

NERS Referral Form Web Site

Instructions

To use the system, point your web browser at www.nersdb.info and then:



The screenshot shows the homepage of the Wales National Exercise Referral Scheme (NERS) website. The browser window is Mozilla Firefox, showing the URL http://www.nersdb.info/ref_sys/ref_sys_open.php. The page has a light green background. At the top, there is a logo for NERS with the text "Wales National Exercise Referral Scheme (NERS)" and its Welsh equivalent. Below the logo, the text reads: "These are the referral pages for the Wales National Exercise Referral Scheme". It then provides instructions for health professionals and patients. A form is present with a "County:" dropdown menu set to "Anglesey", a "Password:" input field, and "Next" and "Cymraeg" buttons. At the bottom, there are logos for "change 4 life", "WLGA - CLILC", and "GIG NHS Wales".

Wales National Exercise Referral Scheme (NERS)
Cynllun Atgyfairo Cleifion
i Wneud Ymarfer Corff Cymru

These are the referral pages for the Wales National Exercise Referral Scheme

If you are a health professional, please click [HERE](#) for further information about NERS

If you have found this page as a patient or out of interest, please talk to your GP or other health professional about exercise referral.

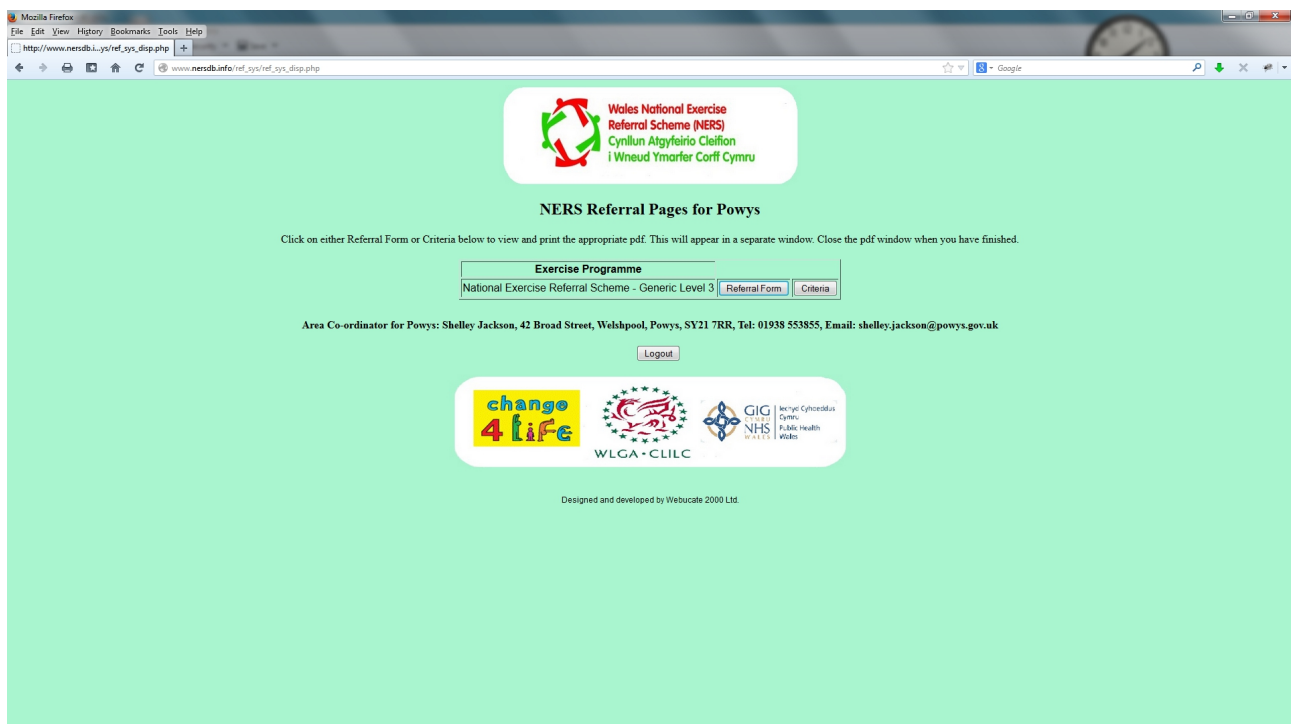
If you select your County from the list below and enter your password, you will be able to download a referral form and eligibility criteria for each of the exercise programmes available in your county.

County: Password:

change 4 life WLGA - CLILC GIG NHS Wales

Designed and developed by Webucate 2000 Ltd.

- 1) Select your county
- 2) Type in the password webucate
- 3) Click next.



The screenshot shows the "NERS Referral Pages for Powys" page. The browser window is Mozilla Firefox, showing the URL http://www.nersdb.info/ref_sys/ref_sys_disp.php. The page has a light green background. At the top, there is a logo for NERS. Below the logo, the text reads: "NERS Referral Pages for Powys". It then provides instructions to click on either the Referral Form or Criteria below to view and print the appropriate pdf. A table is present with the following content:

Exercise Programme
National Exercise Referral Scheme - Generic Level 3

Below the table, there are buttons for "Referral Form" and "Criteria". At the bottom, there is a "Logout" button. At the very bottom, there are logos for "change 4 life", "WLGA - CLILC", and "GIG NHS Wales".

Wales National Exercise Referral Scheme (NERS)
Cynllun Atgyfairo Cleifion
i Wneud Ymarfer Corff Cymru

NERS Referral Pages for Powys

Click on either Referral Form or Criteria below to view and print the appropriate pdf. This will appear in a separate window. Close the pdf window when you have finished.

Exercise Programme
National Exercise Referral Scheme - Generic Level 3

Area Co-ordinator for Powys: Shelley Jackson, 42 Broad Street, Welshpool, Powys, SY21 7RR, Tel: 01938 553855, Email: shelley.jackson@powys.gov.uk

change 4 life WLGA - CLILC GIG NHS Wales

Designed and developed by Webucate 2000 Ltd.

4) You will see one level 3 exercise programme and in due course one or more level 4 programmes. Each programme has two buttons, one which launches the criteria for the programme and the second which loads the referral form itself.

5) Once you have finished printing out the form, close the tab on your web browser and you will return to the list of exercise programmes.



6) Sign the form and post to the area co-ordinator whose address is on the page with the list of exercise programmes.

7) Click logout to take you back out of the system.

The referral form can be used in three ways depending upon your computer system and how you would like to work:

1) Having clicked on the referral form, simply print out the form, complete it using pen and ink and post it off.

2) Having clicked on the referral form, fill the various boxes in on the computer screen then print it out, sign it and send it off.

3) As per 2 but you can save a copy of the form on your computer.

Option 1 is available to all.

Option 2 depends upon how your web browser handles pdf. Firefox currently does not handle pdf forms well but does give you an option of using the main adobe acrobat reader on your computer - you should click on this option if you want to complete the form on-screen.



Option 3 depends upon the security settings on your computer - some are set up to specifically stop you from saving these documents.

Note that as our co-ordinators do not have secure email, we cannot, as yet, accept electronic submission of completed forms.

The web site and the referral forms are available in both Welsh and English. Click 'Cymraeg' on the English page to go to Welsh and 'English' on the Welsh page to go back.