

Moving Forward After Stroke

Studies have shown regular exercise to be as important to stroke prevention as medication.

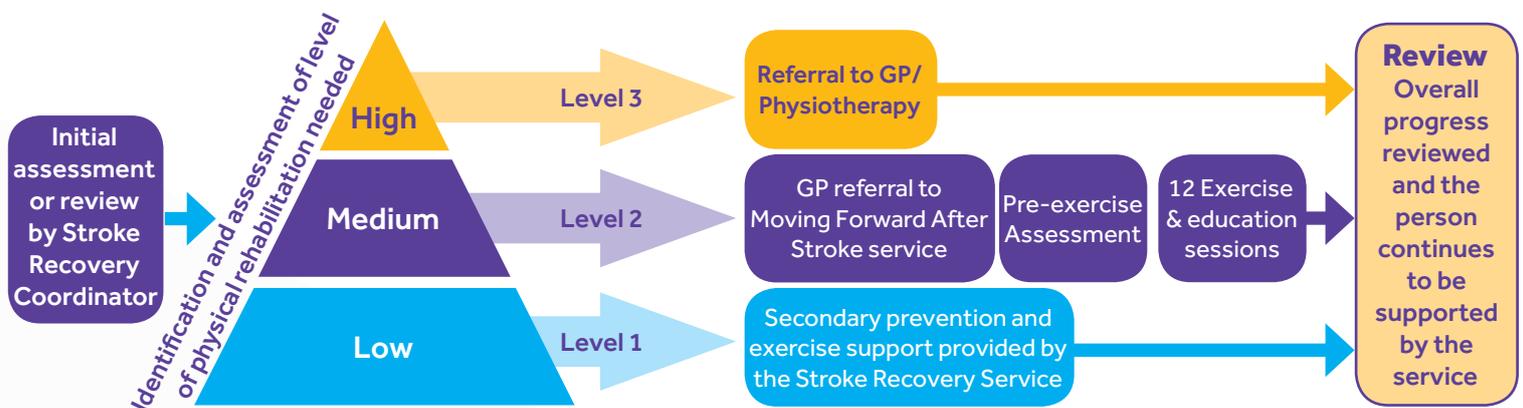
Who is the service for?

Our Moving Forward After Stroke service is open to stroke survivors at any stage of their stroke journey who are looking to improve physically. Carers and family members may also benefit from attending education sessions, especially if they share the same risk factors and want to make positive lifestyle changes. The need for the service will be identified via multiple referral sources, including our Stroke Recovery Service where they are available, or a healthcare professional.

What we offer through our service

The service provides a 12 week programme of exercise and education sessions for stroke survivors, to reduce their risk of secondary stroke and improve their levels of physical fitness and function. The sessions are delivered in leisure centres by Level 4 Specialist Instructors who are members of the Register of Exercise Professionals (REPs). The 2 hour sessions are held once a week, focusing on both exercise rehabilitation as well as secondary prevention advice and planning through interactive education classes.

Service pathway



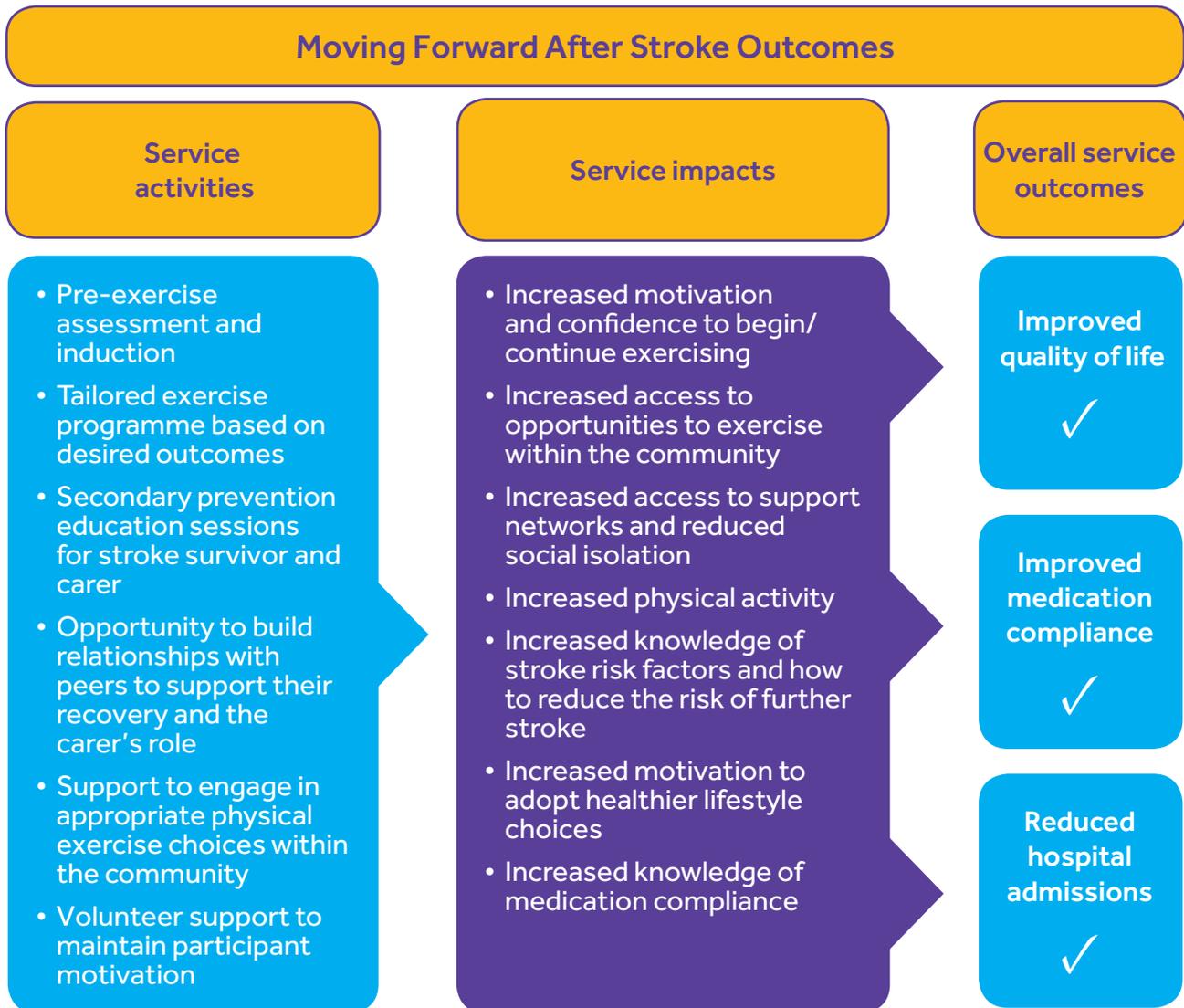
"Rehabilitation – support to regain well-being – requires rehabilitation specialists and continuing support from a wide range of community-based services, such as exercise classes."

National Stroke Strategy
Department of Health



Stroke
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Service outcomes



For further information, please email:
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stroke.org.uk

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