

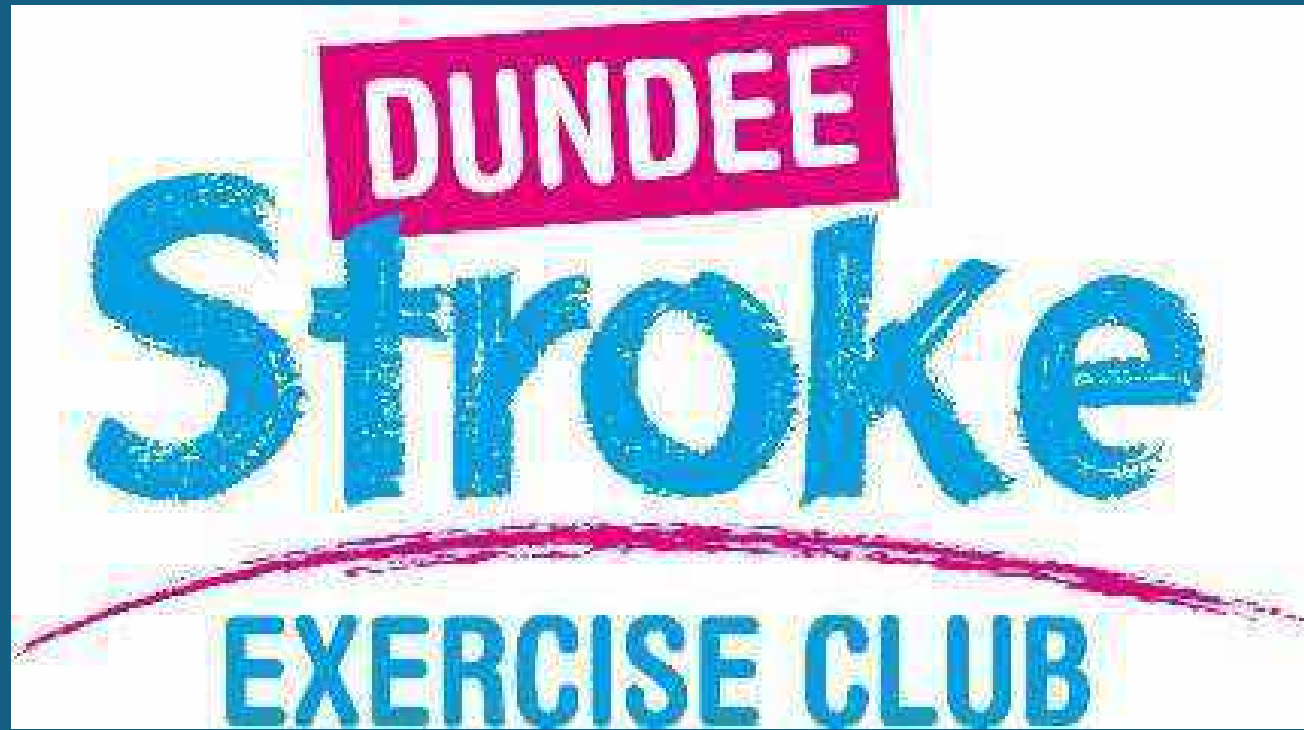
DUNDEE

Stroke

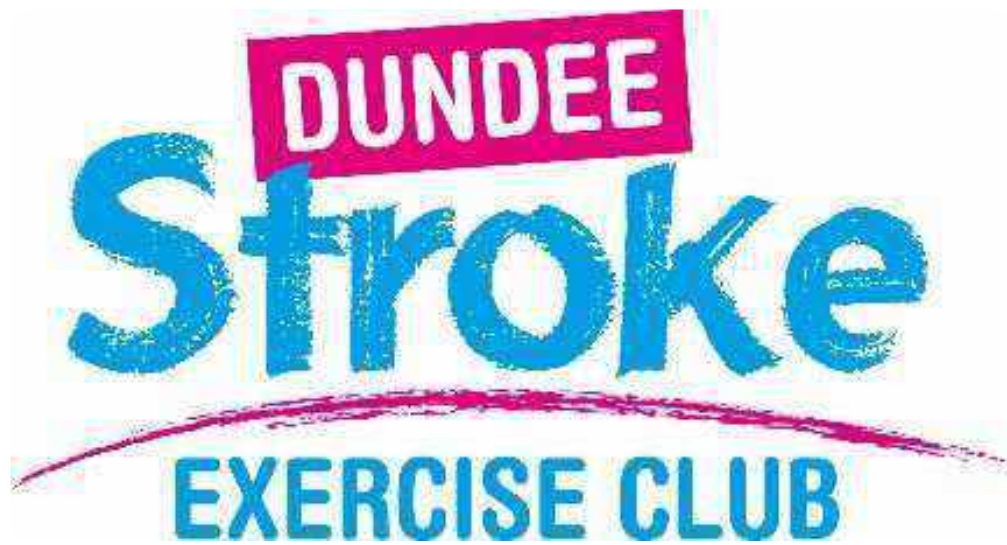
EXERCISE CLUB



**Presented by
Margaret Mitchell MBE
and
Carol Greig, NHS Physiotherapist**



It all began



In 2010, Margaret Mitchell, working as a stroke liaison nurse team leader in NHS Tayside, decided to do something about the lack of aftercare for those who had suffered a stroke.

And the rest is history!!!



LIFE
CHANGER

LIFE
CHANGER

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Stroke
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LIFE
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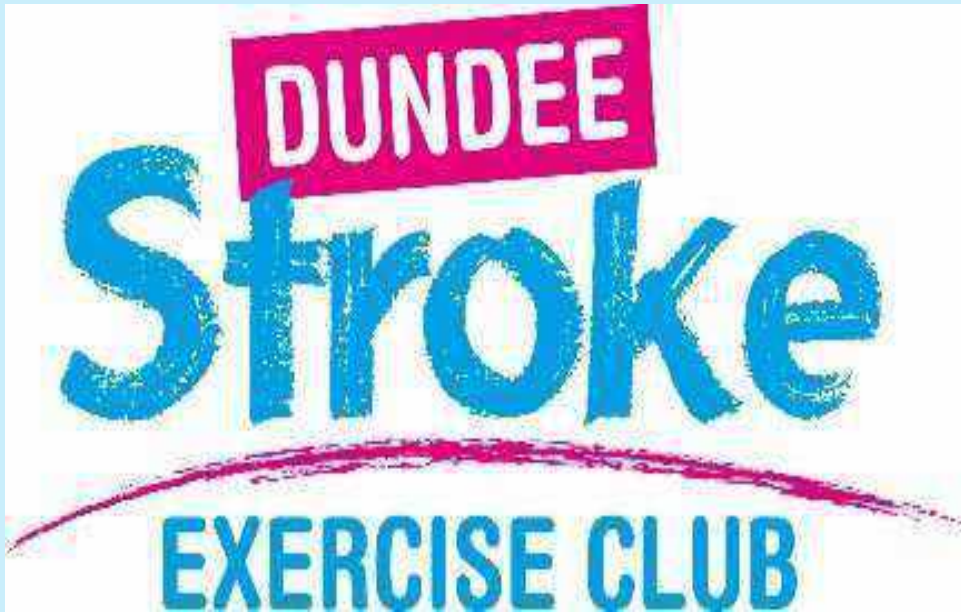
DUNDEE
Stroke
EXERCISE CLUB

LIFE
CHANGER

DUNDEE
Stroke
EXERCISE CLUB

WALK
UPRIGHT -
HIPS
POINTING
FORWARD

What is DSEC?



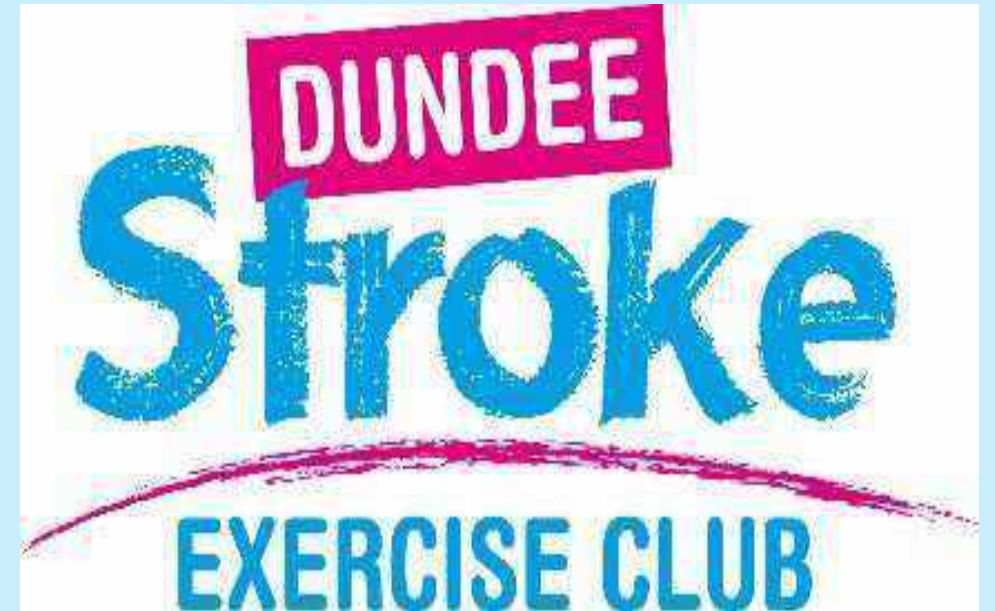
- An exercise club for anyone who has suffered a stroke
- An exercise club to facilitate physical, mental and social recovery
- An exercise club serving a very necessary need in the community
- An exercise club solely devoted to assisting people with a stroke
- An exercise club with an exceptional range of resources

DUNDEE
TROT
EXERCISE CLUB



Why does DSEC exist?

- To help a vulnerable section of society
- To support those who have had a stroke
- To supplement support following medical discharge
- To bring hope and encouragement to people with a stroke
- To raise funds to fulfil the Club objectives

















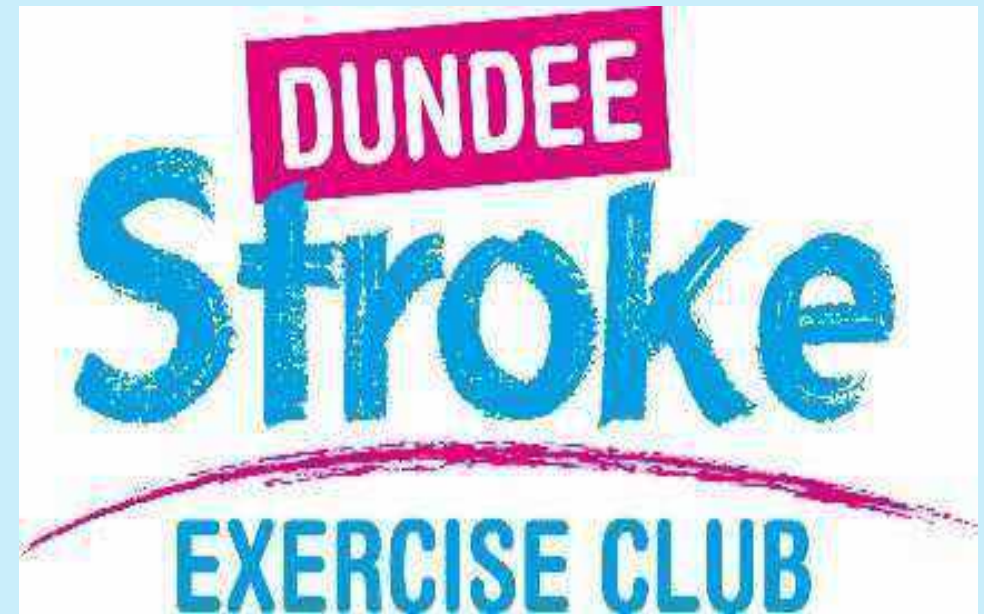
How does DSEC operate?

- With self-funding
- With assistance from stakeholders
- With the outstanding assistance of volunteers and friends
- Successfully!



Where does DSEC take place?

- Douglas SC
- Menzieshill SC
- Showcase the Street
IT/VR Hub
- In social clubs
- Outdoors



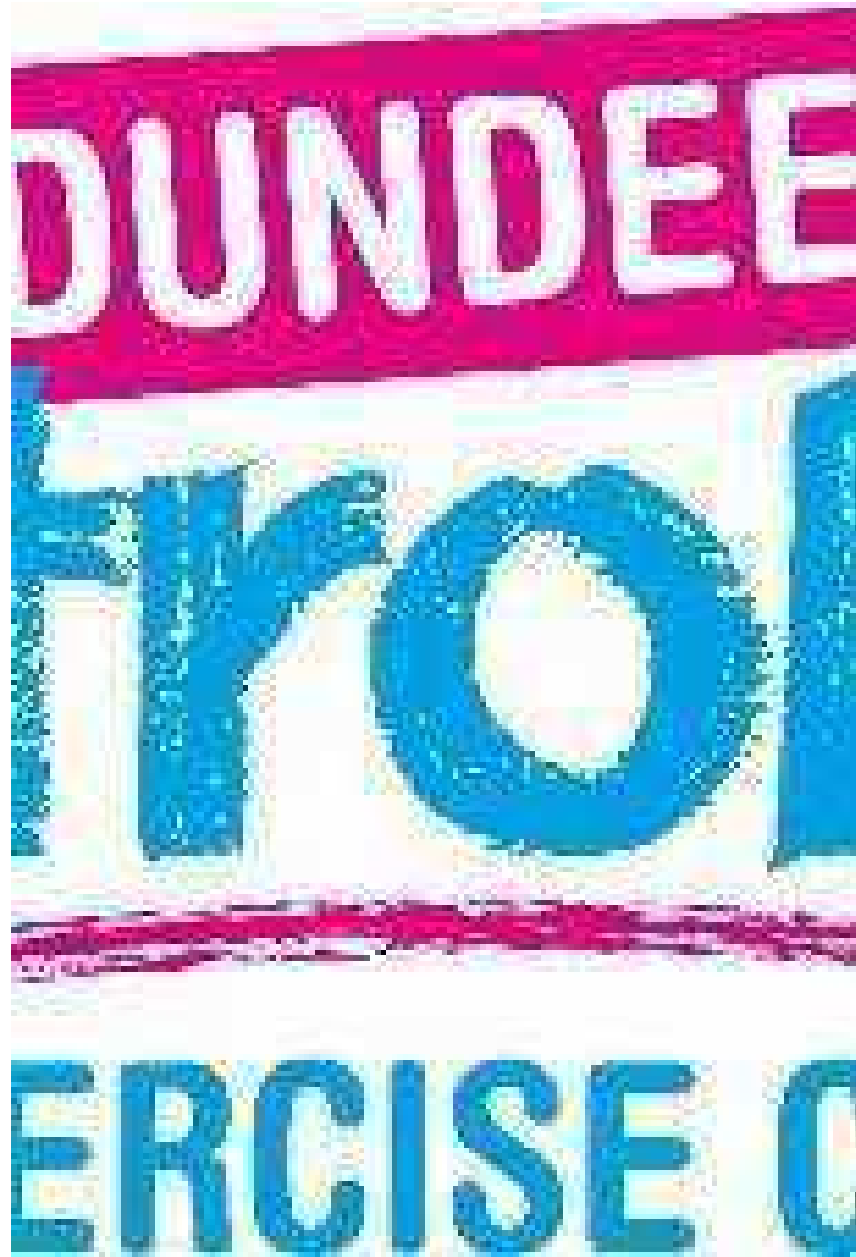






DUNDEE Stroke EXERCISE CLUB





Who is DSEC?

- The club members
- The volunteers
- The gym and community centre staff
- NHS
- Leisure and Culture Dundee
- Showcase the Street
- Abertay University
- Chest Heart and Stroke Scotland
- The organising committee







WALK
UPRIGHT -
HIPS
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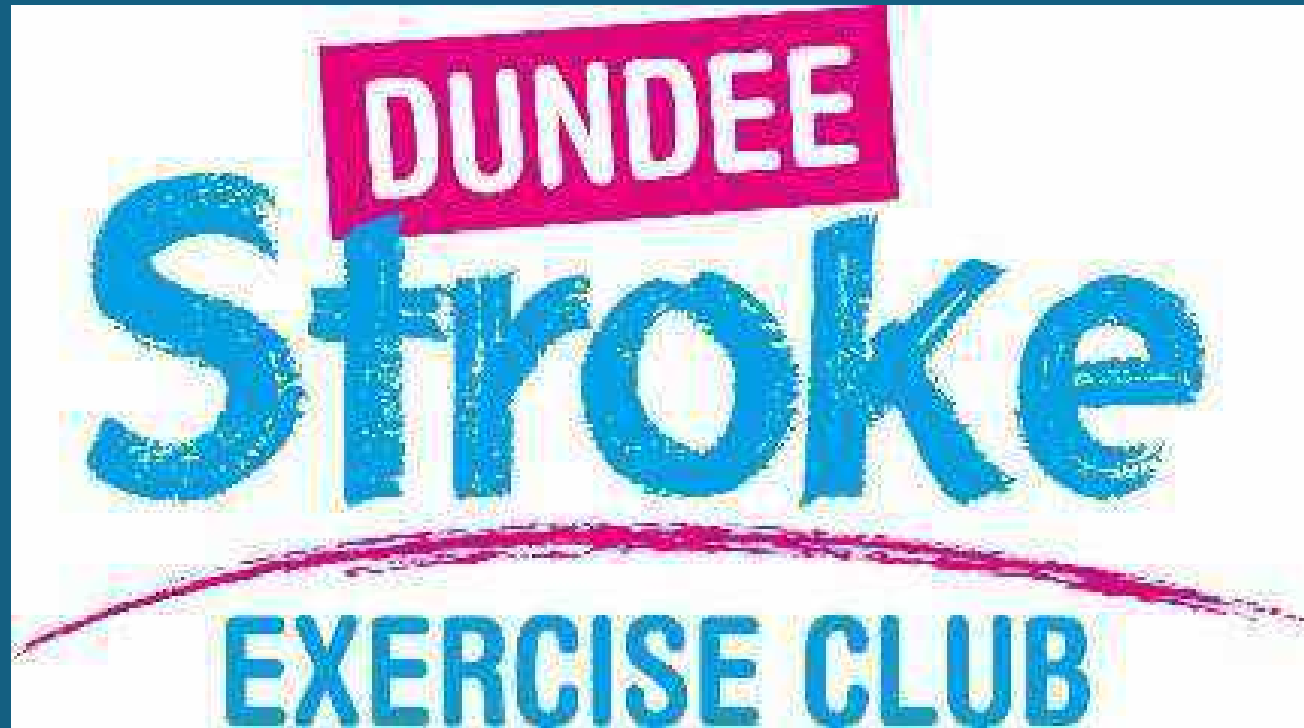
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Stroke
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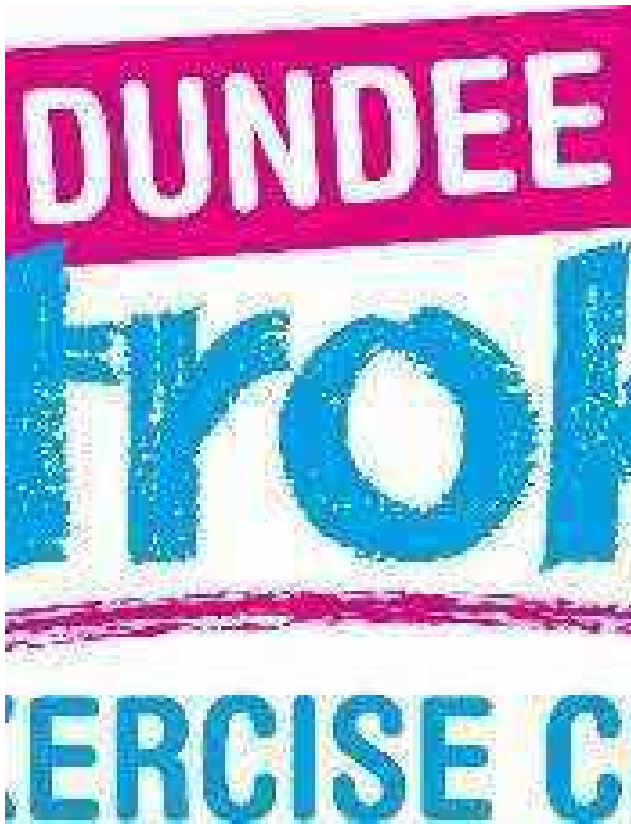
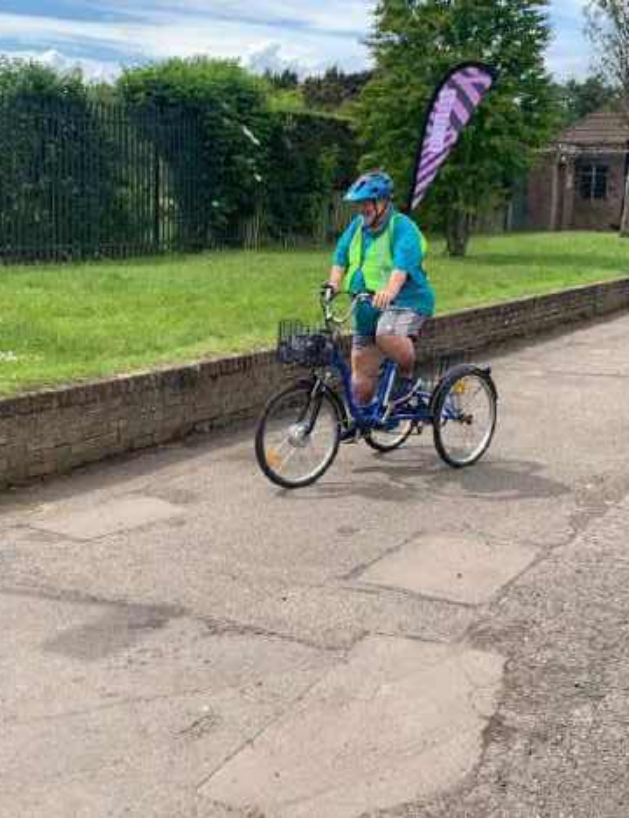
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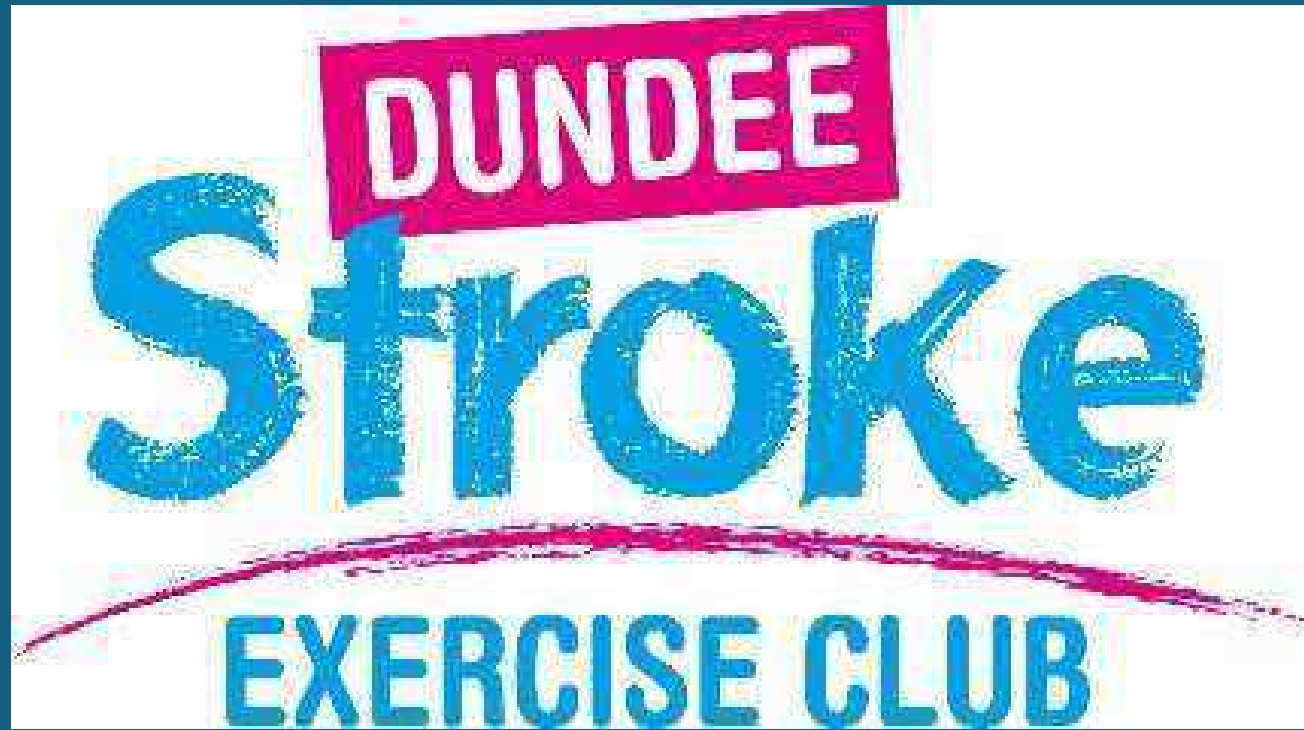
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Stroke
EXERCISE CLUB



Activities



- Classes
- Summer Olympics
- Paralympics
- Virtual Reality
- Dundee Kiltwalk
- Adaptive Cycling



This is what success looks like



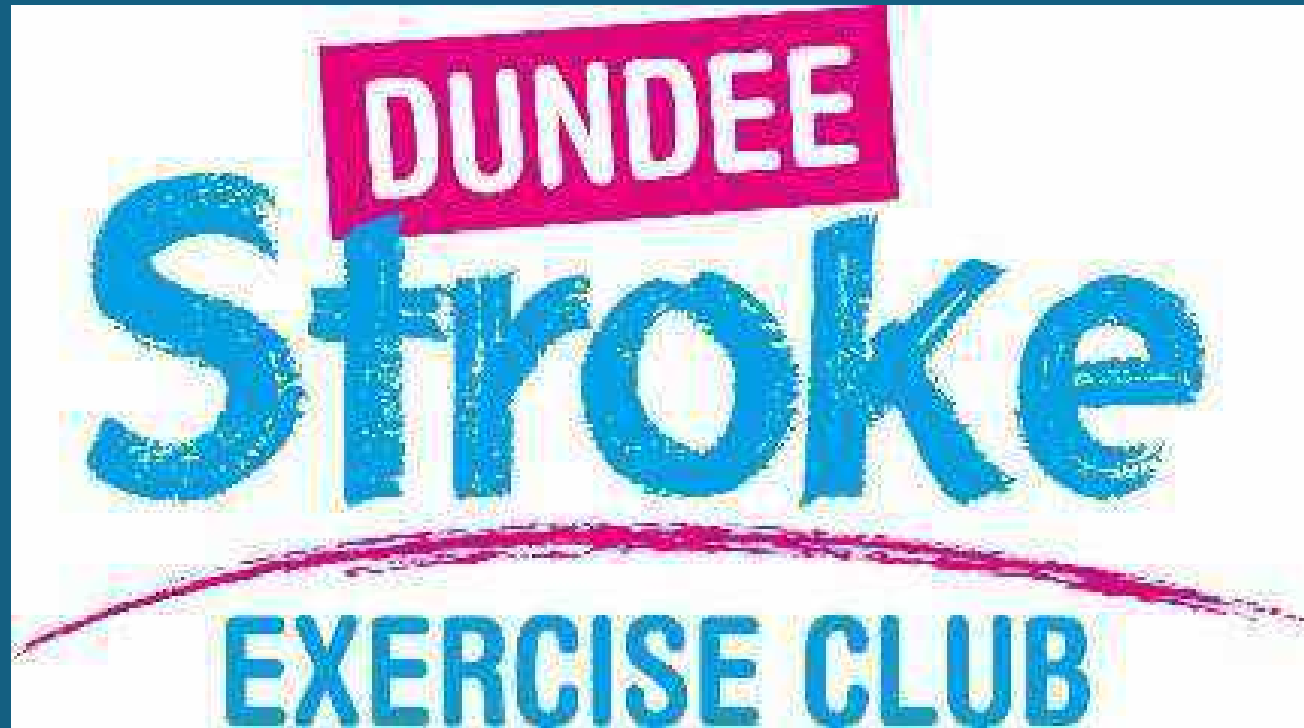


Dundee Dragons Wheelchair Sports Club





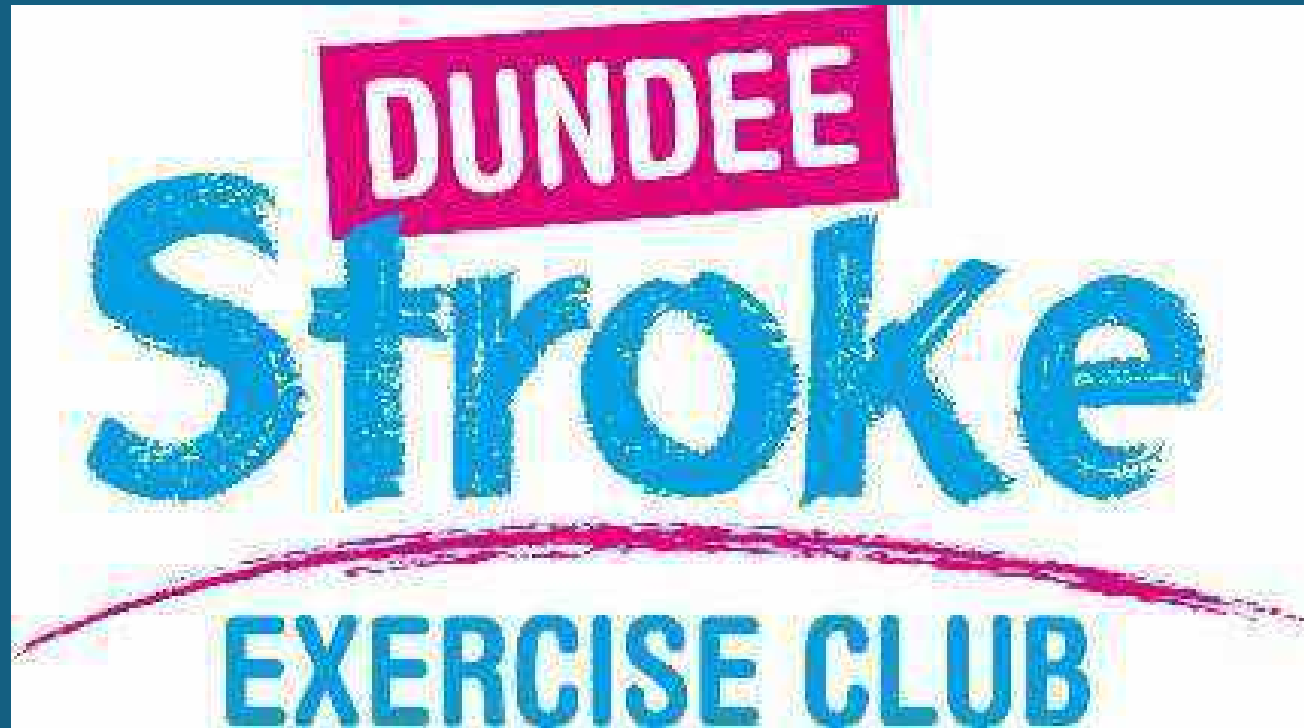




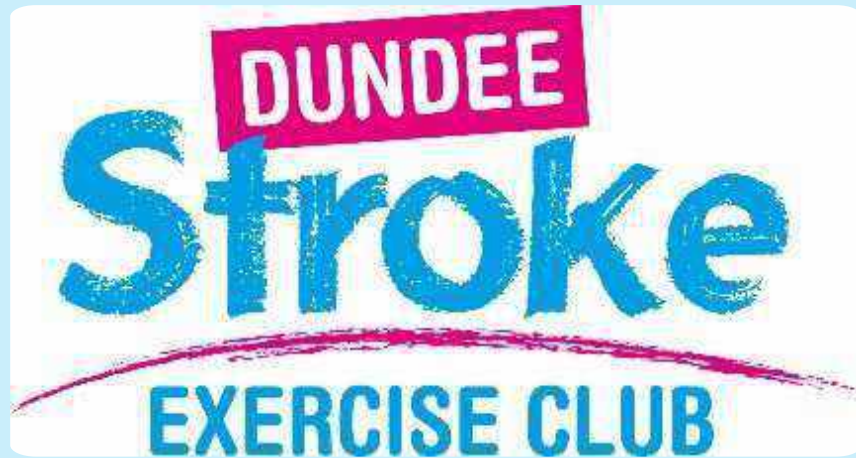
Rehab Research

- Virtual Reality Hub including Saebo VR
- Body weight support treadmill training
- Collaboration with Dundee Science Centre





Challenges – or
opportunities?



What happens now?

- Improved referral to DSEC by stakeholders
- Increased number of classes
- Increased number of volunteers
- More fundraising
- Solutions to transportation challenges
- Constant maintenance, update and procurement of new resources
- Charitable status??

The supportive, positive, exercise classes at DSEC enable me to move my community patients on more quickly from physio to DSEC helping patient flow. It's great to input into the class and see people continuing to make significant gains in their function and getting back to living well post stroke

Carol Greig, NHS physiotherapist

The classes are amazing- the peer support along with the knowledge and skills from the volunteers shows people there is hope and life after stroke

Gemma Murray, stroke liaison nurse

Coming to these classes
has helped me to come
to terms with having a
stroke.

June, club member

DSEC has allowed me an invaluable chance to gain experience in communicating with and aiding people who have suffered such a devastating condition. Through the tech hub, I can work on the cutting edge of recovery using VR and other revolutionary pieces of equipment such as Gripable. This opportunity is equipping and preparing me for my future education and career in the field of physiotherapy.

Toby, volunteer

Classes make me work. If I didn't have the classes, I wouldn't be exercising on my own at home. I adore all the people who help. If I wasn't here, I would probably still be in a wheelchair

Bill, club member

DSEC gives me
motivation. I am able to
do more after the
classes

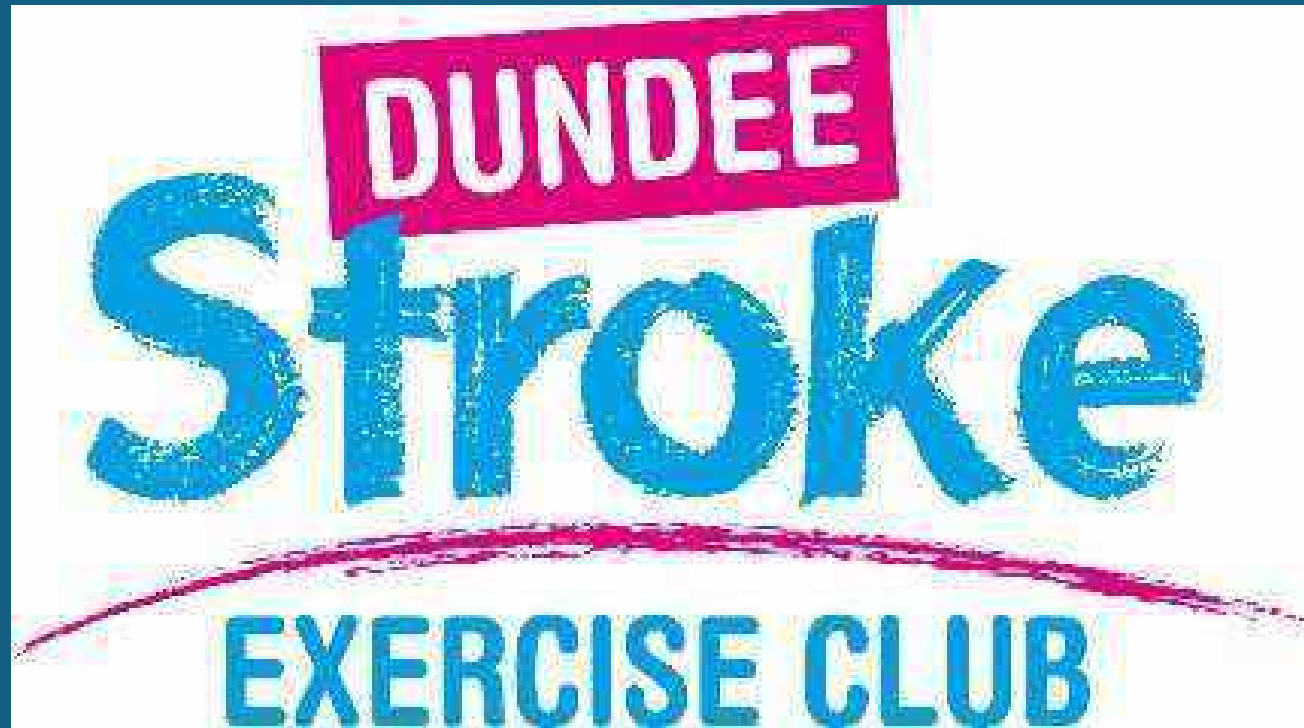
Linda, club member

Raised my confidence. We have all had similar experiences and we learn from each other. These classes are a lifeline - everyone is so supportive and encouraging.

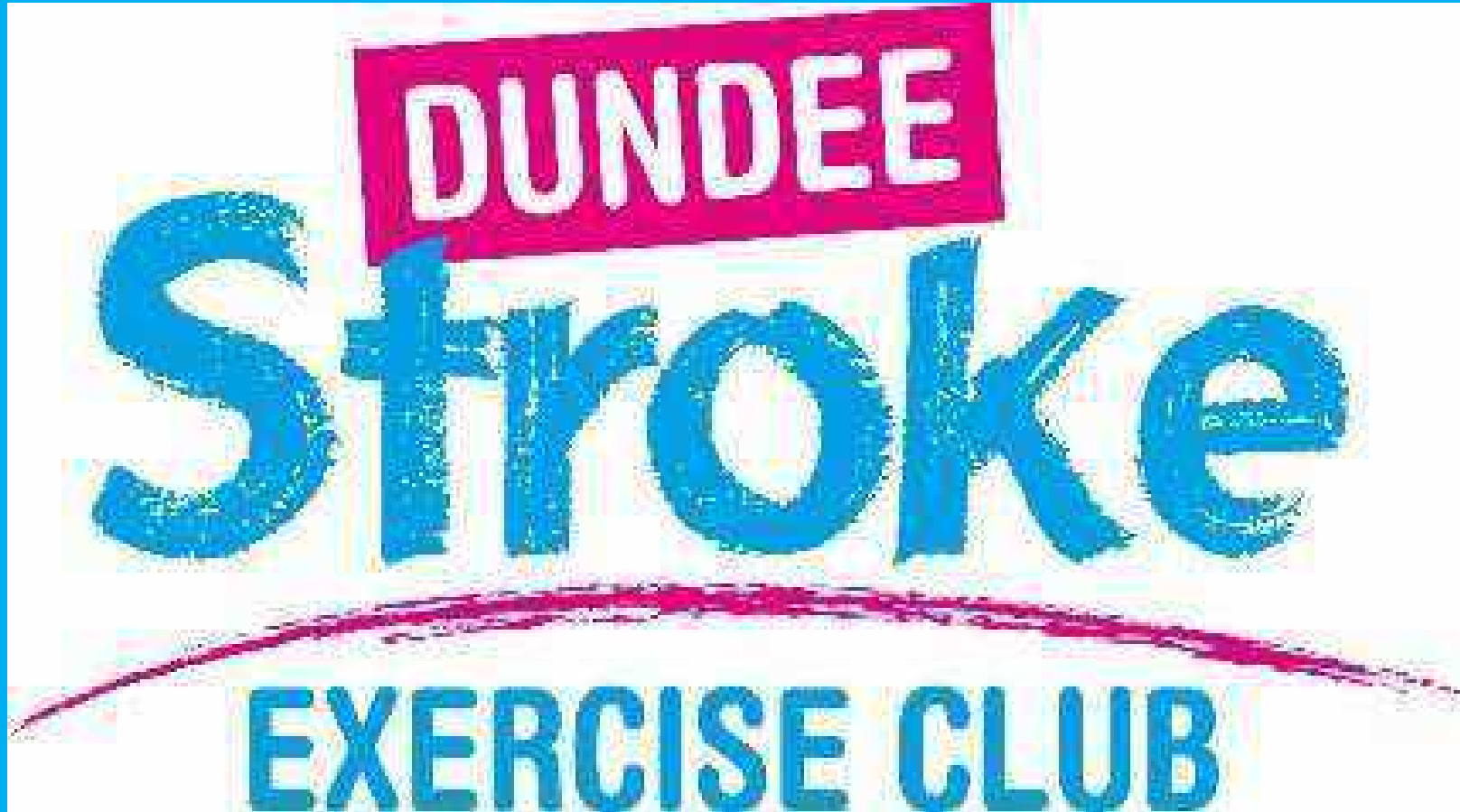
Janice, club member

While the classes give the participants excellent physical, mental and social support and encouragement, they also give the carers an opportunity to share experiences and help them realise, that like the people they care for, they are not alone.

Alan, carer



Thank you very much for your attention -
What would you like to ask?



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