



BIG HELP: Equipment being used by Pos+Ability client Ruth Palmer, right, with the charity's instructor Christina Underwood
Picture: Keith Heppell

Cash relief for exercise organisation

A CHARITY that provides exercise equipment for stroke survivors and people with long-term illnesses such as multiple sclerosis is quids in – thanks to the News community fund, Press Relief.

The fund has provided a grant of nearly £600 to the Pos+Ability organisation to buy equipment for use in a new centre at Littleport.

Pos+Ability trustee Linda Neate said: "The equipment we use includes hand exercisers and parallel bars. It helps people strengthen their arms and legs and become more independent."

Applications for grants from Press Relief for the rest of 2015 close on June 8.

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