

Dorset Pain management service:www.dorsetpain.org.uk**Pain management video:**www.livewellwithpain.co.uk/resources-for-people-with-pain/shortcuts/tame-the-beast

This leaflet was created in partnership with:

**Contact details:**

MSK Therapy Outpatients Christchurch Hospital
0300 019 4418

To read this leaflet in a different language, please visit our website:
www.uhd.nhs.uk/visit/patient-information-leaflets and use the language
and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team
on 0300 019 8499 or email uhd.patientexperienceteam@nhs.net.

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Some of our hospital services are moving.

Visit www.uhd.nhs.uk/future to find out more.

Move2Improve

Every move matters



When? Wednesdays, 1-2pm for six weeks.

Where? Avon Gym, Christchurch Hospital,
Fairmile Road, Christchurch, BH23 2JX.

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What is Move2Improve?

Move2Improve is a gentle exercise class to help people who have long-lasting pain.

There are usually 10-12 people in each group.

How should I prepare?

Please wear closed footwear and clothing you can freely move in.

Please bring your walking aids if needed.

Water is available in the gym. Please bring your own bottle.

If you need any medicine e.g. inhaler, please also bring this with you.

What should I expect?

The class runs once a week for six weeks. They are on Wednesdays from 1 to 2pm.

Each week there will be a short talk on different topics to help you manage your pain.

You will also try taster sessions such as Chair Pilates, Otago, relaxation, and Tai Chi.

There are links at the end of the booklet with more information about these.

The therapists will guide you through a:

- gentle warm-up
- supported circuit session
- taster activity
- gentle cool-down.

This class helps you find practical ways to manage your condition with support along the way.

For your first session, please go to reception at Christchurch Hospital to check in. We will collect you from the waiting area and take you to the gym.

Useful links:

Tai Chi:

www.taichiunion.com

Otago:

www.groupotago.com

Chair Pilates:

www.nhs.uk/live-well/exercise/pilates-and-yoga/chair-based-pilates-exercise-video

Livewell Dorset:

www.livewelldorset.co.uk

Wellbeing education:

www.steps2wellbeing.co.uk

Healthy lifestyle:

www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide