

Supplementary document 1

Themes with supporting quotes

Theme	Quotes (participant:page number from transcript)
"I am moving better"	"you started to notice they are actually starting to fall into place. I don't remember doing that last time. But I am doing it now great get on with it I am doing it faster now" (Charles:189-190)
	"I did feel a lot fitter eventually...my leg muscles, my core muscles and everything. I was beginning to feel stronger in myself and my stamina then got a little bit better."(James:1176-178)
	"Personally for the first say three or four weeks, I'd think well this is getting me nowhere, but then you think that you notice things, things are improving and at the end of ten weeks you want to go for twenty weeks (Charles:119-125)
	"Oh I've improved...my balance. That I can do it...everything is so slow...it is difficult to realise when change is occurring." (Donald:226-234/254)
	"I had a fall a few times I've been at home and just not been able to get up. So once she showed you how to do it, then it takes a while but you can get up then" (Betty:434-435)
	"I know if I went down which I did one day in the hall in the early stages of coming back home and I did manage to get up and walk upstairs...but I wouldn't have been able to do that had I not had that [training]" (James:475-477)
	"But for me I must admit it's getting easier walking" (Frank:236)
	"Well I started to get myself back to normal...well it loosened me up, I could do things more easily than what I could before" (Frank:302-309)
	"It was coming every day, I mean I'm noticing now that I am moving better" (Frank:335)
	"I suppose I was getting something back I thought I'd lost" (Peter:618)
	"what I did find encouraging was that I was improving after being part of the group and for me I think, I think everyone felt that." (Arnold:94-97)
	"I've certainly improved to where I thought I would be and I must admit I didn't think I'd improve as much as I did." (Arnold:261-262)
"Well I thought that I would perhaps be able to do a little more than I can now you know." (Sally:268)	

	<p>“my strength did improve there is no doubt about it.”(Arnold:333)</p>
	<p>“Well that was the main thing being able to actually walk and go along at a reasonable pace. Because I used to walk with [participant] and...she would be saying ‘you know slow down I can’t keep up’ and things like that. But this time she was better.” (Catherine carer:1226-1230)</p>
<p>“I can do it”</p>	<p>“I suppose it is attitude of mind as much as anything. I mean I felt I’d gone through that stage of training and that I was going to get better. It built my spirit up...I felt as if it, well it was worth the three months you know and at the end of the day I hope I’m going to get back to something like normal” (James:358-365)</p>
	<p>“It really helped me mentally, you know I thought right I can do this because before I was going into my shell, thinking I can’t do this and I can’t do that. Oh I am not going out. Then I went on that [ReTrain] and it gave me an element of confidence...he [son] rung me up and said he was taking his daughter to [the zoo]. He said ‘come on you can do it’ and I said ‘I can’t, I just can’t do it. He said ‘come on we’ll just walk as far as you feel comfortable and then come away’. And I thought ‘I am going to do it’ I am determined you know I think going on that course made me determined, it’s really given me a lot of sort of inner strength, you know that I didn’t have before, I thought right I can do it. It was difficult, but I thought ‘I am not going to give up, you know, whereas before I went on the course had he said come to the zoo I wouldn’t have even gone out of the door.’” (Sandra:562-565, 694-718).</p>
	<p>“I got a bit more brave if you’d like to say it...I’m not going to fall down and I’m not going to do anything silly you know. It gave me that bit of confidence like that.” (Sally:494-497)</p>
	<p>“I felt as if I could go ahead and do things you know, whereas before I think ‘oh I can’t do that’” (Sally:523-524)</p>
	<p>“with the exercises as I say when I started I couldn’t do certain things or I suppose I couldn’t do them very well. But with a lot of practice I ended up where I was quite confident” (Arnold:237-239)</p>
	<p>“The direction that they give was ideal, you know you have got something that you can aim for now.” (Arnold:276-277)</p>
	<p>“It opened my eyes up of what can be done you know.” (Chalres:358)</p>
<p>“A mile and a bit”</p>	<p>“His [the trainers] idea was to go the mile and a bit...if you take it to the limit each day that’ll be the same 50 press-ups. He takes you just over, then that just over the next day and you would go over again so you were getting further and further. And you know before you know it you are “yeah I couldn’t do that before”. You know it</p>

	clicks and everything falls into place” (Charles:781-789).
	“I didn’t realise it was going to be perhaps so, energetic at times...because it was physically weakening at times for me. I must admit I got very tired. (James:133-139).
	Participant: “But I did find it, that there were times when I came away from there and I was tired and I mean I was literally tired. I’d get out of the car here and walk into the house and sort of the first thing I really wanted was to have something to eat and to go to bed really and have a sleep you know.” Researcher: “How did you feel about that? Was that a good or not a good thing for you?” Participant: “Well I felt that it was: it must be doing me some good. I mean I was using muscles which I’d not used probably for years” (James: 182-190)
	“I didn’t think I was signing up for boot camp” (Catherine:295).
	“But it’s a bit like playing scales...it’s not creative but as I gradually realise it, it could potentially be creative...doing something that I had been doing without thinking before and now couldn’t...now and again I walk without my stick without realising it. That’s creative I think.” (Donald:354-392)
	Int: was he more tired than normal? Part:Yeah, hmm, hmm Int: Right so it was taking it out of you? Part. carer: It was good because it meant he was working. (Frank:507-512)
	“Well I was tired but it wasn’t an issue.” (Donald:666)
	“It was a bit tiring, but on the other hand it was good. Because I felt better afterwards you know, although I struggled but I did feel a lot better afterwards.” (Sally:480-489)
	“I think it was too long...by the time I got home, the days that I went I came home and I had to go to bed because I was so tired.” (Sandra:352-358)
“the team done really well”	“Now this chappie could lay on the deck, on the ground and actually get himself up which he could never do before. Now when you see the look on that chappie’s face. God! You know there is something going on. And to me that was the biggest motivation for me. (Peter:255-265)
	“And gradually you’d see them getting out, and again it’s that look on their face ‘yes I’ve done it!’ It was incredible” (Peter:672-673)
	“For me and I think for everyone else, we started seeing each other

	<p>improve and we were encouraged by that it was good you know it wasn't all hard play. It was fun as well and I must admit the team done really well. Because different age groups, different ailments, male and female they were dealing with and I think they really understood their role and they done well" (Arnold:101-108)</p>
	<p>"He's trying hard isn't he I must do that too...it was better to have other people I think because you can see how other people, the three of us had quite different effect, after effects from the stroke...but all determined." (Donald:504-534)</p>
	<p>"We all used to talk to each other and chat to each other and try to help each other on. Encourage each other you know what I mean...and to see the difference towards the end in the three of us in what we were doing I mean it was amazing really...that to me gave me encouragement to you know sort of carry on and do a bit more" (James:933-941)</p>
	<p>"because they were the same as you weren't they, that's why it is [group better than individual] (Betty:589)</p>
	<p>"they were such a lovely set of people and I mean they had been through the mill at sometime or other" (Sally:342-343)</p>
	<p>"Oh it was lovely as we were all sort of, we were all in the same boat because it wasn't a competition but we knew that from the start. We were doing what we could." (Sandra: 1215-1217)</p>
	<p>"But I could see how it had affected my colleagues on the course in the same sort of way and that instructed me. I could see that [participant] couldn't do various things so I realised "well, perhaps I've got that same sort of problem haven't I?" (Donald:759-765)</p>
	<p>"We were strangers to each other. All strangers...We sort of said hello and goodbye there was nothing, no sort of conversations" (Charles:577-578).</p>
	<p>"had absolutely nothing in common" (Charles:593)</p>
	<p>Interviewer: What did you think of that being part of a group when you were? Participant : I thought it was quite good Interviewer: What did you like about it? Participant : Well seeing other people as bad as me or worse you know. There were quite a few worse than me. I thought I've hardly got anything wrong with me. (Frank:424-431).</p>
	<p>"Yes he was addressing my problems and he was addressing [participant] problems and he was addressing the third person's problems" (Donald:572-574)</p>

	<p>"I had no objections with the group at all...I mean we did get one to one training really in a way, because he was very attentive. I mean he would come down the line...and he'd start with one and the he'd come to the second one and eventually he'd come to me...so it was a one to one training really, although we were in a group and we used to encourage each other."(James:965-975)</p>
	<p>"I felt they did really well because they had seen you as an individual and they dealt with you I felt as you should be dealt with and I think that must have been very difficult for them as trainers." "(Arnold:363-365)</p>
	<p>"in those two hours with three of us. Three was enough because each one had to do each thing. If there was sort of six you would only get so many minutes each you know so you were sitting around twiddling your thumbs. What shall I do now?...Because you had individual teaching. It was not one to one but when he taught it, is taught to all of us...fifty percent was together but fifty percent was one to one." (Charles:147-155)</p>
<p>"Speaking our language"</p>	<p>"He was encouraging and he was encouraging you to do a little bit more." (James:808-809)</p>
	<p>"she was lovely and she had a personality. I mean her personality got you through." (James:835-836)</p>
	<p>"he had a personality that he could cajole you and get you to go" (James:871)</p>
	<p>"and they didn't bully them into it...they were very softly softly and give people time." (Sandra:1059-1060)</p>
	<p>"[Trainer] was a great encourager and that was his great benefit and he just encouraged us to do more and more. He saw that you were willing to be pushed and he pushed and so the two together worked." (Donald:315-316)</p>
	<p>"It was very hard to work him out. He was ex-Army and he was quite you know he wanted us to do quite a lot" (Catherine:310)</p>
	<p>"I felt there was a lot of aggression in and around it. With the smashing of you know, and he used to used to say 'well you can take it out on me now if you want with the boxing gloves and the stick" (Catherine:1035-1044)</p>
	<p>"It was fun as well it wasn't just hard work" (Arnold:591-592).</p>
	<p>"It was you felt as if you were a human being with them. You know and you were treated with respect...and although you couldn't do things and you felt a bit of an idiot, they never let you feel like that" (Sally:567-572).</p>
	<p>"So that played a massive role in speaking our language if you like.</p>

	<p>By speaking our language and helping us understand if we do that we can go forwards and in going forwards we have that hope.” (Peter:448-450)</p>
	<p>“It was the way they addressed how you do your exercises. What it is doing to you and all the rest of it. Now to me that was absolutely important, because it made sense of why you are doing all this pumping up and down, and if you can’t do that, do this.” (Peter:252-255)</p>
	<p>“They treat you like you were human” (Betty:401)</p>
<p>“Carrying on”</p>	<p>“It’s given me insight into knowing that perhaps I should continue doing a bit more. Which I still do a little bit at home.” (James:389-390)</p>
	<p>“I am doing Tai Chi now...going to classes for it, because I feel it’s a follow on in a way.” (James:118-1122)</p>
	<p>“I go to the gym now since I have finished the course.” (Betty:63)</p>
	<p>“I’m trying to get more exercises done, I’m trying to get more exercises into the time at home” (Donald:816-817)</p>
	<p>Int: have you carried on by yourself doing any of the exercises? Part: Yes I have yes, and I bought that... Int: Oh you said yes. How often do you use that exercise bike? Part: Two or three times a week.” (Sandra:1477-1483)</p>
	<p>“the big difference being with this being is you got a trainer” (Charles:1364)</p>
	<p>“I don’t feel I am back to where I should be or hope to be yet...but I am getting there. (James:1295-1299).</p>