

Sobell Leisure Centre 60+ Active Leisure Scheme - Julie

Julie was referred by her GP to Ysbyty Cwm Cynon where she received 12 weeks of physiotherapy for her arthritis. From there she was referred to the NERS programme in Sobell Leisure Centre. On completion of the NERS programme, Julie was encouraged to attend the exit route classes provided by the centre. She has been attending these classes for over a year. Julie attends the Low Impact Omnia classes 3 times a week and the Strength and Balance class once a week. She also uses the gym.



Did you grow up exercising?

“No. I am someone who has done no exercise all my life and only now I’m doing it. If you asked me two years ago, I would never have said I would be coming here.”

Do you enjoy coming to the classes?

“I love coming. I never thought I’d say that because I never used to go to the gym, but yes, I love it. I’m so chuffed I can tell people I go to the gym four times a week.”

How did you find the transition from exercise referral classes to the 60+ classes?

“It was harder, the first lot of classes we did (in NERS) were quite gentle but then they step up (in the 60+ classes) and get a bit harder. Some of the exercises I find hard, but you push yourself. I’ve always been afraid that I might do more damage to my knee, but attending classes has actually helped it.”

How has attending the classes benefitted you?

“Definitely without a shadow of a doubt I’ve strengthened my legs. I’ve also got weight to lose since I’m diabetic as well, so it’s helped me with that. For my mobility it’s been brilliant too. And it’s been great getting to know people.”

What do you think about the centre?

“All the staff are fantastic so if you’ve got any problems, they are quick to help you and give advice and support. Having someone who is professional as well to give you that advice is good.”