



**University  
Hospitals Sussex**  
NHS Foundation Trust

# Virtual active Sussex exercise group

Occupational Therapy Department

Patient information

## Why have I been given this information?

We are running a virtual exercise group that helps people to stay fit and prevent deconditioning while they are in hospital. These classes are led by a company called Active Sussex and 2020 Health.

This information tells you more about these classes, and how they can help you.

## What is deconditioning?

Deconditioning means someone has lost their strength, fitness and flexibility. This means they find it hard to do everyday things, like climbing stairs or getting dressed.

This often happens after long periods of time in bed and sitting still. Many people have this after a stay in hospital.

Movement and exercise can help to stop this from happening.

## What happens during the classes?

The Active Sussex Exercise Group is an exercise group held twice a week at the Bexhill Irvine Unit on a Monday and Thursday afternoon. It is run by the Irvine Therapy Team and instructors from Active Hastings/2020 Health.

Active Sussex is an organisation that aims to help everyone across Sussex feel the benefits of being active.

The class will include patients from other hospitals in Sussex, who will join by video call.

You will be shown exercises that will help your strength and balance. They can be done either sitting or standing. All exercises will be adapted to your ability.

These exercise groups will start while you are in Royal Sussex County Hospital. You can do these as well as your normal therapy sessions. The aim is to keep you as active as possible during your hospital stay and when you get home. This will help to prevent deconditioning.

## **Can I still do these exercise classes once I leave hospital?**

If you live in the Eastbourne, Bexhill and Hastings areas, you will have the choice to keep doing these classes once you get home. There is a small fee to pay to do these classes in the community.

## **What are the benefits of doing these classes?**

- Improved mobility (being able to move around easily).
- Improved balance.
- Less risk of falls.
- Increased independence.
- Increased muscle mass and strength.
- Reduced risk of constipation and urinary retention.
- Improve self-esteem and mood.
- Improve cognition (how your brain thinks, understands and remembers).

# Who can I contact for further information and advice?

Please do not hesitate to contact your Rheumatology Occupational Therapist on:

**Brighton: Stroke Therapy Team,**  
Telephone **01273 696955 Ext. 64590.**

**Bexhill Irvine Unit Therapy Office**  
Telephone **0300 131 4430**

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**This leaflet is intended for patients receiving care  
in Brighton and Haywards Health.**

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