

buzz

Manchester
Health & Wellbeing
Service



Physical Activity Referral Service (PARS)

Patient information leaflet

What is the Physical Activity Referral Service (PARS)?

The Physical Activity Referral Service helps people living with long-term health conditions to increase their levels of physical activity in a safe and structured environment.

What does the service provide?

The service provides health screening, advice and access to exercise sessions led by highly qualified exercise professionals. The sessions are run across Manchester in local leisure and community centres.

The service offers a range of different types of activity and you will be told about these during your appointment. You will be advised on the most suitable type of activity for you.

There will be a small charge for each activity that you take part in, either within the PARS service or within Manchester leisure services and facilities.

Why have you been referred to the PARS?

You have been referred to the Physical Activity Referral Service because your doctor or your healthcare professional feels that your health will benefit if you are more active in your everyday life.

Physical activity has a positive effect on many long-term health conditions including heart disease, diabetes and many more. It can also reduce the risk of healthy people developing these conditions. Being active regularly is also important in helping to maintain a healthy weight.



Appointments and Progression

What will happen at your appointment?

Your health and suitability for taking part in physical activity and exercise sessions will be assessed by a Physical Activity Referral Officer (PARO). You will be given specific advice on activities and exercises that will benefit you, taking into account your own personal health conditions.

As part of the assessment the PARO will take your blood pressure, which will help us to assess your suitability for the different types of activities. If you do not wish to have these measurements taken please inform the PARO during your appointment.

In order to ensure you get the most from your referral to the service, the PARO will discuss and agree with you what you want to achieve from your referral to the PARS team.

These goals will be reviewed at all the follow up appointments. The goals will help us to recommend appropriate exercise sessions for you. The PARO will ask you to arrange your next appointment for three months time.

What happens after the appointment?

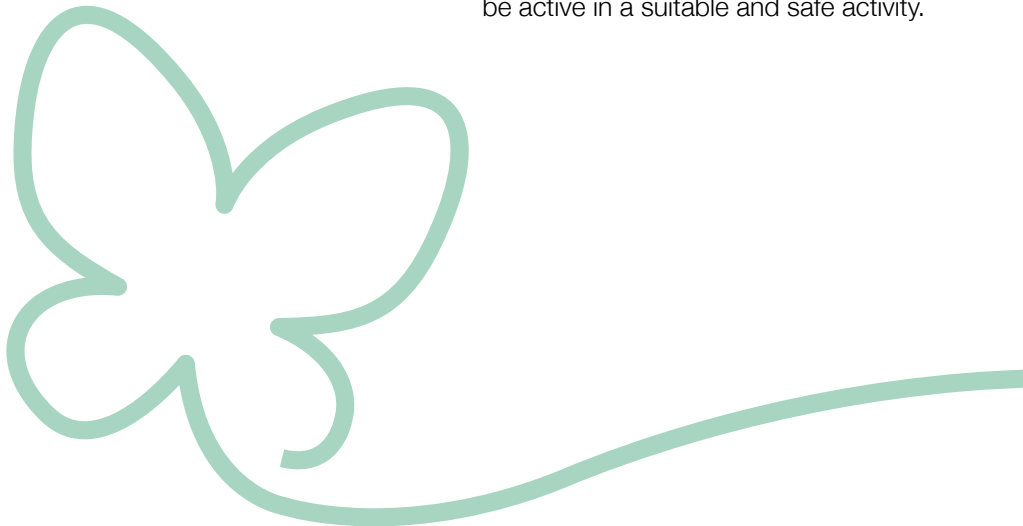
You will attend local exercise classes or other activity sessions as discussed and agreed at your initial appointment with the PARO. You will be provided with support and advice at the sessions about how hard you should work and progression of the exercises. It is expected that you will attend these sessions for twelve weeks.

If you require help with motivation or sticking to your goals, a Wellbeing Advisor will be available to support you and help you achieve your goals.

At twelve weeks you will be asked to attend a follow up appointment where the PARO will review your progress and possibly refer you onto similar activities with the Active Lifestyle Program (ALS) or other classes in the community, for example with the Neighbourhood Network, gym or other types of independent activity.

What happens after twelve weeks?

After twelve weeks most people will be discharged from the scheme and you will be expected to continue your activities independently or with support from ALS or the gym. It is expected that after twelve weeks most people will be confident enough to continue to be active in a suitable and safe activity.



Expectations

What do we expect from you?

- We expect you to attend all your appointments
- To regularly attend the classes or activities that has been recommended to you by the PARO

What can you expect from us?

- Regular checks (as described above) to ensure you are active at the right level
- We will also recommend the types of activity that we feel are most suited to your needs taking account of your personal preferences
- Support you during the twelve weeks
- Let you know whom to contact if you have any problems



“It is proven
that exercise
improves
your mood,
self-esteem
and gives you
confidence.”

