



Supporting Your Loved One Through Recovery

When someone we love faces surgery or illness, knowing how best to help can feel daunting. Recoverly is here to bridge that gap, giving patients and their support networks the tools, information, and confidence to make every step of recovery smoother.

What is Recoverly?

Recoverly is an NHS clinician-designed platform that guides people through preparing for and recovering from surgery or illness. It brings together tailored information and structured exercise classes, everything a patient needs in one place, tailored to their specific condition and stage of recovery.

💡 An engaged support network significantly improves recovery outcomes. Your presence makes a real difference.

Tailored Information & Exercise Classes

Relevant Content

Recoverly supports clinicians to tailor information to your loved one's specific condition, procedure, and recovery journey; ensuring everything they see is relevant, safe, and paced just right.

Exercise Classes

Expert-built classes rebuild strength, mobility, and confidence safely. Sessions are short and manageable, designed to fit into daily life without feeling overwhelming.

How You Can Help

Familiarise yourself with their programme so you can understand their progress, celebrate wins, and spot when something might need attention.

Supporting Exercise at Home

You don't need to be a fitness expert, just a gentle, encouraging presence. A few simple things make a big difference:

- Do the class alongside them to reduce self-consciousness.
- Set up a comfortable, clutter-free space before each session.
- Keep water and anything they need close to hand
- Celebrate effort, not just results, kind words go a long way.
- Avoid pushing beyond the programme; recovery is not a race.

Things to avoid

- Comparing their progress to others
- Making them feel guilty for skipping a session
- Offering unsolicited advice mid-class

Recovery is not linear; patience is one of the greatest gifts you can give.

Talking About Recovery

What helps

- "I'm here for whatever you need today"
- "You're doing brilliantly, I'm really proud of you"
- "Would you like company for your session, or space?"
- "Tell me how you're feeling, I'm listening"

What to avoid

- "You should be further along by now"
- "My friend recovered much faster"
- "Are you sure you should be resting so much?"
- "Just push through it"

On difficult days

Hard days are part of recovery. Acknowledge them without trying to fix everything, sometimes the most powerful thing you can say is simply "I'm here."

Building Good Habits Together

Lasting recovery is built on small, consistent actions. As a supporter, you play a powerful role in helping new habits take hold:

- Anchor habits to existing routines (e.g. exercises after morning coffee)
- Help track progress visually, use our activity planner to tick off activity can create its own reward.
- Be their accountability partner with a gentle daily check-in
- Reduce obstacles, set up the space, prepare meals, manage timings
- Join in where you can, shared habits are stronger habits.

The Science of Habit

Early consistency matters most, habits are fragile in the first few weeks. Your support during this window has an outsized impact on long-term outcomes.

Start small, stay steady, and celebrate showing up, regardless of how the session went.

The Recovrly Health Hub

Knowledge Centre

The Health Hub is a curated library of articles and guides written by healthcare professionals, covering nutrition, mental wellbeing, and condition-specific advice to complement the recovery programme.

For Supporters Too

Browse the Hub yourself. Understanding what your loved one is going through helps you provide more meaningful, informed support, and there are dedicated carer resources to help you look after yourself.

Ask the Recovrly Team

Any question the Hub doesn't answer? Users can message the Recovrly team directly from within the app and receive a personalised response. No question is too small.

Other Ways to Show Up

Practical & Emotional Support

- Attend appointments when possible, familiar faces ease anxiety.
- Help manage their schedule so recovery stays the priority.
- Prepare nourishing meals that support healing.
- Create a calm home environment; manage visitors thoughtfully.
- Simply sit with them, sometimes presence is everything.

Looking After Yourself

Supporting someone through recovery can be emotionally demanding. You cannot pour from an empty cup.

- Set realistic boundaries and ask for help when you need it
- Stay connected with your own support network.
- Use the Health Hub's carer resources for guidance.

A rested, well-supported carer is a better carer.

Tips from Our Users

"It's getting a balance that I found key. Knowing when to be that shoulder to cry on and when he needed some encouragement to keep going."

- Laura, supporter of user on colorectal pathway

"We really enjoyed doing the exercise classes together, I thought I'd find them easy but they soon became more difficult and I've definitely got fitter as well"

-Jamil, supporter of user on gynaecology pathway

"The Health Hub answered questions I was too worried to ask the doctors. I felt so much more prepared and calm."

-Steve, supporter of user on cardiac pathway

Recovery is a shared journey.

With Recovrly, you and your loved one have everything you need to navigate it together, one step at a time. If you have any further questions or feedback, please contact us via support@recovrly.com