

Physiotherapy Exercise Groups

I'd like to attend one of these groups. What do I need to do?

If you would like to attend one of these groups you will be offered an initial individual assessment with a Physiotherapist, who will check that the group will be appropriate for you and introduce you to the type of exercises you will be doing.

If you are interested please speak to your Phyllis Tuckwell Hospice Care healthcare professional, or contact the Physiotherapy department on 01252 729422 (Farnham) or 01252 913033 (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 visit our website.

Thank you.

contact us at:

The Hospice
01252 729422

The Beacon Centre
01252 913033

***Large print version
available on request.***

Phyllis Tuckwell Hospice Care
Waverley Lane, Farnham
Surrey GU9 8BL

The Beacon Centre,
Gill Avenue, Guildford,
Surrey GU2 7WW


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Brenda - Volunteer

February 2020



What are these groups?

These are weekly outpatient physiotherapy-led exercise groups for patients under the care of Phyllis Tuckwell Hospice Care.

Gentle exercise tailored to your needs and carried out in a group setting with support and encouragement of a Physiotherapist and volunteer staff.



What are the benefits?

Benefits may include:

- The confidence to exercise at a level that is right for you
- Improved general fitness and activity levels
- Improved strength and flexibility
- Reduced fatigue
- Improved mood
- Improved quality of life.

What happens in these sessions?

Each session consists of a warm-up, about 30 minutes of circuit-type exercises and finishes with a stretch and cool-down.



Is transport to the venue available?

Ideally you will be able to make your own way to the venue, although volunteer transport may be available if required.

Do I need to wear or bring anything special?

You are advised to wear comfortable, loose fitting clothes and secure footwear.

When are the groups held?

Groups currently run on Wednesday and Thursday mornings at Phyllis Tuckwell Hospice in Farnham, and on Monday afternoons at the Beacon Centre in Guildford.