

Healing well, feeling strong

At 63, Nick Hulme faced a major challenge: ankle surgery. But with renewed focus on his fitness and support from a local wellness centre, he approached it stronger than ever.

Nick, Chief Executive of Ipswich and Colchester Hospitals and a recent recipient of a CBE for services to the NHS, knew that going into surgery in top condition would aid recovery. That's when he turned to Be Well Barn – a peaceful health and fitness centre near Eye, Suffolk.

"I joined to improve my general fitness," says Nick, who lives in Stonham Aspal. "Six months later, I was told I needed surgery. The Be Well Barn team adapted the

classes so I could work around the injury and build strength before the operation."

Set in tranquil countryside, Be Well Barn offers classes and private fitness and spa pods – which became essential during Nick's recovery when he couldn't bear weight on his leg.

"The team created a programme tailored to my needs and adjusted it as I progressed," he says. "The support and encouragement – from instructors and all the staff – made a real difference. The mental boost has been just as valuable as the physical rehab."

Owners Will and Sarah Edwards are proud of Nick's progress.



Nick Hulme at Be Well Barn

"Helping people prepare for and recover from surgery is close to our hearts," says Will.

For more details, call **01379 831565**, email **hello@bewellbarn.co.uk** or visit **bewellbarn.co.uk**. Please try our café and bar, open daily to non members, come and find out more about us.

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