

Prehabilitation 8-WEEK SUPPORT GROUP PROGRAMME

A safe, non-judgemental environment where you can connect, share experiences and support one another in preparing for surgery, with expert guidance from healthcare professionals and visiting specialists



Benefits

- A supportive environment where you can share experiences and learn from each other.
 - Enhance your pre-surgical wellbeing through discussion, shared strategies and expert insights, where needed.
 - Improve your knowledge and confidence for a smoother surgical experience and recovery.
 - Provide access to professional guidance from guest speakers on key topics.
 - Motivate you to make healthy lifestyle changes.
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Topics covered

Anxiety and depression

Weight management

Physical activities

Improving sleep

Pain management

Healthy eating

Confidence building

Format:
Online

Duration:
1 hour / week

Contact us:

The prehab service is currently exclusive to patients on waiting list for surgery. If you believe you meet the criterion, please contact us via email prehab@royalberkshire.nhs.uk

Testimonials

"I can't thank everyone involved enough - superb"

"Participants should attend with an open mind, not come with preconceived ideas"

"I believe this course is very well delivered"

"I have taken on board the benefit of developing routine to improve my fitness level"

