



# POST REHAB EXERCISE PROGRAMME (PREP)

Chest  
Heart &  
Stroke



**“Before I started the programme, I was dependent on other people to do things for me and now I can do them myself. Exercises have really helped me to carry cups and saucers, doing the washing up, and stuff like that.”**

Roy, Service User

**Northern Ireland Chest Heart & Stroke’s Post Rehab Exercise Programme (PREP) is a physiotherapy led, community based course which helps rebuild people’s lives after stroke, through exercise and education.**

It is designed for stroke survivors who have completed the statutory rehabilitation that the health service offers to meet their longer term care needs. It was developed with stroke teams within the Southern Trust. Following extensive evaluation, it is now available across the 5 trust areas in Northern Ireland.



**“When the health care professionals have completed their episodes of care, the NICHs programme offers patients longer term care to meet their needs. It offers them education and advice further down the line when perhaps they are more amenable to listen to information and digest it.”**

Stroke Nurse Specialist



### **What Will You Get From the PREP Programme?**

Over a period of 6 weeks, participants are shown how to incorporate exercise safely into their care plans and every day routines, as well as having an opportunity to learn about a particular aspect of living with stroke.

- Help to improve physically after your stroke, through physio led group exercise and 1-2-1 support
- Support and confidence building to increase your independence, through discussion and activities

**“The exercise regime is the main thing for me. I joined the gym again since it, and my ambition is to get back out on the golf course again.”**

Patrick, Service User

- Access to information and expert advice so you can better understand your condition
- An opportunity to socialise and be put in contact with other groups and services who will be able to support you
- Motivation and tools to help you manage your condition
- Support in coping with life after stroke

**“Benefits included social reintegration, empowerment and enablement to manage their condition more effectively themselves, decreasing their dependency on statutory services and allowing clients to manage themselves back into employment, education and their own lives.”**

Community Stroke  
Team Leader

NICHs's evaluation of the PREP Programme shows that participants benefit physically, emotionally and socially. Their self belief improves, they report having a greater quality of life and they benefit from having a structured care pathway and continued support and advice.



**“The special thing for me was the information about the stroke – how it can affect you, communications, the emotions and all those things to do with the stroke.”**

Edith, Service User

**For more info about  
the 'PREP' Programme  
please contact us on:**

**Tel:** 028 9032 0184

**Email:** [prep@nichs.org.uk](mailto:prep@nichs.org.uk)

**Website:** [www.nichs.org.uk/prep](http://www.nichs.org.uk/prep)

**Almost 90%** of NICHS's care and prevention services and research are exclusively funded by public donations.

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**Northern Ireland Chest Heart & Stroke**

21 Dublin Road, Belfast BT2 7HB

**t.** 028 9032 0184

**[www.nichs.org.uk](http://www.nichs.org.uk)**



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