

Council and heart health charity fund vital exercise equipment

Residents recovering from heart attacks, surgery or cardiac health issues can benefit from a host of new exercise equipment thanks to a donation from the council and a charity.

The Royal Borough alongside The Heart Rehabilitation Organisation of Berkshire (THROB) has donated new banks of exercise equipment, worth thousands of pounds, to help people recover from issues with their heart. The exercise classes support residents after they finish an NHS-led six-week rehabilitation programme.

Cllr Samantha Rayner, cabinet member for culture and communities, said:

“This new equipment will help transform residents’ lives. Recovering from a serious heart illness is not an easy process but these classes are the perfect way to help your rehabilitation. THROB does fantastic work across the borough helping people recover from serious illness. Many participants have been attending the classes for years and have seen their confidence and health improve giving them a new lease on life.”

The well-established service offers invaluable support in a number of classes across the borough with each catering for up to 24 people. The three new exercise bikes and three new rowing machines will be used at exercise classes run across the borough. Windsor Leisure Centre runs four classes every week; one on a Monday, two on a Tuesday and one on a Friday, led by a qualified Cardiac Rehabilitation exercise specialist

Keith Jarvis, THROB’s treasurer, returned to the leisure centre where he began exercise classes 13 years ago following a heart attack. He said:

“THROB has had a long association with the Royal Borough of Windsor & Maidenhead in supporting exercise classes and community initiatives within the borough.

“This includes paying for exercise instructors to gain nationally-recognised qualifications to run the classes.

“We also have supplied portable defibrillators which are available within the community 24/7 and in this instance have assisted the borough with the purchase of expensive exercise equipment for the classes. We look forward to continuing this special relationship with the Royal Borough for the benefit of residents in the future.”

THROB was founded 26 years ago to help people who suffered from heart problems or had undergone heart surgery of some kind continue their rehabilitation through exercise. Since its inauguration THROB has raised in excess of £250,000 to maintain exercise classes and supports 23 classes weekly across Berkshire.

The cardiac prevention and rehabilitation classes are one of many events run by Legacy Leisure working in partnership with the council..

So Much Improvement with a Little Exercise (SMILE) runs a variety of activities at Windsor and Magnet leisure centres as well as a host of other locations to help promote activity and healthy living in the over 50s. Activities include everything from yoga to ballroom dancing, badminton and tennis to guided walks and walking football.

(Campaigns and Marketing Royal Borough of Windsor & Maidenhead)



Some of the Hearty people involved

