



About the Access to Exercise & Wellbeing programme

Why sign up?

Access a wide choice of sessions throughout the region including online options to enjoy from home. All sessions are led by experienced, trained professionals. Join today for the chance to try out new technology and influence the growth of further services.

“ I have achieved something I never thought I would be able to participate in again. ”


Access to Exercise & Wellbeing participant

Get In Touch



Register your interest via phone, scan the QR code, or search 'Access to Exercise and Wellbeing' on our website and fill out the form:

www.neurotherapycentre.org

The programme is supported by 

Greenbank Sports Academy in Liverpool are also a partner of the programme. They offer a range of sport sessions.

Please note: Prices for sessions vary. You can find out more about services on offer through Greenbank Sports Academy at:

www.greenbanksportsacademy.co.uk

0151 280 7757



Exercise and Emotional Support for People living with Neurological Conditions



We want to make our facilities feel safe, more inclusive, more accessible and more welcoming for the whole community.

This programme is accessible to anyone living with a long term neurological condition. Contact one of the Access to Exercise & Wellbeing Partners to find out what you can get involved in.

www.brioleisure.org



Services & Support Available:

Brio is a partner of the Access to Exercise & Wellbeing programme which support people with neurological conditions. They're the face of community, sport, entertainment & leisure facilities in Cheshire West and Chester. Brio's facilities are available at:

- **Winsford**
- **Ellesmere Port**
- **Northwich**
- **Chester**
- **Christleton**
- **Frodsham**
- **Neston**

Northgate Arena, Chester

Neuro Gentle Circuit
Thursdays, 2.15pm

Northwich Memorial Court

Chair-based class
Tuesdays, 12.30pm

Winsford Lifestyle Centre

Neuro Balance & Strength
Mondays, 2pm

Aquatherapy
Tuesdays, 10.45am

Ellesmere Port Sports Village

Aquatherapy
Fridays, 11.15am

Brio's leisure sites also offer the following inclusive activities:

- **Swimming**
- **Football and walking football**
- **Rugby**
- **Cricket**
- **Tennis**
- **Athletics**
- **Squash and racketball**
- **Martial arts**
- **Rebound Classes**
- **Badminton**
- **Basketball and wheelchair basketball**

Please note: Prices for sessions vary.

To view our timetables and locations for sessions visit our website at:

 brioleisure.org


The Walton Centre
NHS Foundation Trust


neuro
therapy centre


Sheffield Hallam University


Greenbank Sports Academy

Lead partner, the **Neuro Therapy Centre** offer services at their Centre in Saltney near Chester as well as offering a range of online services and support which can be accessed from home.

Services include:

- **1-1 and group physiotherapy**
- **Counselling and support groups**
- **Wellbeing & emotional support**
- **Accessible gym**
- **Exercise and fitness classes**
- **Social events**

Sessions delivered by the Neuro Therapy Centre are supported by donations following membership.

The Centre is usually open:

Monday | 9am - 7pm

Tuesday | 9am - 5pm

Wednesday | 9am - 5pm

Thursday | 9am - 5pm

Fridays | 9am - 2pm

 neurotherapycentre.org

 **01244 678 619**

About the Access to Exercise & Wellbeing programme

This programme has brought together health and leisure partners across Cheshire and Merseyside who share a joint mission.

Why sign up?

- Access a wide **choice** of sessions throughout the region including online options to enjoy from home.
- All sessions are led by experienced, trained **professionals**.
- Have the opportunity to try out **new** technology.
- Influence the **growth** of further services.

“**The sessions maintain my functional ability to carry out day-to-day tasks and also my fitness & strength.**”

Access to Exercise & Wellbeing participant



Exercise and Emotional Support for People living with Neurological Conditions



Get In Touch



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www.neurotherapycentre.org



The programme is supported by

Greenbank Sports Academy based in Liverpool is a partner of the Access to Exercise & Wellbeing programme.

This programme is accessible to anyone living with a long term neurological condition. Contact one of the Access to Exercise & Wellbeing Partner to find out what you can get involved in.

www.greenbanksportsacademy.co.uk



Services & Support Available:

Our mission is to offer support for people to achieve their potential through inclusive education, sport and leisure activities. The activities we cater for include:

- **Boccia**
- **Netball**
- **Cycling**
- **Table tennis**
- **Power football**
- **Power hockey**
- **Handball**
- **Rebound therapy**
- **Accessible gym**

Please note; the price varies for sessions delivered by Greenbank Sports. A selection of online exercise & support sessions offered by the Neuro Therapy Centre are available to access at Greenbank Sports Academy for those wanting to benefit from exercising and getting support from others. You can find out more online or via phone:

 greenbanksportsacademy.co.uk

 **0151 280 7757**

The following inclusive activities are also available through partner **Brio Leisure** at their centres in Cheshire:

Please note; the price of sessions delivered by Brio may vary.

To view Brio's timetables and locations for sessions visit their website at:

 brioleisure.org

Who are our partners?


The Walton Centre
NHS Foundation Trust


neuro
therapy centre


Brio
Leisure


Sheffield
Hallam
University

Lead partner, the **Neuro Therapy Centre** offer services at their Centre in Saltney near Chester as well as offering a range of online services and support which can be accessed from home.

Services include:

- **1-1 and group physiotherapy**
- **Counselling and talking groups**
- **Wellbeing & Emotional Support**
- **Accessible gym**
- **Exercise and fitness classes**
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Thursday | 9am - 5pm

Fridays | 9am - 2pm

Find out more at:

 neurotherapycentre.org

 **01244 678 619**

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The activities they cater for include:

- Boccia
- Netball
- Cycling
- Table tennis
- Power football
- Power hockey
- Handball
- Rebound therapy
- Accessible gym

A selection of online exercise and support sessions offered by the Neuro Therapy Centre are also available to access at Greenbank Sports Academy.

Please note; the price of sessions delivered by Greenbank Sports Academy may vary.

Find out more at:

 0151 280 7757

 greenbanksportsacademy.co.uk

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 ACCESS to EXERCISE & WELLBEING

Exercise and Emotional Support for People living with Neurological Conditions



An exciting partnership project led by the Neuro Therapy Centre, with Greenbank Sports Academy, Brio Leisure and The Walton Centre.

This programme is accessible to anyone living with a long term neurological condition. Contact one of the Access to Exercise & Wellbeing Partners to find out what you can get involved in.

The programme is supported by



Services & Support Available:

Lead partner, the **Neuro Therapy Centre** offer services at their Centre in Saltney near Chester as well as offering a range of online services and support which can be accessed from home.

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 **01244 678 619**

Brio Leisure offer leisure services throughout Cheshire West with accessible gyms and a variety of inclusive Neurofit sessions across:

- **Winsford**
- **Ellesmere Port**
- **Northwich**
- **Chester**
- **Christleton**
- **Frodsham**
- **Neston**

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Thursdays, 2.15pm

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- **Tennis**
- **Athletics**
- **Squash and racketball**
- **Martial arts**
- **Rebound Classes**
- **Badminton**
- **Basketball & wheelchair basketball**

Please note; the price of sessions delivered by Brio may vary. To view their timetables visit:

 brioleisure.org

