



Intensive Community Walking Programme

HELPING YOU WALK WITH CONFIDENCE.

Have you experienced a neurological event & want to feel more confident in how you walk day to day?

Whether you want to move more confidently at home or feel safer getting out and about, this programme is designed to help you do more with less effort.

WHO IS IT FOR?

People who are already walking (with or without an aid) following a neurological event and want to improve confidence, balance, distance, or control.



THE PROGRAMME OVERVIEW

Suitability will be confirmed with a screening assessment.

- ⊕ 4-week intensive walking programme designed to improve everyday walking.
- ⊕ You'll take part in specialist physio, guided walking practice, and tailored home exercises.
- ⊕ The programme is individualised to your goals, ability and environment.

THE PROGRAMME FOCUS

01 Intensive & Individualised
1:1 physiotherapy tailored to you.

02 Real-world walking
Focused on the environments that matter to you.

03 Stability & Movement control
Balance, posture and control – not just strength

Interested in taking the next step?

Get in touch today for more information.

