

TO ALL SHR PARTICIPANTS



**Surrey  
Hills  
Rehab**

Empowering  
people with  
neurological  
conditions

QUOTE OF THE DAY

"I AM NOT A PRODUCT OF  
MY CIRCUMSTANCES. I AM  
A PRODUCT OF MY  
DECISIONS"

STEPHEN COVEY

**UPDATE  
SEPT 2020**

## WE ARE BACK!!

Please do not come to Snoxhall if you have any Covid-19 symptoms:

The main symptoms of coronavirus are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you have any symptoms, isolate and seek advice from NHS 111 online coronavirus service or call 111.

Snoxhall Youth Centre  
Knowle Lane  
Cranleigh  
Surrey GU6 8BL  
07456 641 356  
kim@surreyhillsrehab.co.uk  
www.surreyhillsrehab.co.uk  
Facebook: surreyhillsrehab

We are pleased to inform you that we are hoping to start running groups again at Snoxhall from **Monday 21st September**.

Here are our proposed online and group timetables for 21st September onwards. As I am sure you will all appreciate there is a lot to coordinate and, therefore, there may be some minor tweaks to these proposed timetables.

Please call or email Louise to advise if you would like to stay online or attend a group at Snoxhall. If you would like to attend a group please advise Louise if the option suggested in your email is convenient for you and a member of the team will be in touch to arrange completing your risk assessment to attend the group.

[louise@surreyhillsrehab.co.uk](mailto:louise@surreyhillsrehab.co.uk)

**It is essential that you let us know if you want to attend a group so that we can book you in due to the restricted number of people we are allowed to have at Snoxhall.**

Below is a video link to show you what to expect when you come to Snoxhall.

<https://youtu.be/ljROQPFI554>

If you are subsidised by PDUK we are currently waiting for confirmation that they are happy for the groups to resume in person with their funding. For the time being PD Balance will continue to be an online group only.

Please do not hesitate to contact us if you have any questions, queries or concerns.

## ONLINE TIMETABLE

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
9.00-10.00 NeuroPilates	9.00-10.00 MS Fit	10.30-11.30 PD Balance	10.00-11.00 Aphasia Fit	9.00-10.00 Young PD
11.00-12.00 Stroke Peer Support Group	10.15-11.15 PD Fit		11.30-12.25 Intro PD Fit	10.30-11.30 NeuroYoga

### Key

Parkinson's

MS

Stroke/Neuro

Falls Prevention

NeuroYoga/Pilates

1:1/Home visits

## SNOXHALL TIMETABLE

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
9.30-10.30 StrokeFit	9.00-10.00 MS Fit	9.30-10.30 Neuro Pilates	9.30-10.30 PD Fit	9.00-10.00 Young PD
11.15-12.15 Stronger4 Longer	10.30-11.30 PD Fit	11.00-12.00 Neuro Pilates	11.00-12.00 NeuroFit	10.30-11.30 NeuroYoga
1.00-2.00 PD Fit	12.00-1.00 Stronger4 Longer	12.30-1.30 NeuroFit	1:1/Home Visits	1:1/Home Visits
2.30-3.30 PD Fit	1.30-2.30 PD Fit	1:1/Home Visits	1:1/Home Visits	1:1/Home Visits
1:1/Home Visits	3.00-4.00 Otago	1:1/Home Visits	1:1/Home Visits	1:1/Home Visits

*Kim and the  
Surrey Hills Rehab  
Team*

*We look forward to seeing you!!*

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