

Harrison wing exercise programme

This leaflet explains more about the Harrison wing exercise programme. If you have any further questions, please speak to the physiotherapist caring for you.

What is the Harrison wing gym programme?

This is a **10 week** exercise programme designed to help you learn how to keep yourself fit and healthy. You will be provided with a programme tailored towards meeting your goals. It may consist of aerobic and strength training, core exercises, as well as a stretching regime. The physiotherapist who runs the class will support you to be able to manage your own programme, including knowing when and how to progress your exercises. You will be provided with an exercise chart to help track your own development.

Who can use the service?

The service is open to patients who attend the Harrison wing only. Other programmes run alongside the Harrison wing exercise programme in the gym at the same time.

When does the Harrison wing exercise programme take place?

The programme runs twice each week, on the following days and times. Please arrive 10 minutes prior to your class start time.

Day	Time
Monday	11am to 12 noon
Friday	1pm to 2pm

Where do I need to go?

The programme takes place in the main gym in the physiotherapy department at St Thomas' Hospital. Please go to: Physiotherapy, 3rd 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 clothing and trainers, suitable for exercising in, which you can change into in our single-gender changing rooms. There are showers available, so you may want to bring a towel from home.

What happens at the end of the Harrison wing exercise Programme?

We recommend that you continue to exercise regularly once the programme is over. As you come towards the end of the 10-week programme, discuss with the physiotherapy team other ways of maintaining the benefits of exercise.

Contact us

If you have any questions or concerns about the class, please contact the Harrison wing physiotherapy gym team, **t:** 020 7188 5088, Monday to Friday, 8:30am to 4:45pm. Please leave an answer phone 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

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

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

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

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

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t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership



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