



WELCOME TO PARS Level 3

Physical Activity Referral Programme

Your guide on what to expect during your 12 weeks whilst on our programme.

Ards Blair Mayne Wellbeing and Leisure Complex

Comber Leisure Centre

Portaferry Sports Centre

What is the Healthwise Scheme?

Healthwise Level 3 is the 12 week local Physical Activity Referral (PARS) programme under the Regional PARS scheme. It is designed for people with health-related conditions that may benefit from regular exercise, under the guidance of qualified exercise professionals. The programme helps individuals manage and improve their health condition(s) and encourages people of all abilities to take part.

The scheme runs for 12-weeks and offers support and motivation for people to become and remain physically active.



The 12 week scheme allows access to Leisure Ards and North Down facilities in the following locations:

Ards Blair Mayne Wellbeing and Leisure Complex

1 Dairy Hall Lane, Newtownards

Contact: Lara Curry 028 9181 2837



Comber Leisure Centre

15 Castle Street, Comber

Contact: Michael Goodall 028 9187 4350



Portaferry Sports Centre

3 Cloughey Road, Portaferry

Contact: Thomas Fletcher 028 4272 8833

The PARS membership at Leisure Ards and North Down offers referrals:

- Free 12 weeks PARS membership
- Specific PARS weekly group fitness classes
- Swimming pool access (Ards Blair Mayne)
- Health Suite including Sauna and Steam Room (Comber Leisure Centre)
- Mainstream fitness classes

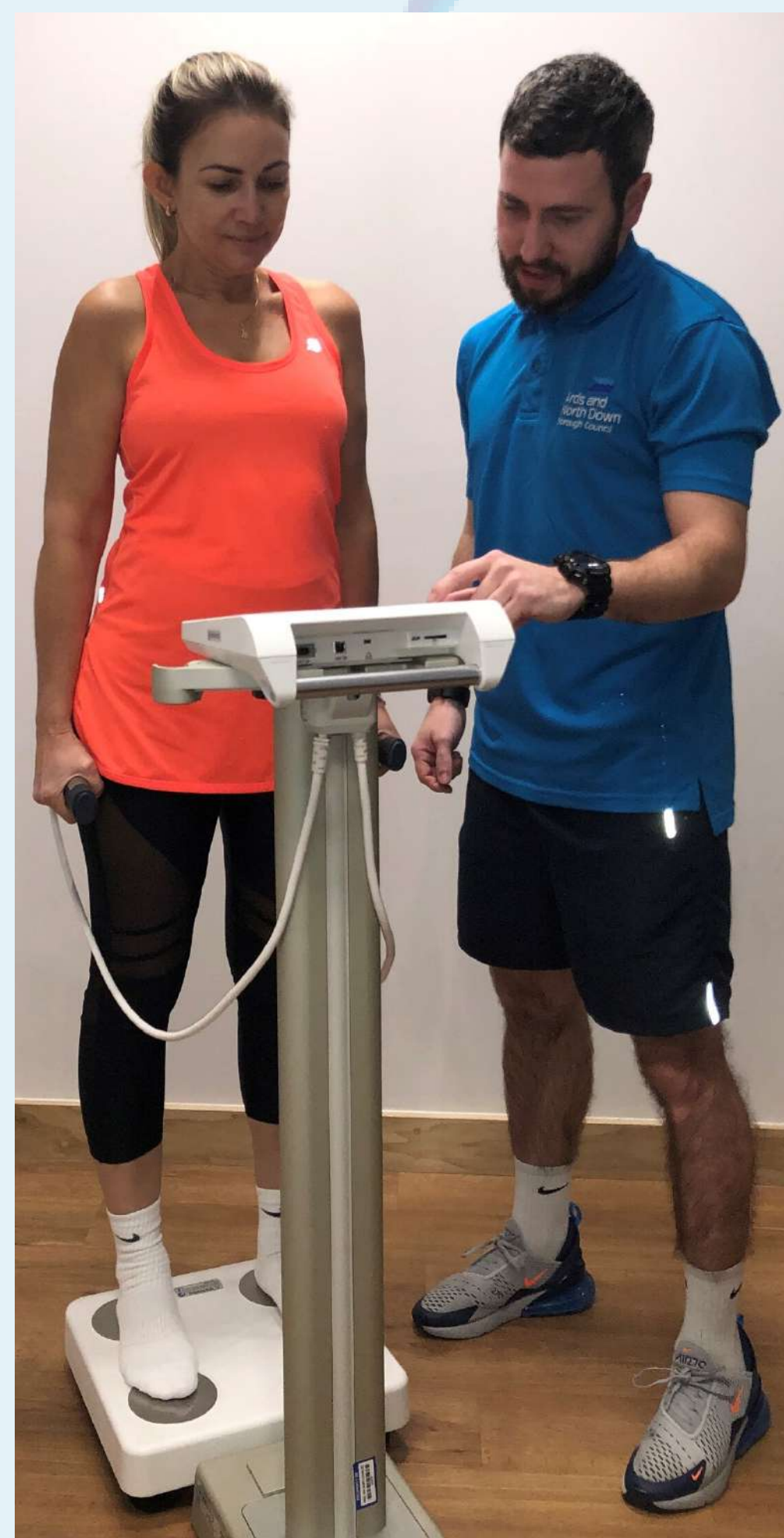
What to expect during the 12 weeks at Leisure Ards and North Down:

Once a referral has been received and accepted, it is allocated to a PARS facilitator within the site you wish to take out your membership. A phone call is then made to assess the referral and book in their 1-1 initial consultation at your chosen Leisure Ards and North Down centre.

Initial Consultation:

At this consultation you will carry out the following;

- Meet your healthwise facilitator
- Health and wellbeing assessment is carried out
- Body composition assessment (includes blood pressure check, height, weight and BMI calculated).
- Goal setting Signpost to specific PARS group fitness classes. This gives the referral the opportunity to be supported on a weekly basis within specific classes, as well as social support from peers.
- PARS membership sign up
- Tour of the facilities
- Book in for 4 week 1-1 review



What happens after my initial assessment?

After your initial assessment, you will proceed through your 12 weeks with reviews at weeks 4 and 8 and a final sign off review at the end of week 12. See below for full details on what these reviews will involve.

Week 4 review:

- Health and wellbeing assessment review
- Goal setting review
- Book in for 8 week 1-1 review

Week 8 review:

- 1-1 catch up with your healthwise facilitator
- Health and wellbeing assessment
- Goal setting review
- Information given regarding Leisure Ards and North Down membership options post 12 weeks
- Book in for week 12 sign off

Week 12 sign off:

- A review of the referral journey
- Health and wellbeing assessment
- Body composition assessment (includes blood pressure check, height, weight and BMI calculated)
- Sign post to step down activities to remain physically active.



What is there on offer following the 12 week PARS scheme at Leisure Ards and North Down?

After completing your 12 week programme, we have a range of membership options available for you to continue your fitness journey across our sites in Ards, Comber and Portaferry. These include the following memberships:

- Aqua
- Spa
- Fitness
- Fitness and Spa

For full details on offers available to you once the programme is completed, please continue to read our promotions on the following page.

Swimming is available during your PARS membership, but you can also upgrade to get use of our luxury Spa at Ards Blair Mayne. Ask your facilitator for full details.

Membership Offers

After completion of your PARS programme, we would be delighted if you were to continue your membership with us at Leisure Ards and North Down.

To encourage you to join, the following offer will be in place once your programme is complete:

**Sign up to ANY of our Memberships and Receive a SPECIAL PARS RATE!
Plus Get your Third Month Free!***



*3rd month DD payment Free, or Month added to end of cash membership.

What do I do if I wish to join?

Speak to your PARS facilitator about our membership rates and if you wish to join, please complete the details on the form below and hand it in once you complete your PARS programme.

For office use only:

Member Name: _____

Card Number: _____

Ref Number: _____

Instructor: _____

Start Date: ___/___/___

Instructor Signature: _____