



## Exercise after stroke programme - Blackburn

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### Project Overview

The exercise after stroke service is a partnership between Blackburn with Darwen Borough Council and the community Stroke Rehabilitation team of Lancashire Care Trust.

Blackburn and Darwen is rated amongst the most deprived areas in England. The national deprivation structure (IMD 2010) highlights that 51% of its population is in the most deprived national percentile, and the admissions for stroke are also higher than the national average. The admission rate from stroke has also increased by 57% since 2004.

The exercise after stroke programme is a secondary prevention project that involves the delivery of varied sessions including; one to one home based exercise, studio and gym based exercise classes that aim to improve independence and rehabilitate clients.

The exercises in studio-based classes are all evidence-based exercises geared to enhance balance, leg strength, coordination, and gait pattern. The community stroke team, the Stroke Association and local Blackburn with Darwen GP practices are all involved in the referral process.

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### Project Outcome

The positive impact of the exercise after stroke programme on stroke survivors saw the programme, which was initially a pilot scheme, rolled out across the borough of Blackburn with Darwen in 2009. The programme received over one hundred referrals. 10 of these clients were still accessing the session 3 years later along with new referrals.

The programme involved the delivery of 3 circuit sessions, 5 gym based sessions, and various one to one home based sessions.

In terms of beneficial impact on participating individuals, the data below demonstrates the average improvement from 11 referrals that completed all assessments:

- Pre intervention average walking distance: 196 metres.
- Post intervention average walking distance: 269 metres

The sit to stand average, which is the number of times an individual will perform the sit to stand test in a minute, was also used to evaluate progress. More information about this protocol can be found [here](#).

Again the pre and post differences from 11 referrals that completed all assessments, illustrate the progress made:

- Pre intervention Sit to stand average: 14.
- Post intervention Sit to stand average: 17.



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The sessions work well within council Leisure centres and community centres with attendances increasing each year as below.

Attendances 2009/2010: **48** (Male 30, Female 18).

Attendances 2010/2011: **341** (Male 135, Female 178, BME male 24, BME female 4).

Attendances 2011/2012: **1022** (Male 635, Female 341, BME male 39, BME female 7).

Whilst the number of attendances was up to 1491 in April 2012, the programme has not received funding for this financial year.

However, we are still running 2 sessions within the cardio vascular disease programme, which are open to and remain popular with the stroke clients.

A business case has been presented to the local Clinical Commissioning Group in the hope they are willing to fund the £20k that the service requires.

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