

MRS Independent Living Case Studies

Inspiring people; read how our specialist exercise classes have made a difference to peoples lives.



Miriam

I have been coming to the exercise classes at the Raybould Centre for 5 months and have almost completed my 24 weeks with Charlotte our Stop Falls exercise instructor.

I was referred by my key worker as she was concerned that I was at risk of having a fall and I was told that the exercise would help to strengthen my leg and back muscles.

I am not an armchair sort of person I like walking instead of taking the bus and even doing small jobs around the house which I see as all part of my exercise routine.

However without going to the class I don't think I would do any particular exercises but I know by attending the class regularly it helps me to maintain the level of independence that I value.

I benefited both physically and mentally from coming to the class as I have been able to improve my posture whilst meeting new people.

I am also really pleased that my family can see that my strength and balance have improved and I have become a little stronger though attending the classes.

Although the exercise has been a challenge I have felt fully supported by my key worker and Charlotte so overall it has been an enjoyable experience.