



**Nottinghamshire  
County Council**



*Nottinghamshire County*

# **EXERCISE AFTER STROKE**



**If you are recovering from the effects of a stroke why not consider joining a gentle exercise group specifically designed for stroke survivors**

## **Why exercise after stroke?**

Exercising after stroke can improve mobility, fitness and general quality of life. It also provides a good opportunity for you to make new friends, share experiences and have some fun.

## **What are the opportunities for me?**

In some areas we are running or planning to run '[Strokeability groups](#)'. Strokeability is a 12 week gentle exercise programme specifically designed for people living with stroke. The course also includes guidance on relaxation techniques and advice and information about local support services. The courses are led by qualified and experienced leisure instructors. There is a small charge of £2 per session.

In some areas we have [on-going stroke exercise classes](#), where people meet once a week for an hour of gentle exercise.

## **Will I be eligible?**

To be eligible for Strokeability courses or stroke exercise groups you must have had a diagnosis of a stroke. You must also have completed, or be near to the end of, your rehabilitation programme. You will need to provide some brief medical information so that we can make sure the exercises are suitable for you. We will also ask you about any particular communication and/or mobility issues so that we can best meet your needs.

You will need to be able to travel independently to the course venue as transport is not provided. If you need help with moving from a vehicle into the building, and/or help getting around the building you will need to bring a carer/friend/family member with you.

## **What happens next?**

If you are interested in finding out about what is available in your area please contact the relevant person (see below) or complete and return the form attached.

**I am interested in Strokeability courses/stroke exercise groups in my local area**

**Name** \_\_\_\_\_

**Contact details: (Address and telephone number)**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**\* Would you describe yourself as having any particular communication difficulties? Yes/No**

**Are you in a wheelchair? Yes/No**

**Do you have difficulty with hearing? Yes/No**

(\* Please note that answering yes to any of these questions will **not** stop you from being included but will help us with our planning)

**Please tell us how you found out about the Strokeability groups/stroke exercise groups**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Please read the statement below and sign at the bottom of the form. The page overleaf provides contact details for the relevant person to send the form to, depending on where you live.**

***I am happy to complete a full referral form including brief medical information if I am offered a place on a course/in a group***

**Signed** \_\_\_\_\_ **Date** \_\_\_\_\_

### **For Newark and Sherwood**

#### **Stuart Green**

Newark and Sherwood District Council, Kelham Hall, Kelham, Newark,  
Nottinghamshire, NG23 5QX

**Telephone: 01636 655707**

**E-mail: [Stuart.green@nsdc.info](mailto:Stuart.green@nsdc.info)**

### **For Ashfield**

#### **Dianne Holmes**

Ashfield District Council, Urban Road, Kirkby In Ashfield, NG17 8DA

**Telephone: 01623 457 233**

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### **For Gedling**

#### **Sue Prochnicki**

Carlton Forum Leisure Centre, Coningswath Rd, Carlton, NG4 3SH

**Telephone: 0115 9872333**

**E-mail: [scprap@dsl.pipex.com](mailto:scprap@dsl.pipex.com)**

### **For Mansfield, Rushcliffe and Broxtowe**

#### **Kate Whittaker**

Adult Social Care and Public Protection, County Hall, West Bridgford, NG2 7QP

**Telephone: 07980 850701**

**E-mail: [kate.whittaker@nottsc.gov.uk](mailto:kate.whittaker@nottsc.gov.uk)**