

**Do you suffer from:**

Ataxia, Dystonia, Fibromyalgia, Multiple Sclerosis, Motor Neurone Disease, ME/CFS, Parkinson's, cardiac or respiratory problems, diabetes or morbid obesity, memory loss, rheumatism, arthritis, back pain, sight impairment, stroke or other disabling condition?

**How you can benefit**

Book an assessment with one of our physiotherapists, to check that our service can help you safely. Then follow a personally tailored programme of exercise. Our equipment will exercise you both generally and to meet your specific needs. This will help maintain or strengthen your muscles and help control your weight, aiming to give you better control in managing essential tasks of daily living, walking, etc.

Take therapy in a relaxed environment, with our specialised equipment working your muscles, not the other way around! A session lasts about 40 minutes and we recommend most people should attend twice a week.

**Exercise chairs** stretch you and get your circulation going, important for general health and weight management. Regardless of your ability, take therapy within your own capabilities.



If you are too disabled to use our exercise chairs, try our bedded version, and take exercise lying down.

**Our treadmill** can be set at very slow speeds to build confidence in walking.



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**Vibration therapy** stimulates deep into your muscle fibres and helps to improve tone and co-ordination. (Not suitable for some conditions.)



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**Powered cycling machines** can be used from a wheelchair if needed. They can boost circulation and muscle power, doing the work on your behalf.



## Referrals

You may refer **directly** or through your doctor, Occupational Therapist, nurse or other health professional. It is important you let us know about any condition that means you should limit your exercise.

We would expect that your situation makes it difficult for you to take normal exercise, that you want to commit to regular exercise and that our service has a potential to help you.

## Voluntary contributions

- We do not charge fixed prices but welcome voluntary contributions.
- As a guide, our costs are similar to conventional gyms.
- Gift aid welcome where permitted.

## About us

We are a not-for-profit charitable company and social enterprise, applying to be a registered charity, with a fund raising team supplementing the income shortfall from voluntary contributions.

## Our Patrons

Professor Christine Collin MBBS FRCP  
Jacqueline Scoins-Cass MBE  
Lady Anne Hallifax

## We are grateful for the support of:

West Berkshire Neurological Alliance  
NHS Berkshire West CCG Federation  
Berkshire MS Therapy Centre  
The Gerald Palmer Eling Trust  
The Englefield Trust  
Berkshire Community Foundation  
The Herongate Fund  
The Colefax Charitable Trust  
Donnington Valley Golf Club  
Welford Park Snowdrops  
Shapemaster Global Ltd  
The Albert Hunt Trust  
The Berkshire Masonic Charity  
The AMMCO Trust  
Newbury & District MS Society  
Parkinson's UK, Newbury & District  
Reading Fibromyalgia Support Group  
British Polio, Berkshire Branch  
Medicotech Ltd  
Thatcham Town Council  
Royal Berkshire Hospital  
IPRS Group  
Newbury Cancer Care Trust  
Rotary Club of Hungerford  
West Berkshire Disability Alliance  
VGL signs  
Marsh Fuels  
SMS environmental and many others



*We gratefully acknowledge an award of £32.6k secured at Greenham Common Trust's 'Pitch to the Panel' event in November 2015 that allowed the purchase of four additional items of motorised equipment.*

Berkshire Health and Well-being Social Enterprises  
a Registered Company Limited by Guarantee No. 6988472  
Registered Charity Number 1164954



## West Berkshire Therapy Centre

**Power-assisted exercise to relieve your disability or health condition, under professional supervision**

- ease stiff and reluctant muscles
- maintain/restore muscle strength
- help muscle co-ordination
- improve circulation
- improve weight management
- improve feelings of well-being
- build confidence in being active

**Frank Hutchings Hall,  
Bradley-Moore Square, Harts Hill  
Road, Thatcham, RG18 4QH**

**Contact us to check opening times**  
Tel: 01635 864561

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