

## Physiotherapy Department

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# Harrison Wing exercise programme

This leaflet explains more about the Harrison Wing gym group.

If you have any further questions, please speak to the physiotherapist caring for you.

### What is the Harrison Wing exercise programme?

This is a **10-week** exercise programme designed to help you learn how to keep fit and healthy. You will be shown a variety of exercises including aerobic, weight and flexibility training. The physiotherapist who runs the class will tailor the exercise programme to meet your needs based on an individual assessment carried out during your first session. You will also be provided with an exercise chart to help track your progress.

### Who can use the service?

The service is currently only available to Harrison Wing patients referred for physiotherapy.

### When do the classes take place?

The programme runs twice weekly on the following days and times:

**Mondays, 11.00am – 12.15pm**

**Fridays, 1pm – 2.15pm**

### Where do I need to go?

The classes take place in the main gym in the physiotherapy department at St Thomas' Hospital. Please go to: **Physiotherapy, 3<sup>rd</sup> Floor Lambeth Wing (Blue Zone), St Thomas' Hospital, Westminster Bridge Road, London SE1 7EH.**

### Does it cost anything?

The 10-week programme is free of charge.

### What do I need to bring with me?

You will need to wear comfortable, cool clothing and trainers, which you can change into in our single-sex changing rooms. There are showers available so you may want to bring a towel from home.

## What happens at the end of the programme?

We recommend that you continue to exercise regularly once the 10-week programme is over. As you come to the end of it, discuss your options with the physiotherapy team.

## Appointments at King's

We have teamed up with King's College Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at King's. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

### Contact us

If you have any questions or concerns about the class, please contact Rebecca Mullin on **020 7188 5088 Monday to Friday, 8.30am – 4.45pm**. Please leave an answerphone message out of hours.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

### Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

### Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

**t:** 020 7188 8815 **fax:** 020 7188 5953

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)