

# Exercise Group



Phyllis  
Tuckwell  
Hospice Care  
...because every  
day is precious

Get back to exercise with  
physiotherapy exercise groups

Exercise tailored  
to individual needs



Active exercise, tailored to your needs and carried out in a group setting.

For more information about Exercise Group, please contact  
the Physiotherapy team on **01252 729422**.

For information about Living Well, call **01252 913040**

Living  
Well



# Exercise Group

## what are these groups?

A weekly physiotherapy-led exercise session, with exercises individually tailored to you.

## what are the benefits?

Benefits include improved fitness and confidence to exercise at a level that is appropriate; improved general fitness and activity levels; improved strength and flexibility; reduced fatigue; improved mood and quality of life.

## what happens in these sessions?

The sessions start with a warm up, then move on to circuit-type exercises and end with a cool down. You will have an individual assessment with a physiotherapist and goals will be set and reviewed on a regular basis.

## is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

## do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing, secure footwear and that you bring any medication you may need during your visit.

## when are the groups held?

Groups are currently run weekly at the Hospice in Farnham and Beacon Centre in Guildford.

## do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.