



Sunday 6th April 2008

THE ARNI TRUST COURSE PART 1 & INTRODUCTION FOR NEW INSTRUCTORS

Following on from the successful Tripartite course last year, the ARNI Trust is pleased to present the Bridging the Gap Initiative. This course is free for qualified personal trainers who have been contacted directly by the charity, and these people have expressed an interest in learning how to help stroke survivors in the ARNI Trust format. In this seminar: we will show you exactly how to show a stroke survivor (or other person with partial paralysis), how they can rebuild movement, stability and confidence with your guidance.

Training of this sort is not widely shown anywhere in the UK at the moment: most of the techniques you will be shown are made available to you directly from a successful stroke survivor who has produced them in response to need... and so you can be certain that they work. You will be shown some instant 'quick-fixes' that you can give stroke survivors which should enable you to work with a group of 5-6 stroke survivors without feeling overwhelmed, and you will show you a sample lesson plan. We will be discussing how to fit this into your existing practices during the Seminar.

We have three current ARNI clients in different age range at the Seminar who have agreed to be available for demonstration purposes. Bear in mind that by its nature, training of individuals that you will see at this Seminar is not representative of the complete range of strategies that we have developed for 'rebuilding' after-stroke. For Instructors who have completed Part 2 of Certification, it is up to you to get the maximum out of the day, especially grabbing as much contact with stroke survivors present as possible. Looking forward to seeing you there!

SYLLABUS:

12.00 REGISTRATION

12.30 WELCOME

**Welcome back to volunteers for part 1 of Certification
Introduction to the ARNI Trust for PT trainers on Bridging the Gap Initiative**

1.30 LUNCH (PROVIDED)

2.00 Training stroke survivors: Instructors Dr Tom Balchin & Nick Tsavalos

4.00 Sum-up/Questions concerning next moves

VENUE:

SIDNEY MILLER COURT, 26-28 CROWN STREET, ACTON, WEST LONDON, W3 8SL.

By rail: Piccadilly or District Line to Acton Town Station. 10 mins walk to venue:
Turn right out of entrance, walk up Gunnersbury Lane, past fire station and college on right.
Turn right at crossroads and walk down to Morrisons supermarket.
Crown Street is opposite supermarket.

Walk down this and venue entrance (gated accommodation) will be signposted.
By car: Suggested parking @ Morrison's supermarket car-park (opposite)

COST:

**THERE IS NO COST
FOR THE DAY
ALTHOUGH A
DONATION FOR
REGISTRATION/
LUNCH IS
REQUESTED FROM
PARTICIPANTS**

Any problems on the day, please ring 07712 211378 or 07710 407021