

Rebound Therapy



Rebound Starts Again

Rochdale based activity providers have completed the Rebound Therapy course. A total of ten participants from Sunsport, Redwood School, Newlands School, Gateway Saturday Scheme and the Easy Does It day service spent 2 days completing the nationally recognised course. The course was delivered by the founder of the programme Eddy Anderson. Rebound Therapy describes the use of trampolines in providing therapeutic exercise and recreation for people with a wide range of special needs. The trampoline opens up the opportunity for people with reduced body support to enjoy movement in a very safe and comfortable environment. It is an excellent way to develop breathing, stretch muscles and move joints.

The most interesting aspect of the course was the vast number of methods that can be used to enable disabled people to have a bounce. The course focused on opportunities rather than barriers to participation. It certainly opened the eyes of the course participants and these are people who have been involved with activity delivery and disabled people for a long time. It was a very positive and enjoyable 2 days.

Rochdale Gateway will be resuming use of their trampoline on the 2nd of June. Gateway also has access to a hoist and steps for accessing the trampoline. If you are interested please give Rose a ring on 01706 515800