



Pos + Ability

A local Charity Group for Stroke Survivors & other Neurological and Long Term Conditions
Positive about Stroke Recovery
Tel: 07565 598193
email: posability3@gmail.com



Pos+Ability is a fantastic local charity providing structured exercise classes in Ely, Histon and Littleport for people living with a range of conditions. If you are recovering from a stroke or living with Parkinsons, Muscular Dystrophy or Multiple Sclerosis then Pos+Ability could provide just the graded exercise and stimulation you need.

Typically people join the group after a referral from their GP or therapist and following a free taster session they can sign up for 25 weeks at a time. There is a small charge for each session.

Each 2-hour session is split into two halves. The first half involves group, chair based exercise often ending with a spirited game of 'football' as it did in the Ely group we visited and then there is a break for tea and biscuits. In the second half people can choose from a range of different activities lead by the staff and volunteers. These include parallel bars for balance and mobility work, a wheelchair accessible exercise bicycle and books and games to practice conversation and cognitive skills.

Individual goals are set for each person so that activities are of the right level and no-one feels they are being made to do something beyond their capabilities. This is really important for people coping with illness and disability as it gradually builds confidence and self esteem. If you or your carer are making the journey out of the house and coming along to the group you want to feel it's been worth the effort and everybody at the Pos+Ability group we visited was clearly getting a lot out of it - just the



right amount of joking and banter so that people seem to forget they are meant to be exercising and have a great time.

Pos+Ability staff have trained on a wide range of appropriate courses including Otago Strength and Balance Exercise, Chair Based Exercise, Health and Social Care, Moving and Handling, First Aid and, of course, all are DBS checked for work with vulnerable adults.

Pos+Ability has made such a difference to individual lives since it was started in October 2011.

"I enjoy the class on a Thursday, as it gives me the opportunity to exercise and to interact with other people. The staff who take our classes are very caring and very well trained, working with us on one to one basis. I also enjoy the memory and quiz games. Everyone is very friendly....it gives my wife the opportunity to meet her friends for coffee and relax. It benefits us both enormously." Says group member Bill

The group, like many charities, only keeps going because of the support of local volunteers in helping at groups, attending fundraisers, sitting on the Board of Trustees or some simply by making a donation.

Thank you to the Thursday morning Ely group for their permission to take photos.



Looking for...
and care to live...
today. Appoi...
home or at...

Red...
Rem...
Treatm...
Diab...

Fiona Gilbert M...
Member of the...
Foot Health Prof...
Member of the...
of Foot Health P...

www.foot...

Chairwoman...
raise some m...
group going...
really benefi...
to the Larkie...
more staff a...
we provide...

If you would...
are easy wo...

- Make the festive period...
- Christmas b...
- Fundraising...
- causes/po...
- Make a d...
- Get invol...
- Or perha...
- member...
- locations...

Tel: 07565...
Post: The S...
Ely, Camb...
Website: w...

If you kno...
the group