

## What's on after the 12 week programme?

- The Post Referral Scheme is an extension to PARS whereby clients receive 3 months Vitality membership at a reduced rate before converting to the individual monthly rate.
- Take advantage of the variety of Vitality membership packages on offer which include access to SEVEN fantastic leisure facilities. Concession rates are available for over 60's and those in receipt of specified benefits. Household membership is also on offer at attractive and affordable rates. For more information please visit [www.theicebowl.com](http://www.theicebowl.com) or [www.theleisureplex.com](http://www.theleisureplex.com)
- Access to step down programmes such as the Active Ageing group, outdoor walking and cycling groups, Couch to 5K Programme and Parkruns.

### Contact details:

- If you would like more information regarding the PARS Physical Activity Referral Scheme please contact:

### Lisburn & Castlereagh City Council PARS Centres:

<b>Billy Neill MBE Country Park</b>	Comber Road, Dundonald BT16 1RQ <b>Telephone:</b> 028 9244 7100
<b>Glenmore Activity Centre</b>	43 Glenmore Park, Lisburn, BT27 4RT <b>Telephone:</b> 028 9244 8020 <b>Email:</b> <a href="mailto:glenmore@lisburncastlereagh.gov.uk">glenmore@lisburncastlereagh.gov.uk</a>
<b>Grove Activity Centre</b>	15 Ballinderry Park, Lisburn, BT28 1ST <b>Telephone:</b> 028 9244 8026 <b>Email:</b> <a href="mailto:grove@lisburncastlereagh.gov.uk">grove@lisburncastlereagh.gov.uk</a>
<b>Kilmakee Activity Centre</b>	52A Rowan Drive, Dunmurry, Belfast BT17 9QA <b>Telephone:</b> 028 9244 8024 <b>Email:</b> <a href="mailto:kilmakee@lisburncastlereagh.gov.uk">kilmakee@lisburncastlereagh.gov.uk</a>
<b>Lagan Valley LeisurePlex</b>	18 Lisburn Leisure Park, Lisburn, BT28 1LP <b>Telephone:</b> 028 9267 2121 <b>Email:</b> <a href="mailto:leisureplex@lisburncastlereagh.gov.uk">leisureplex@lisburncastlereagh.gov.uk</a>
<b>Lough Moss Leisure Centre</b>	Hillsborough Road, Carryduff, Belfast BT8 8HR <b>Telephone:</b> 028 9081 4884 <b>Email:</b> <a href="mailto:loughmoss@lisburncastlereagh.gov.uk">loughmoss@lisburncastlereagh.gov.uk</a>

**PARS**  
Physical Activity  
Referral Scheme




## What is PARS?

PARS is the regional Physical Activity Referral Scheme. On meeting the required criteria, your GP or health professional can refer you to your local leisure centre of choice to take part in the 12 week programme.

The aim of the programme is to encourage people to adapt a more active lifestyle.

The programme helps individuals manage and improve specific health conditions.

People of all abilities are encouraged to take part in the scheme which offers guidance and motivation to become physically active.

## What will I get?

- Free 12 weeks membership at a leisure centre of your choice within the Lisburn & Castlereagh City Council area
- Full use of the Vitality gym at your location
- Group based PARS exercise classes specifically designed for referral clients
- Additional leisure centre classes are included
- Swimming pool access
- Seasonal PARS activities such as outdoor walks and outdoor cycling.



## What to expect during the 12 weeks:

Once a referral has been received a Exercise Referral Officer will phone you and book your initial consultation.

### Initial Consultation:

- Meet your Exercise Referral Officer
- Health and wellbeing assessment is carried out
- Body composition assessment takes place which includes recording height, weight, BMI, blood pressure, resting heart rate etc.
- Opportunity to set personal goals
- Signpost to PARS supervised weekly group sessions, giving you the opportunity of weekly support from your assigned Exercise Referral Officer
- Gym induction and tailored gym programme to meet your needs
- Tour of the facility
- Book in for 4 week 1-1 review

### 4 Week Review:

- 1-1 chat with your Exercise Referral Officer
- Health and wellbeing assessment review
- Review goals
- Book in for 8 week 1-1 review

### 8 Week Review:

- 1-1 chat with your Exercise Referral Officer
- Health and wellbeing assessment review
- Review goals
- Information given regarding Vitality membership options post 12 weeks
- Book in for 12 week 1-1 review

### 12 Week Review:

- A review of the referral programme
- Health and wellbeing assessment
- Body composition assessment which includes recording height, weight, BMI, blood pressure, resting heart rate etc.
- Sign post to step down activities to remain physically active

