

Press Release – 16 November

Thousands of people will benefit from an innovative scheme, bringing together NHS physiotherapy clinics and a town's leisure services, which is being launched by Sirona care & health.

Outpatient clinics run by Sirona, a not-for-profit organisation which provides high-quality community adult and children's health and care, will operate from Thornbury Active Lifestyle Centre, which itself is run by charitable non-profit organisation Circadian Trust, from 4 December.

This means people recovering from an injury, surgery or painful muscles and joints will be treated at a state-of-the-art lifestyle centre in the heart of the community rather than a traditional hospital setting. Where appropriate, therapists will have access to use the centre's gym and pool with individuals.

Jenny Theed, Sirona's Director of Nursing and Operations, said: "Working with the lifestyle centre is a natural fit as we know being active is linked with improved health and wellbeing."

Once an individual's treatment is over, they can then choose to become a member of the centre or join one of the other lifestyle centres run by Circadian across South Gloucestershire.

The move is part of an overall plan supported by the Bristol, North Somerset and South Gloucestershire Clinical Commissioning Group to relocate rehabilitation services from Thornbury Hospital to more modern facilities. The move of in-patient beds from the town's hospital to a new purpose-built facility within Thornbury was also unveiled last month.

Jenny added: "It makes sense to link up with a public facility which has a focus on healthy living, and promoting activity as it matches our ethos to make sure people in our care are able to live as independently as possible.

"We are committed to making sure our care is tailored to an individual, and this holistic approach will improve rehabilitation and recovery for people by giving them the chance to see facilities available to continue their rehabilitation journey after treatment, if they wish.

"We are delighted to be working with Circadian Trust to ensure there is a facility for people in Thornbury and beyond, and we are really pleased that they will be offering those attending outpatient clinics special offers to join the lifestyle centre so they can continue their journey."

Craig Smart, Operations Director for Circadian Trust said, "Our mission as an organisation is to inspire active lifestyles and maximise participation across all levels of health and wellbeing, so we're thrilled to be working in partnership with Sirona to provide this outpatient service. We look forward to welcoming Sirona's clients to our Centres and hope we can inspire them to adopt a healthy level of physical activity as we assist with their prevention and rehabilitation therapies."

The public are invited to a preview of the new facilities at Thornbury Active Lifestyle Centre between 10am to 2pm on 30 November.

Clinicians will be on-site to provide a tour of the new clinics and a Christmas Bazaar is being held to raise funds for the Sirona Foundation, Sirona's charitable arm which aims to support the health and wellbeing of communities.

For any new visitors to the Thornbury Active Lifestyle Centre, it can be found at the bottom of Alveston Hill in Thornbury (BS35 3JB).

Notes to Editors:

For more information: Please contact Wendy Best, Head of Communications, Sirona care & health, 0300 124 5401/07715770242