



About Active Recovery

Programme information and frequently asked questions

What is Active Recovery?

Active Recovery is a community-based exercise and support programme for people who have recently left hospital and experienced a loss of strength, mobility, fitness or confidence after a period of inactivity.

During or after a hospital stay, some people experience **loss of strength and fitness during illness or a hospital stay**. Active Recovery helps participants rebuild activity levels and confidence so they can return to the everyday activities that matter to them.

Our aim is to help people move more, feel stronger, regain confidence and maintain a good quality of life.

Who is the programme for?

Active Recovery may be suitable for people who:

- have recently been discharged from hospital;
- have experienced a period of reduced activity or inactivity;
- have lost strength, fitness, mobility or confidence;
- find everyday activities more difficult than before their hospital stay;
- would benefit from safe, supported physical activity;
- have a long-term health condition alongside deconditioning; or
- would benefit from greater social connection.

You do **not** need to be fit or regularly active to take part.

Do I need to have been in hospital recently?

The programme is primarily intended for people experiencing deconditioning after a hospital stay. If you are unsure whether it is right for you, speak to the Active Recovery team or your healthcare professional. We will consider your individual circumstances.

Helping people move from hospital to home, and from recovery towards independence.



Joining and taking part

What happens when I join?

We begin by carrying out an assessment, discussing your current abilities and what you would like to achieve. Specialist instructors then tailor activities to your needs, abilities and confidence.

Active Recovery is a rolling programme, so you can join when a place becomes available rather than waiting for a new course to begin.

What happens during a session?

1. **A supported exercise session lasting around 60 minutes, including breaks.** You will work at a level suited to you and will not be expected to exercise continuously, delivered as an adaptable circuit.
2. **About 30 minutes for refreshments and conversation**, with time to connect with other participants and the instructors.

The circuit includes activities that develop strength, balance, mobility, coordination, cardiovascular fitness and functional movement. Tasks can also build confidence with everyday activities. Every exercise can be adapted, and you can rest whenever needed.

Who delivers the programme?

Active Recovery is delivered by specialist exercise instructors experienced in supporting people with a range of health conditions. The team's expertise includes:

- cardiac, cancer and pulmonary rehabilitation;
- obesity and diabetes;
- neurological conditions;
- falls prevention; and
- strength, balance and functional exercise.

This broad expertise allows the team to consider each participant as a whole rather than offering a generic exercise class.

Is it suitable if I have a health condition or limited mobility?

Often, yes. The team is experienced in supporting people with long-term health conditions, rehabilitation needs and reduced mobility. Activities are adapted to help each person participate safely and confidently.

You do not need to meet a particular fitness level or exercise continuously for the full hour. The aim is to help you progress from **where you are now**, with appropriate adaptations and rest.

If you are concerned about whether exercise is appropriate for you, speak to your healthcare professional or the Active Recovery team before attending.

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What if I feel nervous?

It is understandable to feel unsure after a period of inactivity or a hospital stay. Instructors will support you throughout and help you work at an appropriate level. The programme is intended to be supportive and enjoyable, and the social time offers a relaxed opportunity to get to know the group.

Benefits and next steps

What are the benefits?

Everyone's experience is different, but the programme aims to help participants:

- rebuild strength, mobility and physical function;
- increase activity levels and confidence;
- become more comfortable with movement and exercise;
- support independence in everyday life;
- reduce the effects of inactivity and deconditioning;
- build social connections; and
- find ways to remain active in the community.

How long does the programme last?

Active Recovery offers up to **12 sessions**. Depending on your needs, you may attend once or twice a week, so the programme usually lasts around **6–12 weeks**.

The goal is not simply to complete the sessions, but to build the strength, confidence and knowledge needed to remain active afterwards.

Will you help me find other activities?

Yes. The team can help identify suitable next steps, such as physical activity opportunities, community activities, social groups or other local support.

Practical information

Where are sessions held?

Sessions are currently delivered in **Shrewsbury**. Venue details and session times will be provided when you are offered a place.

How much does it cost?

Sessions cost **£5 each** and are paid for on a **pay-as-you-go** basis. You do not need to pay for a block in advance.

What if I cannot attend?

Please tell the team as soon as possible if illness, an appointment or another circumstance prevents you from attending. Places are limited, so if you miss two consecutive sessions without contacting us, we will try to get in touch to check how you are and discuss your place before offering it to someone on the waiting list.

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What should I bring?

- Comfortable clothing.
- Suitable footwear that allows you to move safely.
- A bottle of water, if you wish.

Any further requirements will be explained when you join.

How the programme is different

Is Active Recovery physiotherapy?

No. Active Recovery is a **community-based specialist exercise programme**, not a physiotherapy service. Instructors work within their professional scope and can signpost you, or support an onward referral, to other health, care, physical activity or community services when appropriate.

Is it the same as a gym?

No. Although the programme includes exercise, it is designed specifically for people recovering from deconditioning after hospitalisation. The emphasis is on rebuilding function, activity and confidence in a supportive environment, not simply completing a gym workout.

Referrals and contact details

How do I join?

Places are available through the Active Recovery referral pathway. If you are a healthcare or community professional and think someone may benefit, please contact the team for referral information.

Contact us

Energize

Programme Manager for Health and Communities

- **Telephone:** 07852 871589
- **Email:** christina.morgan@energizestw.org.uk

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