



# RHL Newsletter Term 2 2019

Registered Charity  
1105381

HOW HAS RHL HELPED YOU? – PLEASE  
LET US KNOW!

## A Great Way To 'Get-Together!'

We've had lots of requests for Social Events over the last year, so in response we will soon be launching our 'Great RHL Get-Togethers'! Having secured funding to subsidise the events, we are now working behind the scenes to set up a series of monthly socials for you (and possibly your partner, friend or neighbour). Make sure you complete the RHL survey that has been emailed out to you to let us know when you would like them to take place, and what activities you would like to take part in – this is your chance to have your say. We hope that these will soon become a highlight for you, giving you the chance to chat with members from your own class and meet members from other RHL classes! Keep an eye out for more details coming shortly! We will be in touch once we've analysed the survey results and found out what you want.

## Your Chance to Have a Say!

**There are just a few days left to fill out the survey. It closes on Monday 25<sup>th</sup> February 2019 so there isn't much time left.** Please, please, please do take the 10 minutes to complete the survey, we really value your input as it

will help us shape the future of your class, the new social get-together events, and the programme as a whole. So far, we have had over 70 responses, but we would love lots more! Please click the link below to take part if you haven't already done so.

<https://goo.gl/forms/QLajDMqIqDRZkvjo1>

If you or a class member you know hasn't received the email invitation for the survey, you can use the link above or call the office so that we can resend the original email. Alternatively, if you prefer you can complete the survey over the phone. Our next newsletter will focus on the results of the survey and how they will shape our plan for 2019.

### "I Don't Know What I'd Have Done Without RHL!"

It's always lovely to speak to our members, but even more so when they tell us what a difference RHL has made to their life! Julie has been attending RHL Pilates classes for about 8 years and, at 42, is one of our younger members.

Her story with us began when, as a result of pregnancy, her body started producing too much of the SPD hormone which made her ligaments

very lax. It was very painful and, as it is very rare, despite seeing many doctors, consultants and physiotherapists it took a long time for the condition to be diagnosed. The constant pain made everyday life as a single parent extremely difficult with three small children.



A medical professional recommended Pilates but, as a single mum, Julie couldn't find classes that fitted in with the children or which she could afford. An advert on a leaflet led her to RHL's classes, where she was delighted to not only find the specialist exercise that she needed, but also the social side as well.

In May 2014 Julie became unable to walk. She had to stay in bed all day and found it extremely isolating. With few people to talk to, the days seemed long and difficult, and she was constantly

trying to ease the pain. Later that year, she had a major operation to fuse her pelvic bone back to her spine. Luckily that was successful, but it has been a long road to recovery with lots of physiotherapy and other treatments which continue to this day. It took Julie about a year and a half to get back to Pilates but the relief in being able to exercise and see other people, even if it is just a quick catch up, has made a huge difference. Julie told us "I don't know what I would have done without RHL!"

After years of Pilates and with her situation improving, Julie decided to start her own business, making jewellery from home. We are delighted to have Julie back in class and, as she says, "I've come to realise that I can't always do everything that I want to, but I can do something!"

## Are You Steady & Strong?



How good is your balance? If you would like to improve your balance for everyday movements, this is a great class to join. Sessions are run on Wednesdays from 12:45-13:30 at Aldershot Military Museum. With fun exercises modified for different abilities this is a great way to get steadier on your feet. Suitable for people with walking sticks and walking frames as well as people with no mobility aids at present, the class concentrates on mobility as well as the essentials of adjusting your stride and balance. Taken by our specialist tutor Linda with tea and coffee afterwards, this is also a way of making new friends. **If you have any family or friends who might like to try this class, please pass on the details!**

## Class Spotlight – Seated Exercise



Each term we shine the spotlight on one of our classes, this newsletter we focus on our Thursday morning Seated Exercise classes at The Aldershot Military Museum! These friendly classes are a great way to keep fit even if mobility is a problem. The gentle movements help improve coordination, range of movement, muscle strength and balance using equipment such as hoops, bands, bean bags and balls. The exercise is all performed to a fantastic selection of uplifting music, I found myself humming along on more than one occasion! Carers are welcome to join in as well.

One of the participants told me that she had been coming to the class for many years and enjoyed it because it helps her stay independent. 'Ali (the instructor) takes the time to ask how people are and to adapt the exercises for those who aren't able to do some of them– it makes a big difference.' The first Seated Exercise class has tea and coffee afterwards giving participants a chance to chat and catch up. If you would like to try a Seated Exercise class, please give the office a ring on **01252 362660** to organise a trial session.

## Have You LIKED us?

We would really appreciate it if you can 'like' and 'rate' us on Facebook and Google as this really helps us get the message out, improves the likelihood that people visit our sites and doesn't cost a penny! If you aren't sure how to do this, just give us a call and have a chat to Brad.

## Term 2 Starts Soon!

Don't forget to sign up for Term 2 (March & April) now! A big thank you to all those now paying by Direct Debit – it saves us so much time and means that you don't need to sign up for your class each time. **Please note that payments should be received by the end of the first week of term (Friday 8<sup>th</sup> March),** if paying later please contact the office instead of giving it to your instructor. Please help us by paying promptly before the start of term. It takes up a lot of staff time if we have to call to ask for payments.

Just to recap, you can pay online at our website [www.rhl.org.uk](http://www.rhl.org.uk), by telephone on **01252 362660** or by giving your cheque for the whole term to your tutor. Please ensure that your name, day, time and class are clearly printed on the back – it can take up valuable time trying to match mystery cheques to the owners!

## Rushmoor Community Lottery

You may like to consider supporting RHL through the community lottery. We have already had prizes of £2,000, £250 and £25 given out to our supporters. Follow the link to sign up! <https://www.rushmoorlottery.co.uk/support/rushmoor-healthy-living>



# RHL's EXERCISE & REHABILITATION CLASSES

## TERM 2 2019 – MARCH AND APRIL

**MONDAY** classes will run from Monday 4<sup>th</sup> March – Monday 29<sup>th</sup> April – 8 weeks

**TUESDAY** classes will run from Tuesday 5<sup>th</sup> March – Tuesday 30<sup>th</sup> April – 9 weeks

**WEDNESDAY** classes will run from Wednesday 6<sup>th</sup> March – Wednesday 24<sup>th</sup> April – 8 weeks

**THURSDAY** classes will run from Thursday 7<sup>th</sup> March – Thursday 25<sup>th</sup> April – 8 weeks

**FRIDAY** classes will run from Friday 15<sup>th</sup> March – Friday 26<sup>th</sup> April – 7 weeks

**NO CLASSES:** Good Friday 19<sup>th</sup> April and Easter Monday 22<sup>nd</sup> April



DAY	TIME	CLASS	LOCATION	TUTOR	COST
<b>Mon</b>	9:20 – 10:20am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	10:25 – 11:25am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	11:30 – 12:30pm (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£34.40</b> (£4.30/class) DD <b>£15.77/month</b>
	1:30 – 2:15pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	<b>£46.40</b> (£5.80/class) DD <b>£21.27/month</b>
	1:45 – 2:45pm (1-hour class & ½ hour tea + coffee)	Health Circuit *Suitable for Cancer Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£34.40</b> (£4.30/class) DD <b>£18.15/month</b>
<b>Tues</b>	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class) DD <b>£19.20/month</b>
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class) DD <b>£19.20/month</b>
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£43.20</b> (£4.80/class) DD <b>£19.20/month</b>
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	<b>£44.55</b> (£4.95/class) DD <b>£19.80/month</b>
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	<b>£44.55</b> (£4.95/class) DD <b>£19.20/month</b>
<b>Wed</b>	9:45 – 10:30am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	10:30 – 11:30am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Angela	<b>£39.60</b> (£4.95/class) DD <b>£19.80/month</b>
	11:20 – 12:20pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	12:45 – 13:30pm (45 min class & ½ hour tea + coffee)	Steady & Strong	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	1:45 – 2:30pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
<b>Thurs</b>	10:00-10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Alison	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	11:15-12:00pm	Seated Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Alison	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	<b>£39.60</b> (£4.95/class) DD <b>£19.80/month</b>
<b>Fri</b>	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	<b>£28.80</b> (£4.80/class) DD <b>£18.80/month</b>

\*Please note medical referral is required for Phase IV Cardiac Rehabilitation and Pulmonary Maintenance Exercise Classes

## RHL TERM 2 2019 MARCH AND APRIL

### Class Updates

- Wednesday morning cardiac class will return to Hawley Memorial Hall with our lovely new instructor – Angela! The class will now run from 10:30 – 11:30am followed by tea & coffee
- Aldershot cardiac class – after running a Phase IV class in Aldershot we have recognised that there is the need for a class in this area. We are investigating the possibility of running a Thursday morning class & would like people to register their interest so we can establish if there is sufficient demand!
- Linda's Wednesday morning class times – due to Linda no longer covering the Wednesday am cardiac classes her classes will now run at the below times for term 2
- Jo's Pilates class won't be running on 8<sup>th</sup> March due to a funeral happening at the church.
  - Seated Pilates 9:45 – 10:30am followed by tea & coffee (upstairs) at Princes Hall
  - Pulmonary Maintenance 11.20 – 12.20pm followed by tea & coffee (back in the room) at Aldershot Military Museum
  - Steady and Strong 12:45 – 1:30pm followed by tea & coffee (at the museum café, 50p per cup)
  - Seated Pilates 1:45 – 2:30pm followed by tea & coffee (at the museum café, 50p per cup)



**How will you  
care  
for your community  
this year?**

Your support goes direct to local  
causes in **YOUR** community

- Help RHL make a real difference to people's lives
- Help remove barriers, improve physical & mental health and reduce isolation
- For just £1 a week you can support our amazing community work
- As well as doing something great for local good causes, you also get the chance to win £25,000 each week

To start supporting, visit:

**[www.rushmoorlottery.co.uk](http://www.rushmoorlottery.co.uk)**

and search for: **Healthy Living**



Supporters must be 16 years of age or older  
See website for terms and conditions

Rushmoor Healthy Living - The Meads Business Centre – Kingsmead – Farnborough – Hampshire - GU14 7SR  
01252 362660  
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