

Alan Phipps

Moving on After Stroke and Gentle Exercise

Alan joined the Moving On After Stroke sessions at Rochdale Leisure Centre to help with his recovery after suffering a stroke in April 2019.

Despite the leisure centres closing during the covid-19 pandemic, this did not stop Alan who continued to attend the weekly sessions that had been moved online. He also joined another online group and throughout lockdown, started walking outdoors and got back to his 10,000 steps a day on a regular basis.

As leisure centres started to re-open, Alan embraced more of what was available from Your Trust and started swimming, attended a nutrition and wellbeing course, started back at face to face gentle exercise sessions, completed the 10 week functional fitness course and attended the pilot learning course with Hopwood Hall to learn more about health and wellbeing and how to help others who are living with long term conditions.

Elaine Stott, Your Trust Active Community Development Coordinator, said "Alan is an inspiration to anyone who thinks they are being held back by a long term condition. He always takes the time to talk to people and reassure them that he knows how they are feeling and that they can do it because he felt the same once and he has done it. He embraces everything with a great level of enthusiasm and the combination of all activities that Alan got involved with provided help in all aspects of his recovery and rehabilitation. Moving on After Stroke was a first step and provided a strong base of support and knowledge from which to move forwards and attend other sessions.

Alan now volunteers on the falls prevention programme we run and helps others to get their confidence back.

Alan told us

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“During the 2½ years that I have been on my stroke recovery I have improved a lot; not quite the person I was prior to my stroke but lots of improvement and I put that down to the following things:

- Self-motivation and wanting to improve my condition
- The facilities and classes that are available at all the leisure centres in Rochdale such as Gentle Exercise with its three levels, starting on a chair and working towards exercising without the chair - perfect for my rehabilitation. I have also learned to swim again because the centre has a disability session in the large pool. There are so many activities you can do at the leisure centres for all stages of your journey, things like Falls Prevention which I did and found so helpful. I have also ventured into the gym itself now and it does not feel so daunting with a disability, the staff are so helpful.
- Knowledge is also a factor in my recovery and the courses that Your Trust run such as Weight Management, Functional Fitness and Health & Wellbeing have helped me a lot.

I'd like to thank the Your Trust team for their encouragement and help in all aspects of the classes making me want to go back again the following week. I would encourage anybody with or without long term health issues to give it a go. “