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#  Helen Chambers

## Helen Chambers is a Exercise Specialist Practitioner below she shares her experiences.

### My role is to support the work of the Neuro-Rehab Outpatients team (and support weekend cover on the acute stroke rehab ward).I am involved with the prescription of exercise for people living with long –term neurological conditions. The aim is to help people gain confidence, have more autonomy, and improve their overall wellbeing by embracing exercise as an essential part of their lifestyle and maintaining/improving upon their fitness and mobility. I also teach weekly exercise classes (both online and face to face) for the PD and MS Society. These classes encourage interaction and a sense of community for those people who attend, in addition to the benefits of appropriate and challenging exercise.

### I have always wanted to work in a field that involved caring for/supporting people, and a desire to have a positive impact on people’s lives when they need it the most. Life took me in several other directions before this over the years that all played a part in making this, ultimately, the perfect vocation for me. I was lucky enough to be approached by a trusted friend and encouraged to move into this specific field based on my experiences, skills and personal skills…and I haven’t looked back!

The training provided to me has helped to orientate me into working in this unique environment and learn the correct protocol and procedures. I have developed my skills and knowledge within the specific area I work, and it has enabled me to grow in confidence and competency. I have enjoyed learning and have been very well supported by my team and management to gain the training and development I need to do my job to the best standard possible.

**I am most proud of the positivity, pride and on occasion joy that this role enables me to inspire/evoke within people on a daily basis.**

It is one of the most life affirming and meaningful roles to have - actively supporting people to overcome adversity and fear. Working as a support worker, you are part of a team and get the benefit of the support, camaraderie, and experience of those around you. Working as part of a multi-disciplinary team you learn so much and get to see positive and life changing results so very often. It has so much value and is something that gives you pride and gratitude.

I have been very privileged and am very grateful to have received very many emails of thanks and endorsement from individuals whom I have worked with, and who have taken part in my PD and MS classes over the last few years.

I have also had positive feedback from other professionals and colleagues who have been involved with or supervised my work and had a formal commendation from Learning From Excellence from an Advanced Practice Physiotherapist who witnessed my classes prior to lockdown.

Two emails:

“I have had the pleasure of working with Helen on two separate occasions now and both have been incredibly beneficial to me.
I attended her Neuroactiv class which she held along with another colleague of hers through the NHS during the first lockdown for individuals with neurological conditions.
A class to improve movement, flexibility, and all-round wellbeing.

Helen has a unique and open-minded teaching style. When delivering instruction on movement or exercise she is both dynamic and flexible in her approach.
It can often be quite distressing at times when your body no longer moves the way you would like it to. Helen’s approach allows you to feel both understood, accepted and in control as you can work within your own limits. This in turn helps to provide the much-needed encouragement and support whilst going through this challenging transition.
She possesses amazing levels of compassion empathy and acceptance which helps to build self-confidence and self-esteem in everyone she helps. This is evident when working 1-1 and in a group setting.
She has a wonderfully infectious nature and working with her will truly brighten your day. :)”

“Dear Helen, I felt that I needed to say a big THANK YOU to you yet again!

So many things have changed or gone out of reach for us oldies, but you are still helping us with well- planned lessons, continuity, patience, and fun.

I creak a bit, but I still find I want to take up the challenge of your class. I am grateful that you are lavish with praise and encouragement, where other individuals and groups have given up on me and people like me.”