



Strength
and Balance
Physiotherapy
led exercise

Do you want to improve your muscle strength and balance but find it difficult to access an exercise class?

Do you think you could manage to do more if you had a bit of help and support with exercise?





If you or someone you know would be interested or would benefit from some exercise to improve their balance or mobility.....

Contact your GP, District Nurse, or physiotherapist for a referral to the classes.

Occupational Therapists and Social Workers are also able to help with class referrals.



The classes are really good I'm much more confident now

This has boosted my confidence to go out. Before, I didn't go out at all.

I feel much better on my feet now.

I'm more confident with everything now!

Since starting these sessions I feel my flexibility and mobility has improved. The advice given to me by the physiotherapists has been invaluable

I'm happier now and walking better

I'm not anxious about falling now, I feel more in control



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