

rugged interactive

SPOTLIGHT ON:

Redford Court, The Disabilities Trust



In April 2019, The Disabilities Trust added CardioWalls into 5 more of their sites. We caught up with staff and services users at [Redford Court](#) in Liverpool to find out how the CardioWall is aiding neurorehabilitation sessions.

A snapshot of Redford Court:

Redford Court is an assessment and neurorehabilitation centre for people with **acquired brain injury**. The centre focuses on promoting **independent living** for service users by helping them to **develop skills** which have been lost or inhibited following injury. **Staying active** following brain injury is a key component of the physiotherapy programme here.

Why did they choose the CardioWall?

The centre was looking for new equipment that would make **rehabilitation more fun and interactive**. After seeing the CardioWall at another Disabilities Trust site, Redford Court chose to install their own as a way of encouraging users to be **more active** and **motivated** in their **rehabilitation programmes**. The CardioWall was funded by The Morrisons Foundation which supports charities across the UK.



Feedback on the CardioWall:

The CardioWall has been used extensively during physiotherapy sessions. It makes therapy more fun and motivational for users, which is an important aspect of rehabilitation at Redford Court. Some service users have found the CardioWall to be a powerful tool for **keeping fit** and helping to **maintain a healthy weight**. Other users have found the CardioWall improves **flexibility** as it helps with stretching exercises.

Staff have observed that even for service users who aren't taking part, they gain enjoyment from watching others improve their scores and performance. It's brought a **social aspect** to therapy that has been beneficial for relationships between other service users and staff.

What they had to say:

"It's great! It helps us keep active and it's fun to use. I think more people should get involved with CardioWall sessions as they'd find it both fun and rewarding"

Service User, Redford Court