

HACKNEY FIT 4 HEALTH – EXERCISE AFTER STROKE SCHEME

Fit 4 Health – Specialist Exercise after Stroke scheme is an established free community based service positioned at the final stage of rehabilitation and re-enablement in health and social care. It supports individuals in the maintenance of healthy lifestyle changes and the subsequent transition to independent living. The programme is designed to meet the long-term effects of stroke and the varied and wide-ranging exercise needs of stroke and TIA sufferers.

Gym and circuit-based sessions are being delivered at Britannia Leisure Centre (am) and Kings Hall Leisure Centre (pm) on Tuesday and Thursday. In addition to this we hold a slow pace walk in Clissold Park on a Wednesday morning (April -October) and work in partnership with the New Age Games programme to offer Move-Ability.

We are currently accepting health professional referrals. Clients must be 18 years plus and a Hackney resident or be registered to a Hackney based GP.

To refer a client, visit our website and complete the online registration form: <https://hackney.gov.uk/after-stroke-programme>

Alternatively complete the attached referral form and return to: darren.english@hackney.gov.uk.