

On the road to
recovery
after stroke?
or a trauma paralysis?

After returning from rehabilitation hospital, or finished with help of the physiotherapist, **what next?**



NYCC/NHS Approved
A.R.N.I. * Instructors specialise
in maximising your potential
for independence

Craven District Council

NHS
Airedale, Wharfedale and Craven
Clinical Commissioning Group

 **North Yorkshire**
County Council

Action for Rehabilitation in Neurological Injury (ARNI) is an innovative community-based training programme that promotes functional independence and physical fitness in stroke survivors.

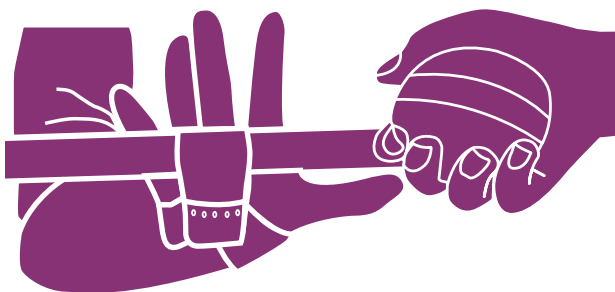
Testimonials

Alex, 9 (parents);

“We are already seeing an improvement - he’s more positive & willing to use it. He has ridden his bike for the first time!”

Susan, 62;

“My ARNI instructor has made all the difference - I can release my grip now, and have made a more positive outlook recovery!”



**Individual training or small-group sessions.
Charges £17.00 per month or £6.00 per visit.**

**Craven Swimming Pool & Fitness Centre
Aireville Park
Skipton
North Yorkshire
BD23 1UD
Tel: 01756 792805**

*Association for Rehabilitation from Neurological Injury