

Venues

Belfast Venues

Healthy Living Centres

Shaftesbury Recreation Centre, Dee Street, Hanwood

Contact: 028 90312377

Maureen Sheehan Centre

Contact: 028 9031 0346

Belfast City Council/GLL

Lisnasharragh, Brook, Falls, Whiterock, Andersonstown, Olympia, Belvoir, Ozone, Grove, Ballysillan, Girdwood and Shankill

Contact: 028 9521 7870

South Eastern Venues

Lisburn & Castlereagh City Council

Lagan Valley Leisureplex, Lough Moss Leisure Centre, Kilmakee Activity Centre, Glenmore Activity Centre

Contact: 028 9267 2121

Ards & North Down Borough Council Ards

Ards Blair Mayne

Contact: 028 9181 2837

Comber Leisure Centre

Contact 028 9187 4350

North Down - Bangor Aurora, Queens Leisure Complex Hollywood

Contact: 028 9127 0271

Healthwise



PARS Level 3

Physical Activity Referral Scheme

Healthwise Level 3: Is the 12 week local Physical Activity Referral (PAR) programme under the Regional PARS scheme. It is for all clients who meet the following inclusion criteria and have no absolute contraindications to exercise:

Inclusion criteria for Healthwise Level 3:

Clients must be

- 19 years or over
- Inactive (not currently meeting the PA guidelines of 150 minutes of moderate activity or 75 minutes of vigorous activity per week)
- motivated to change.

In addition, only the clients who fit within the following criteria should be referred:

- BMI of $\geq 25\text{kg/m}^2$ and $< 40\text{kg/m}^2$ and have one or more of the following:
 - Hypertension
 - Hyperlipidaemia
 - Impaired glucose levels or diabetes
 - Family history of heart disease
 - Asthma, bronchitis or COPD
 - Musculoskeletal conditions
 - Mild or moderate mental health conditions.

Exclusion criteria for Healthwise Level 3:

Any person with any absolute contraindications should not exercise until such conditions are stabilised or adequately treated

1. A recent significant change in a resting ECG, recent myocardial infarction or other acute cardiac event.
2. Dyspnoea/Shortness of breath at rest.
3. Cardiomyopathy.
4. Symptomatic severe aortic stenosis.
5. Acute pulmonary embolus or pulmonary infarction.
6. Acute myocarditis, endocarditis or pericarditis.
7. Suspected or known dissecting aneurysm.
8. Resting Systolic Blood Pressure $\geq 180\text{mmHg}$ / Diastolic Blood Pressure $\geq 100\text{mmHg}$.
9. Uncontrolled / unstable angina.
10. Cancer or blood disorders: when treatment or disease cause leucocytes below $0.5 \times 10^9/\text{L}$, haemoglobin below 8.0g/dl or platelets below $50 \times 10^9/\text{L}$.
11. Unstable COPD patients.

12. Uncontrolled or poorly controlled Diabetes.
13. Uncontrolled or poorly controlled asthma.
14. Acute uncontrolled psychiatric illness.
15. Unstable or acute heart failure.
16. New or uncontrolled arrhythmias.
17. Chronic muscle/joint bone conditions that impede ability to take part in physical activity.
18. Other rapidly progressing terminal illness.
19. Experiences significant drop in BP during exercise.
20. Uncontrolled resting tachycardia ≥ 100 bpm.
21. Febrile illness.
22. Experiences pain, dizziness or excessive breathlessness during exertion.
23. Any unstable, uncontrolled condition.
24. Any acute severe illness.

Referral Pathway:

This scheme enables GPs and other registered health professionals to make referrals directly to Community and Leisure Centres. Please note PARS is distinct from exercise rehabilitation for specific conditions e.g. cardiac rehabilitation, pulmonary rehabilitation etc.

ALL referrals to PARS should now be generated through the Clinical Communication Gateway (CCG) using the PARS specific protocols.

1. All GP and Practice based Staff should use their own practice CCG accounts to make PARS referrals using the **GP and Practice Staff template**.
2. HSC staff not based in GP practices e.g. Hospital based Physiotherapists should contact the PARS Team at pars@hscni.net to request a CCG account. The PARS team will create the account and provide guidance on how to use CCG to generate the referral using the PARS – **Other HSC Staff template**.
3. Please take care to ensure the referrals contact number is on the form.

Activities Offered:

Variety of activities offered site dependent. All activities will be primarily group based programmes with one to one only being offered in exceptional circumstances.