

# Groups and Courses

## Next Steps

**Next Steps is an eight-week physiotherapy-led course providing a goal-focused exercise programme. It aims to improve mobility, balance, and physical confidence.**

The course combines exercises with health promotion, and topics covered include managing diet, stress, and fatigue. This is an opportunity to continue physical rehabilitation in a supportive group setting.

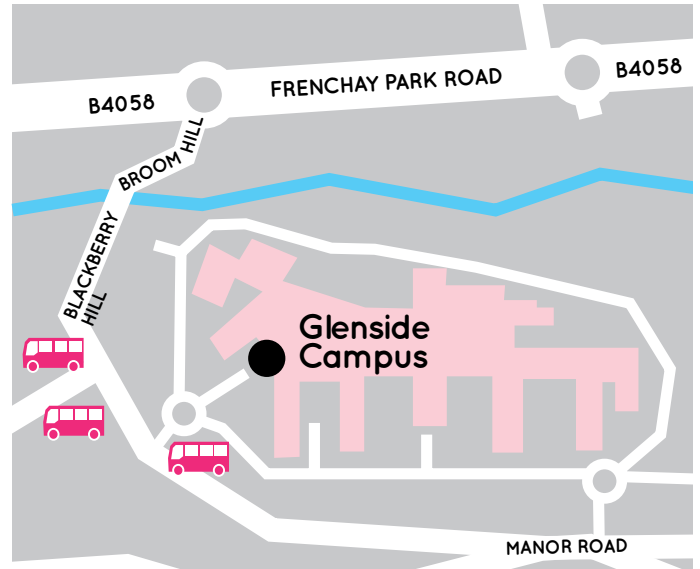
The programme is suitable for stroke affected people who

- Have one-sided weakness
- Can rise from sitting to standing with or without support
- Can walk 10 metres with or without walking aid

**“I have improved my balance by doing this programme. I have made good friends and they have helped me.”**

**“The programme has given me a lot more confidence to be able to go out for walks, it has made me realise that I can do it”**

Supported by South Gloucestershire Council



### Bristol After Stroke Next Steps Course

For details on when the next course starts  
tel: 0117 964 765

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### Keep up to date with Bristol After Stroke

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