



**Sunday 20<sup>th</sup> July 2008**

**THE ARNI TRUST COURSE PART 2 & INTRODUCTION FOR NEW INSTRUCTORS (12-4.45pm)**

**Following on from the successful Tripartite courses in April the ARNI Trust is pleased to present the Bridging the Gap Initiative Part 2.**

**This course is for qualified personal trainers (particularly those who have REPs Level 3) who have been contacted directly by the charity. 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 strength, conditioning and fitness**

**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. We want to share them with you so that you can add them to your practise. The day will be an intense one as there is quite a bit to fit into the relatively short time we have. Please bring a pack lunch if you need. Tea/coffee/biscuits/cake/fresh fruit etc will be served.**

**Nb. PART 3 involves simple home learning about stroke (via internet sources) and training people who have had this type of injury... and the particular needs that this cohort has. There will be a number of internet sources given, and web-searches will enable you to find all the answers to our questions. Find out more about this on the day.**

**SYLLABUS:**

**12.00 REGISTRATION**

**12.30 DR TOM BALCHIN**

**Introduction to the ARNI Trust for PT trainers on Bridging the Gap Initiative  
Strength Training for Stroke Survivors – Principles and Techniques**

**1.30 LUNCH**

**2.00 Over to Energise gym (2 minutes walk):**

**ARNI TRUST CHIEF INSTRUCTORS: DR TOM BALCHIN & NICK TSAVAOLOS**

**4.00 Sum-up/Questions concerning next moves/**

**Presentation of the ARNI TRUST CERTIFICATION**

**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)**

**Contact numbers ARNI Team: Tom Balchin: 07712 211378 / Nick Tsavalos 07710 407021**

**COST:**

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