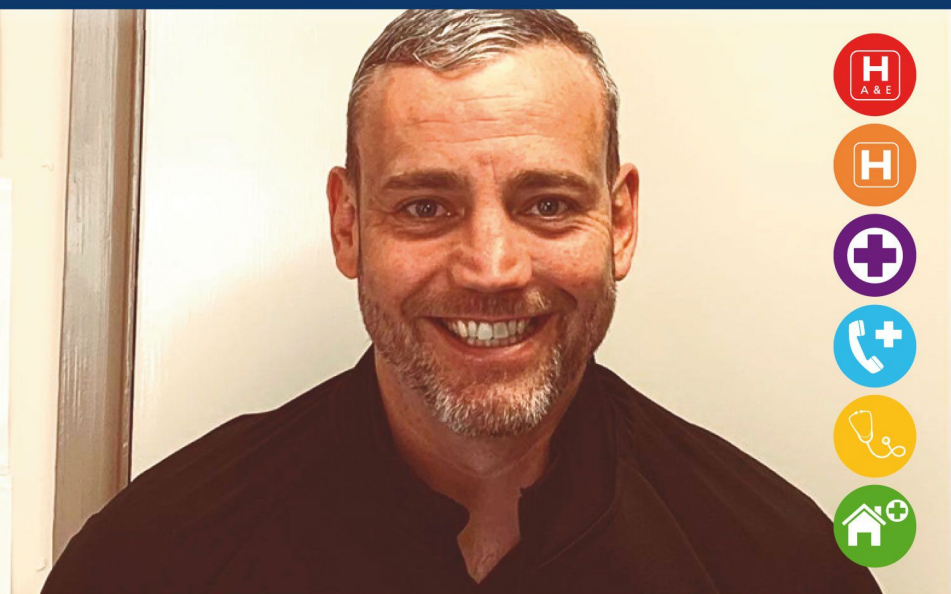


In the Spotlight



Name: Chris Pennington

JOB TITLE: **NATIONAL EXERCISE
REFERRAL COORDINATOR
FOR NEWPORT**

**Experience
& Qualifications** Background in Sport & Leisure
Level 5 Management
Diploma Exercise Referral
Level 4 Cancer Rehabilitation
Level 4 Pulmonary Rehabilitation

Role:

- Facilitating referrals from across the City to ensure the programme delivers specific sessions to patient requirements.
- Timetable changes to accommodate Covid rehab and Long Covid sessions.
- Work with patients referred by the Cardiac Rehab Team to deliver sessions.

“I love making a difference to patient’s lives and seeing the progression of them coming in where they are extremely anxious, vulnerable and unsure of the future, to within the space of a few months, confident, happy and aware of their abilities. It’s just improving their peace of mind about how to get back to doing some of the things they want to do. Some will never get back to doing everything, but it certainly helps with returning to some kind of normality”.