

hospital/ community settings)

CHRONIC CONDITION SPECIFIC PROGRAMMES

### PARS CHRONIC CONDITION PROGRAMMES Level/Phase/ Stage 4

Free 12 week physical activity interventions  
Delivered by REPS registered\* Level 4 qualified exercise professionals, peripatetically across Belfast.

These include:

- Cardiac Rehabilitation Level 4
- Diabetes Type 2 Level 4
- Cancer Prehab/Rehabilitation Level 4
- Pulmonary Rehabilitation/Post Covid Level 4
- Musculoskeletal pilot

Strengthen connections to and within the health sector

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Pledge

PREVENTION PROGRAMMES

### STRENGTH AND BALANCE (for the Prevention of Falls in over 65's)

Direct referral from Falls Physio team/ GP referral/ self-referral to Leisure Centre/ Healthy Living Centre of choice

NB: The Strength & Balance Programme is coordinated via PHA Later Years thematic team and managed by the BHSC Community Falls Prevention Team

### LEVEL 3 PREVENTION PROGRAMMES

Direct referral from Healthcare professional to Leisure Centre/ Healthy Living Centre of choice  
Free 12 week intervention.  
Delivered by REPS\* registered Level 3 qualified exercise Professionals

Includes:

- Healthwise, Step Into Health, Exercise for Health, Fit & Well, Steps to Health, Health Matters, GP referral, Physical Activity Referral Scheme, Get Started

Deliver wide ranging and inclusive community based activity programmes

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GENERAL PUBLIC / DOWN PROGRAMMES

### LEVEL 2 STEP DOWN PROGRAMMES (NOT FUNDED)

All clients receiving Level 3 and Level 4 Physical activity programmes should be offered a range of step down programmes to continue their physical activity. These are open to the general public and include:

- Parkrun, Leisure Centre incentivised memberships\*, Healthy Living Centre programmes,