

## Move Together

### Trudie and Ernie, Participants

**[Text:** Trudie and Ernie, participants at Eden Hill People's Centre]

**Images** [Graphic skyline image across bottom of page. Logo with County Durham Together Partnership logo and Better for everyone strapline]

**[Video:** Ernie and Trudie sat in Eden Hill Community Centre]

**[Trudie:** So when I first started coming I had a rotary cuff injury in my shoulder and I couldn't move my arm at all but now I can get my arm way up, my legs, I've lost weight on my legs because I do a lot more leg work when I'm doing the exercises because Emma who does the class she just says do what you need to do and do what you can do and don't overstretch yourself. And all the way through she will say to everyone, if she sees someone struggling, she'll say are you ok, or right don't do that bit. But I feel now that I've got more energy, and I've lost weight. I know it's only a chair exercise, but it has made me lose some weight especially round my legs and my knees.

We first started coming up here around about September, I think it is, my sister always comes to the Bread and Butter Thing on a Tuesday, and I had to stop work to look after my husband and we started coming up with her every week and it was just, the welcome in there was just amazing. They're helping us out with company, if I need to talk to anybody they're always there, it's just a lovely, lovely atmosphere with them. And when they said they were going to start doing the chair exercises, I said to my sister at first it would be good for her to do it because she's got COPD and I've got osteoarthritis and fibromyalgia and I thought oh it's going to be good for me as well, but then my husband joined in as well and he was absolutely, he loved the music. He doesn't do all the actions, but he absolutely loves it. I only have to say to him we're going to the exercises today and he's up and out of bed and he's ready for it.

They make me cry every week because as soon as he comes in every single one of them makes a point of coming over and saying hia Ernie, how are you and howay Ernie, let's go and do this, or they bring him a cake because they know he doesn't eat very much so every time he comes in, he gets a cake off somebody. It's just absolutely, they're life savers really, they really are. We don't go to any other groups apart from in here. So, he goes to the walking group with them when his mind is up to it, now he's got Parkinson's, he's been diagnosed with Parkinson's the exercise is good for him. Then they take him out for the walk, the volunteers, and I can stay here and have an hour off to myself, it's lovely.

**[Images:** County Durham Together Partnership logo]