

Opening in April 2014



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

Pre-opening enquiries: 01635 569177
john.holt@westberkshiretherapycentre.org.uk

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 qualified physiotherapists, to check that our service can help you safely. Then follow a personally tailored programme. 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 the 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.

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.

Tariff

Initial assessment.	£25
'Pay as you go'	£6
6 week membership.*	£70
3 month membership.*	£130
Annual membership.*	£480

* two sessions per week.

Follow-up assessments. No charge

About us

We are a not-for-profit charitable company and social enterprise. Fees cover our costs and any surplus will be used to develop similar services locally.

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 walking confidence.



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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.



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

Development has been supported by:

- West Berkshire Neurological Alliance**
- West Berkshire Public Health service**
- The Gerald Palmer Eling Trust**
- West Berkshire Council**
- Berkshire MS Therapy Centre**
- Greenham Common Trust**
- Shapemaster Global Ltd**
- The Albert Hunt Trust**
- The Berkshire Masonic Charity**
- Newbury & District MS Society**
- Medicotech Ltd**
- Thatcham Town Council**
- Royal Berkshire Hospital**
- IPRS Group**
- West Berkshire Disability Alliance**
- Marsh Fuels**
- and many others**
- for which grateful thanks!

Our Patrons

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

Finding us

7, Clerewater Place, Lower Way,
Thatcham RG19 3RF
Free parking, and disabled facilities.

