happy to share their troubles, and others attending for whatever their reasons are. NERS has provided lifelong exercise skills and I now know how important the warm-up and cool down elements are.

### HOW DID YOU FIND OUT ABOUT THE GROUP?

I was informed at the end of my physiotherapy cardiac rehabilitation programme that NERS would help me continue the progress I made. I am now another step on from NERS and have been attending this class for a number of years.

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

No.



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Cwm Taf Morgannwg

Cwm Taf Morgannwg  
University Health Board