

WHAT IS MOVE 2 INDEPENDENCE (M2I)?

Move 2 Independence is a free service from Somerset Activity & Sports Partnership (SASP) to help you stay active and independent after leaving hospital. Our friendly Activators may visit you at home to improve your mobility, balance, and confidence using simple exercises.

HOW IT WORKS

Your Activator will:

- Support you at home with gentle exercises
- Focus on your personal goals – what matters to you
- Help you find safe, fun ways to move more

Family or friends are encouraged to join in and can get a short guide or video to help you move safely too!



YOU CAN JOIN IF YOU:

- Have left hospital within the last 6 weeks
- Are finding everyday living tasks difficult
- Are worried about falling or want to feel steadier on your feet
- Are ready for gentle exercise
- Can communicate by phone and in-person

(Note: M2I visits do not include personal care like washing or dressing)



MOVE 2 INDEPENDENCE WITH SASP:

 Email: move2independence@sasp.co.uk

 Phone: 07305 049840

 Website: www.sasp.co.uk/move2independence

WHO CAN TAKE PART?



HOW TO JOIN

1. Tell your health professional before leaving the hospital that you're interested.
2. They will review the referral criteria and submit a referral if appropriate.
3. Once home, an Activator will contact you to discuss your interest and needs.



ANN'S STORY

Ann was referred to M2I after a hip operation and shoulder injury left her struggling with mobility and daily activities like climbing stairs and washing her hair.

These challenges caused her emotional distress and fear about coping independently.

M2I offered personalised support that worked alongside her physiotherapy to provide practical, positive solutions.

"The first time I met you [M2I], you were just so practical and positive. Instead of saying 'we might try this', you had a perfect answer. You recommended a simple movement for my shoulder, and that changed everything."

"Even though I had physio support, there were gaps, and M2I was there in the middle doing something really practical to help me live independently."

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