

'Strong & Mobile' Neuro Gym

Information Sheet



What does it involve?	This is a weekly class individuals living with and caring for those effected by a Neurological Condition. This could be such as Parkinsons, Strokes, MS, and early onset Dementia. The classes would offer a range of physical activities that would enhance an individual's confidence, and work on components such as strength, coordination, balance, and flexibility. Activities would include things like chair-based exercise, boccia, bowls, curling, and stretch and relax exercises. Landing Page Link
You Tube Video	Please click the link to view our 5-minute YouTube clip explaining a little more about the classes – You Tube Intro – Strong & Mobile (Clip says Monday class but its now Tuesdays 😊)
Where does it take place? Day and Time?	This class will take place at West Lindsey Leisure Centre, The Avenue, Gainsborough, Lincs, DN21 1EP Classes will take place on a Tuesday afternoon from 1-2pm followed by a social tea/coffee 2-2.30pm.
How long is the programme?	This is a subsidised programme funded by Sport England and will be delivered for a minimum of 12 months, with a view to sustain the programme beyond the funded period.
What are the benefits?	The programme/classes will provide opportunity for those living with a neurological condition and their loved ones, take part in a range of physical activities that will aim to enhance mobility, functional strength, coordination, balance, flexibility, and cognition. The classes will also include a social aspect within the community wellbeing hub with refreshments, for peers to engage and share lived experiences to support each other.
Who is delivering the programme?	The project is being managed by Chris the Mindset Coach CIC, and being delivered in partnership with Everyone Active Chris Duncan, the Mindset Coach has close to 25 years of experience working in the leisure, health, and fitness sector. Over the past 5 years has dedicated his time to supporting individuals with both physical and mental health conditions. To learn more about Chris the Mindset Coach visit https://christhemindsetcoach.com/profile

	Everyone Active colleague and Exercise Referral specialist Charlotte Clarke will be supporting with the weekly delivery of classes.
Does it cost anything?	There is a small fee of £2 per class per participant for the first year of the programme. Carers and loved one are not charged to attend and support their loved one in the session 😊
Do I need anything?	Participants are required to come appropriately dressed to move in a functional way with ease. Participants can bring any suitable aids which will help them take part and be involved in the sessions.
What about confidentiality?	All bookings are made through a secure online bookings system called 'Bookaby' where personal information is stored securely. We respect your privacy at all times. It will be requested that you inform the coach of any additional physical or mental constraints other than the primary condition so that we can make provisions ensure safety and accessibility at all times.
What are the outcomes of the class for participants?	The participants will feel empowered with a sense of connection and community with class peers. They will enhance their functional strength, coordination, and mind & body cognition to support 'active daily living'.
Eligibility criteria	To be eligible for the scheme you MUST be: - • Controlled and managed condition • Normal blood pressure • BMI <39 • Stable and controlled cardiovascular condition • Not undertaking acute medical care • Stable and cleared to exercise by you healthcare professional or GP
How do I book onto the classes?	By clicking on the link below this will take you through to our bookings page, where you will find planned 'Strong & Mobile' sessions. The participant or carer will need to create their own profile for regular bookings. You will then be able to book and pay for the sessions using your bank details. https://bookaby.me/chris-the-mindset-coach/whats-on
What happens when I've booked onto a class for the first time?	You will receive a call/email from Chris the Mindset Coach as an introduction and be welcomed to your first class. Chris will explain what to expect as they enter the venue, location of the wellbeing studio, and what to expect from the class and other class participants. From there we hope that the participant will enjoy the classes and start to make some positive behaviour change 😊