



Sixth Inter-Island Public Health Forum

Les Côtils Christian Centre, Cambridge Park Guernsey

Wednesday, 17th October - Saturday, 20th October 2001

Exercise Referral in an Island and Rural Community

Robert Loudon Brown

Public Health Directorate, Isle of Man and

Brian Chaplin, Division of Public Health and Health Strategy, Western Isles Health Board, Scotland

The results of a small scale research project on, The Encouragement of Physical Activity in the Primary Care Setting; and on a General Medical Practitioners Exercise Referral Scheme (GMPERS), with details of the current re-launch of the scheme on the island of Lewis, and other islands in the Outer Hebrides to follow.

The research proposals, piloting of the GP referral scheme, and the development of new medical and related protocols within a partnership framework with the local authority on the Western Isles will be outlined. Financial, ethical and cultural aspects will be covered alongside careful selection of appropriate staff and collaborative partners.