



Wales National Exercise
Referral Scheme (NERS)
Cynllun Atgyfeirio Cleifion
i Wneud Ymarfer Corff Cymru

SUCCESS STORIES

ALAN

I had my stroke whilst undergoing emergency life saving open heart surgery. I spent 14 weeks in hospital and was discharged home in a wheelchair. After a year of physiotherapy and occupational therapy I had progressed from a wheelchair to a walking stick.

Attending the scheme's classes has been extremely beneficial and uplifting. I leave each class with a feeling of contented fatigue. With each passing week I find that I have achieved something extra, and I am now undertaking exercises that were beyond me at the start. The scheme has also given me the confidence and motivation to carry out tasks that I thought were beyond me. I've started playing bowls again!

The classes are brilliantly delivered by the instructors with knowledge, understanding, patience and encouragement. I think it is true to say that the scheme has been beneficial to me in my recovery as the medication that I have to take.

FEELS HEALTHIER



FEELS HAPPIER



MORE CONFIDENT



MORE ACTIVE

