NHS
Northumbria Healthcare
NHS Foundation Trust

Physical Activity Routines
After Stroke

Physical Activity resources & local options

This document provides UK and local PA resources. It can be used by healthcare professionals / family members / friends to support conversations about the activity you would like to try.

There is a list of general resources, but this PA options booklet should also be populated with local options. This booklet can be saved as a PDF to enable use. It is useful for healthcare professionals to have this booklet to hand to enable the provision of timely activity information.

Health Innovation
North East and North Cumbria

Northumbria University
NEWCASTLE

Newcastle University

Useful websites

Stroke Association
General information and support for stroke survivors and families.

A Stroke of Luck
Includes online exercises classes tailored for stroke survivors.

We Are Undefeatable
Information on being active with health condition/s physical activity options.

Activity Alliance Disability Inclusion Sport
Information on being active with health condition/s physical activity options.

Class Finder
Search tool for local exercise classes for all levels and abilities.

Different strokes
Includes online exercises classes tailored for stroke survivors.

Age UK
Advice and information on physical activity options.

Sustrans
Information on walking, wheeling and cycling routes.

NHS Better Health
Tools and advice on being active.

Useful websites and telephone numbers

(additional resource information)

Please use this space for additional resource information

Home exercise programmes

Different strokes

Includes online exercises classes tailored for stroke survivors.

NHS UK Fitness Studio

Catalogue of aerobic exercise, strength and resistance, pilates, yoga and more.

Safe Exercises at Home

Developed in Australia for older people and people with mobility limitations.

NHS Inform

Self-directed exercise videos which target strength and balance.

Online Tai Chi

Youtube video channel for gentle Tai Chi instruction.

Home exercise programmes

(additional resource information)

Please use this space for additional resource information

Exercise classes

Examples of charity based classes:

Age UK

classes and activity advice for older people.

LEGS

Local Exercise Groups for Stroke and neuro conditions.

Move it or Lose It

classes and activity advice for older people.

Title :	**Title :**
Description :	**Description :**
Telephone :	**Telephone :**
Email :	**Email :**
Website :	**Website :**
Cost :	**Cost :**
Accessibility :	**Accessibility :**

Walking groups

Examples of walking groups:

Ramblers Association

Various levels of walks for all ages and abilities.

Title :	**Title :**
Description :	**Description :**
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Outdoor gyms

Examples of outdoor gyms:

Green Gyms

Outdoor volunteering sessions helping transform local green spaces.

Goodgym

classes and activity advice for older people.

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Swimming

Examples:

- Local council-run swimming pools

Title :	**Title :**
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Tai chi, yoga and pilates

Examples:

- Local leisure centre classes

Age UK Tai Chi Classes

Age UK's Tai Chi offering.

Home Tai Chi

Youtube video channel for gentle Tai Chi instruction.

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Website :	**Website :**
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Cycling

Examples:

- Local cycling groups

Let's Ride

Various levels of walks for all ages and abilities.

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Walking sports

Examples of walking sports:

Walking football
Playing football at a steady, walking pace.

Walking tennis
Playing tennis at a steady, walking pace.

Walking netball
Playing netball at a steady, walking pace.

Walking hockey
Playing hockey at a steady, walking pace.

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Ball sports

Examples:

- Local racquet sport clubs

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Accessibility :	**Accessibility :**

Archery classes

Examples:

- Archery at local leisure centres, inclusive archery

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Accessibility :	**Accessibility :**

Dance classes

Examples:

- Age UK
- Zumba
- Line dancing
- Tea dancing

Title :	**Title :**
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Accessibility :	**Accessibility :**

Bowling

Examples:

- Indoor and outdoor bowls

Bowls England

Includes a section on bowling with a disability

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Social, craft and creative groups

Men's Sheds

Connection, conversation and creation for men.

Stroke Association Groups

Local stroke support groups and interest clubs.

Writing groups

Groups for creative writing.

Gardening groups

Groups for those with an interestin gardening.

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