

## LET'S GET PHYSICAL WITH THE PHYSIOS



*Roving Reporters Martin and George interview the Physios about the Health and Wellbeing programme for patients in the hospital*

Roving Reporter Martin takes part in the Health and Well-being programme at Muckamore Abby Hospital, where he uses the gym, plays badminton, and does circuit training. He suggested that we report on the programme to encourage other patients to take part.

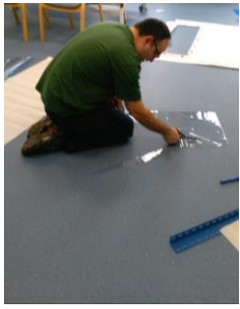
Roving Reporters Martin and George started by interviewing Nikki, the Physiotherapist Technical Instructor to find out about her role in the programme, and why she became a physio instructor.



Nikki explained, "I really enjoy working with people and I really enjoy exercise - I wanted a career where I could put both of these together, so I decided to train to become a physio assistant. I love to see patients in the hospital who want, or need to, lose weight. I enjoy helping them to achieve their goal. There is nothing more rewarding than a patient coming to me and learning a new sport or exercise that they have not tried before, for example badminton, because it is great to see them learn new skills, and hopefully when they move out into the community they can take this outside the hospital and play in their local community centre. It is good to see people working as a team because this helps them to get better results, and making friends and socialising helps you to have a healthy mind, and the exercise helps you to have a healthy body."

We heard from Stephanie, a band five physiotherapist who worked alongside Nikki, to see how she felt about the programme. Stephanie explained, "I enjoy seeing everyone doing exercise and becoming healthier, and even losing weight, because you can see patients getting fit. Keeping fit is important as it helps prevent heart attacks and strokes. It also helps with the fight against diabetes. The programme also looks at mobility, helping to improve it, and providing aids."

Nikki told us there were a lot of activities, the most popular being badminton, football, horse riding, swimming, and the walking group, which takes place twice a week at eight o'clock in the morning. She says "this is great because the patients get up early to make sure they can come to the group. I am really proud of them as this demonstrates their commitment and motivation. We are always looking to develop the programme and have added a circuit class and a ladies walking group. We are currently looking for a name for our walking groups so all suggestions would be welcome. Nikki also told us about Sports Day she said "it went down really well, it was a good craic and got everyone involved and gave them all an opportunity to exercise."



Nikki introduced us to Charlie who is a technician and his job is to make all the aids to help support the patients. It was really interesting to see all the workshops and special rooms. We took some pictures of Charlie so you can see how aids are made.



Then it was time to interview a couple of patients to see what they thought about the programme.

Philip said, "It is great. I really enjoy the walking group. I don't mind if it is raining - I still get up to take part as I enjoy the walking, and talking to everyone in the group."

Kerri-Anne said, "the swimming is great, I really enjoy going. It helps me, as I always feel good after swimming."

Our own Roving Reporter Martin explained, "I enjoy taking part, it motivates me to get up in the morning, it benefits my health, and it helps me to sleep."

After interviewing, Roving Reporter Martin and the physiotherapists tried to encourage Roving Reporter George, who does not take part in the programme, to give it a try. George said, "I had thought about coming because I had heard there were buns to be had after the exercise!"



George started attending the well-being programme after completing the interviews, and says he really enjoys it when he goes, and feels better. However, George admitted that his attendance has dropped off a bit, and he needs to improve on this. He says, "It is hard as you get older to find the motivation, and I think that everyone should start to exercise when they are young so they get into a good routine, and this will help them to be healthier and fitter as they get older."

### Patients Tips

- Don't just think about being fit - give it a try
- It will improve your health and your heart
- It does not just keep your body healthy, it keeps your mind healthy, because exercise makes you feel good and you are talking to other patients so join the programme now
- Thinking about eating healthy this is important too
- Have a treat but keep it to one day a week
- It's about changing your lifestyle so you are happy and healthy

We hope you have enjoyed our Roving Report, and that you will make an effort to get fit and healthier yourself by doing exercise and eating healthy (with a treat once a week...We suggest a bun is a tasty treat, especially a chocolate one!!!)