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Sprinkling the Magic...

Volume 1, Issue 1

January to March 2020

Welcome to this, the very first partnerships newsletter from Valley Leisure Ltd about the work of the I Can Therapy Centre. Each issue will feature a local organisation we are working with, the impact of the 'I Can' centre and service for our users, our alternative exercise options and our fundraising initiatives.

"I am now more mobile and can get out of the house!"

Les is 93 and lives alone. In early 2019 he was referred to the local social prescribing programme by his GP who was concerned Les was at risk of feeling lonely and isolated.

Les indicated he had a lot of time on his hands after stepping down from his voluntary role of 8 years.

Having had 3 recent falls he uses a walking aid and was keen to get out and about.

He was interested in finding out more about community groups including I Can'. Armed with a leaflet and with the support of his daughter, Les contacted

the I Can Therapy Centre to find out more and get started.

He started exercising at 'I Can' once per week in September 2019.



Les *"It gets me out of the house and I'm more mobile."*

At Les' first assessment with Sam, he mentioned he was really active in his younger days. He said that he was keen to improve his confidence, build his stamina and enhance his balance.

After four months, Les says he is more confident with his walking and is thoroughly enjoying the social side of the centre.

His blood pressure has reduced and is now within normal range, his balance has improved and his leg strength has increased.

Les also reports feeling better both physically and mentally.

"I really enjoy coming here, I love to chat."

Creating a community ripple... with Unity



Unity is a community organisation committed to supporting Test Valley's charities, community groups, voluntary organisa-

tions and social enterprises succeed and flourish.

Unity provide support and resources for volunteering, transport, mobility, health and social care, fundraising and community initiatives.

Unity are at the forefront of local delivery of the nationwide, personalised care and community-based way

of working within healthcare called social prescribing, endorsed by NHS England.

Linked to Andover's five GP surgeries, the programme aims to support those with non-medical or complex needs who engage with health.

For more information visit www.unityonline.org.uk.

Operated by

Valley
Leisure

move more, feel better
Registered Charity No. 800780



Operated by

Valley Leisure Ltd is an independent charitable trust based in Andover, Hampshire.

Established over 30 years ago, the charity aims to improve people's health and wellbeing by providing facilities and services that enable people to move more and feel better.

The charity achieves its core mission through two service delivery brands.

I Can Therapy Centre—unique and innovative exercise and socially interactive community wellbeing facility and service.

Riverside Bowl—family orientated 8 lane ten-pin bowling facility and indoor glo-golf.

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Check out our new look website launching April 2020

www.valleyleisure.co.uk



'Move More' - Sit to Stand Pilates with Shelley

Shelley Taylor trained as a Pilates Instructor with The Pilates Foundation following a horse-riding accident.

Pilates is a holistic exercise system designed to elongate, strengthen and restore the body to balance. Lengthened and strengthened muscles improve posture and overall fitness and retrain dysfunctional movement patterns, restoring optimum physical function.

Shelley works alongside the I Can Therapy Centre team and teaches the Pilates class every Tuesday at 11am. She says *'It's an ideal class if you want to stay active and supple but are not able to get up and down from the floor easily or lie down comfortably'*.

Suitable for those with restricted mobility and neuro conditions, the class is seated with standing progressions.



Find out more—I Can Therapy Centre

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www.icantherapycentre.co.uk



Support us by raising funds for Valley Leisure Ltd every time you shop online;

www.easyfundraising.org.uk/valeisureltdicantc



Save the Date!

16/04/2020

Afternoon tea with
Parkinson's UK

22/04/2020

Afternoon tea with MS
Society

02/05/2020

Hurstbourne 5 Mile—
We're a beneficiary!

20/06/2020

Charlton Community
Day

04/07/2020

'I Can' Open Day

11/07/2020

'I Can' Climb—3 Peaks
Challenge