

Alan Dunn – Case Study



I am a retired teacher, and 1 year after retiring I had a stroke. I go to various stroke groups and Merseyside Stroke Association had leaflets presenting a coffee day which was held at Greenbank Sports Academy. Two people from Greenbank Sports Academy, Julie and Phil, who also attend the stroke group and also use the gym recommended it to me.

If I could sum up the gym membership in one single word, that the word would be 'fantastic'. Most people are aware of the effects of a stroke, and I got the ability to walk again from just walking about, but I still experienced issues with weakness in my right arm. The specific exercises I was given by Lawrence, the Fitness instructor and Level 4 Neuro trained, allowed me to have the confidence to focus on this and perform the specific exercises that he assigned me. I now attend the gym 5 days per week for 2 hours each time. I enjoy walking, gardening, music and compiling spreadsheets from various historical data that I have researched, including Liverpool Football Club. I also attend the Sudley group once per week.

I would definitely recommend Greenbank Sports Academy and the wider Access to Exercise and Wellbeing programme to other people and always try to signpost people to get an induction and book 1-1 support if they see the need. The exercises help all users and I have found it has allowed me to access specific exercise/movement when private physio is so expensive and NHS physiotherapy support is very limited and also long waiting times. I attend both Broadgreen and Clatterbridge for ongoing support, but this is now limited. I feel that this is the case due to the exercise and fitness programme I have been following.

The atmosphere in gym helps to motivate me and has developed my confidence and makes me more able to feel good and interact with people.