

SHORT WALKING GROUP

at Blythe House Hospice

What is it?

- Improve your strength, balance and stamina
- Led by a member of our clinical team, and a wonderful volunteer
- Please wear appropriate clothing for the weather forecast

Who is it for?

Patients who

- Are able to mobilise for 60 minutes in total steadily and with breaks
- Are able to demonstrate good standing, mobility and balance tolerance with/ without an aid, including mobility scooters

How does it work?

- You will be assessed by our physiotherapist or occupational therapist, and then referred to the group
- The group will take place weekly for six sessions
- You will be supported to set goals that our team will work with you to achieve.



11am to
12pm on
Tuesdays
in Chapel-
en-le-Frith

For more information, call: 01298 875 080