

# Neuro Gym Programme

**This leaflet explains more about the Neuro Gym Programme. If you have any further questions, please speak to the physiotherapist caring for you.**

## What is the Neuro Gym Programme?

This is an eight 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, balance, coordination, and 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 being seen by the neurology team who have the intention of joining a gym closer to home. It will give you practical experience in a gym environment, to make sure you can self-manage your exercise in the long term. Patients need to be able to commit to the full eight week programme.

## When does the Neuro Gym Programme take place?

The programme runs weekly, on the following days and times. You will choose your preferred day, and stick to that day each week for eight weeks. Please arrive 10 minutes before your class is due to start.

Day	Time
Monday	11.00 to 12 noon
Friday	1pm to 2pm

## Where do I need to go?

The programme takes place in the department gym, but please go to the Physiotherapy Department, 3<sup>rd</sup> Floor, Lambeth Wing (Blue Zone), St Thomas' Hospital, Westminster Bridge Road, London SE1 7EH.

## Does it cost anything?

The eight 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-sex changing rooms. There are showers available, so you may want to bring a towel from home.

## What happens at the end of the Neuro Gym Programme?

We recommend that you continue to exercise regularly once the programme is over. At the end of the programme, you will be given a follow-up appointment with your physiotherapist, to complete outcome measures. These measurements will be used to make an exercise programme for your self-management going forwards.

### Contact us

If you have any questions or concerns about the class, please contact the neuro physio 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](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, Monday to Friday, 9am to 5pm

### 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](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)      **e:** [complaints2@gstt.nhs.uk](mailto: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](mailto: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](http://www.nhs.uk)

### Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

**t:** 0800 731 0319      **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk)      **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)



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