

# Active Neuro

## Programmes starting February/March 2020

The Active Neuro project is funded by the Sláintecare Integration fund, and aims to optimise exercise and physical activity for people with neurological conditions in the mid-west region. Active Neuro uses an integrated care approach combining knowledge, skills and resources across health and social care sectors to deliver programmes and exercise opportunities for people living in the community with a range of conditions including stroke, Parkinson's disease, MS, head injury and other conditions of the brain, spinal cord and nervous system. The programmes are free of charge and participants can refer themselves or be referred by a charity or healthcare professional.

### **Step it Up – Newcastle west, 6.30 Thursdays for 10 weeks**

This programme is designed for people who were recently diagnosed, have relatively little walking problems at the moment (don't use a walking aid consistently) and who are physically inactive.

The programme combines exercise and education and aims to give people the knowledge, skills and basic fitness to continue a health promoting physical activity habit in the future.

### **Community Walking Programme – Mungret Park, Wednesdays at 10.30**

Join us for a walk followed by a coffee in this beautiful park with smooth tarmacked paths of varying length. You will work at your own pace, towards your own goals with the support of a Physiotherapist and the other people walking with you. You must be able to walk independently, with or without a stick, crutch or walker. You are welcome to bring a family member or carer with you also.

### **Better Balance – Mondays from 2.30-4.30 and Friday 2.30- 3.30 (the Friday session is optional)**

This programme is for people who have had a fall in the last 3 months and who use at most a stick to walk outdoors. The programme aims to improve balance, strength and mobility and combines exercise with education. The education sessions will give you the skills to analyse, problem solve and reduce falls risk with the aim of increasing your participation in activities you enjoy.

*If you are interested in any of these programmes please e-mail [SusanC@ms-society.ie](mailto:SusanC@ms-society.ie) or phone the Active Neuro Project based in MS Ireland, Tara House Dooradoyle on 061 303 0802*

*We would also like to hear about other programmes of interest to people in the mid-west with neurological conditions and their carer's and families*

**Sláintecare.**



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