



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

SUCCESS STORIES

GAIL

Gail 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 these classes, as others like me have joined, since attending NERS and it creates empathy within a group. I do feel seeing others gives me the boost to continue exercising. I notice the classes enhance my mood and I enjoy the music.

HOW DID YOU FIND OUT ABOUT THE GROUP?

My husband was referred to NERS and during a visit to a nurse appointment I mentioned NERS and it was agreed that a referral would be of a benefit to me.

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

No.