

Randall Close Exercise Group

An exercise group for people with Neurological diagnosis

Aims:

- To provide an introduction to exercise.
- To promote independence in managing home exercises.
- To improve strength, balance, flexibility and exercise endurance.
- To improve confidence regarding exercise
- To help you stay fit and healthy.

Starting: TBC

The first session begins at 13:30, as we take outcome measures to track your progress. Subsequent sessions begin at 14:00.

Duration: **6 weeks consecutively**
Each session will last **60minutes**

- Supported by Physiotherapist and Technical Therapy Instructor.

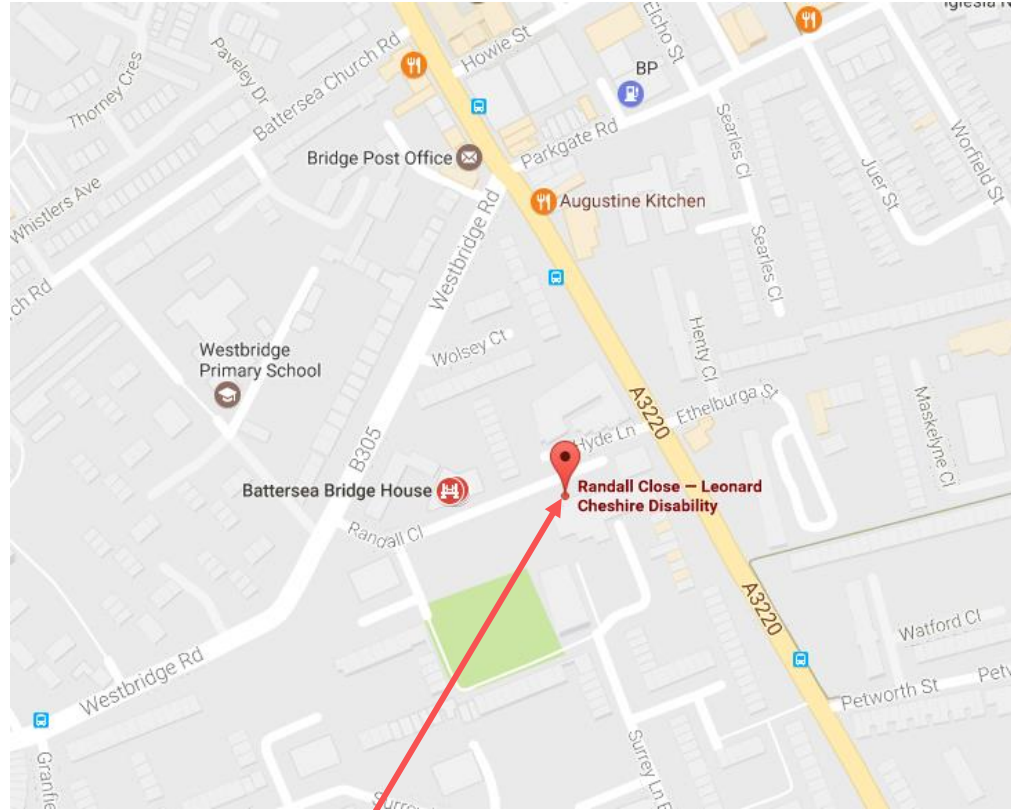
If you cannot attend, let the team know:

Tel: **0208 812 4060**

Email: stgh-tr.wandsworthcnt@nhs.net

Criteria:

- Have a Neurological diagnosis
- Have compromised mobility (being a wheelchair user to being able to walk short distances with a walking aid).
- Able to walk, get on or off a chair, or bed independently.
- Able to complete a seated warm up and circuit style exercise.
- Have stable heart function.
- Not currently accessing mainstream gyms or exercise groups.
- Able to get to Randall Close Resource Centre (we cannot provide transport).



Where:

**Randall Close Resource
Centre
2 Randall Close,
Battersea,
London
SW11 3TG**