

Getting Back to Exercise



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

Getting you back into
regular exercise



To support you to follow a tailored exercise programme in group sessions and at home, as well as receiving advice on topics relevant to regular exercise.

For more information about **Getting Back to Exercise**, please contact physio@pth.org.uk or **01252 729422**.

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

Living
Well



Getting Back to Exercise

what are these groups?

An 8-week exercise course which will help you to get back to regular exercise.

what are the benefits?

Improved fitness and confidence to exercise, with a plan for continued regular activity and exercise at home and in the community. The course will offer opportunities to develop a positive attitude towards exercise and activity, and will include practical advice and emotional support to empower self-management and transition towards increased independence.

what happens in these sessions?

You will be given an exercise programme to carry out in the group sessions, and to continue at home. Advice on relevant topics such as diet and nutrition, maximising energy and activity levels, relaxation, emotional support and opportunities for activities in your own communities will also be included. An individual assessment is required before joining the group.

is transport to the venue available?

You will need to be able to make your own way to the Hospice for these sessions. There is public transport to the site as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments.

do I need to wear or bring anything special?

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

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.