



*Jeannie Wyatt-Williams- National Exercise Referral Scheme (NERS) Coordinator for Wales*

*My role is to strategically plan and manage the delivery of NERS for Wales. This includes supporting the area coordinators and the exercise professionals, managing their training and education to enable NERS to work collaboratively with Local Health Boards in the prevention and management of referred clients with or at risk of developing a chronic condition.*

*The scheme has been hugely successful - both in delivering safe and effective exercise to referred populations, but also in developing well qualified and empathetic exercise professionals that deliver the sessions.*

*As the commissioner of training for the scheme I look for accredited evidenced based training providers that will meet the needs of my instructors. Later Life Training (LLT) is an excellent example of these providers and they have played a significant role in the development of the schemes Level 4 Pathways.*

*Having personally completed two Level 4 qualifications and attended numerous CPD and Conferences with LLT I can vouch for their tutors enthusiasm, excellent course materials, ongoing support and encouragement.*

*With the NERS professionals achieving the excellent quality of the LLT level 4 qualifications we have been able to expand the number and types of medical conditions we are able to accept onto the scheme and use the evidenced based practical elements to adapt and tailor programmes to specific's needs.*

*Linked to this is the increasing buy in from health professionals who refer their patients to us who have the confidence and clarity that all of our instructors are appropriately trained, registered and meet national standards to deliver safe and effective exercise programmes and classes around the specific medical conditions.*

