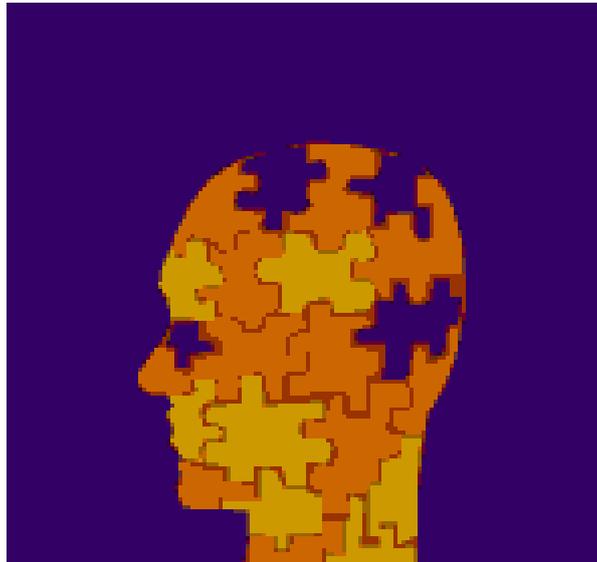


For relatives of people who have had a brain injury



INFORMATION

SUPPORT

CONTACTING SERVICES



St Andrew's
HEALTHCARE

CONTENTS

Support

- *The relative's view – Parents / Sister*

Information

- *Physiotherapy*
- *Psychology*
- *Speech & Language Therapy*
- *Psychiatry*
- *Occupational Therapy*
- *Social Work*
- *Others*

Some local sources of information and support

- *The Community Brain Injury Team*
- *Headway, the Brain Injury Association*
- *Northamptonshire Acquired Brain Injury Forum*
- *The Stroke Association*
- *The Neurological Alliance*
- *Northamptonshire Centre for Independent Living*
- *The Child Brain Injury Trust (CBIT)*

Useful telephone numbers and websites

Relatives Support Group details

A support group for relatives meets on the third Thursday of the month at the

National Brain Injury Centre [NBIC]

St. Andrew's Healthcare

Billing Road

Northampton

NN1 5DG

For more information please telephone 01604 616521

SUPPORT

The relative's view - Parents

Our son had a motorcycle accident thirteen years ago which left him with a serious brain injury. In the early days we were completely oblivious of the problems and effects the brain injury would have on him and all the family. His physical injuries were minor in comparison with his brain injury. He looked and sounded the same but he was no longer the son we knew. We had no idea how to recognise or handle various situations that triggered the unpredictable behaviour from him. We made many mistakes, which has caused untold damage within our family.

When in 2005 St. Andrew's suggested forming a support group for relatives of brain injured people, we jumped at the chance of joining and we have both found it a lifeline. The support group has helped us in many ways from just talking to others and sharing our experiences, to listening to various speakers and experts who work with brain injured people. We now have a much better understanding of our son's problems and our relationship with him has improved. It is a comfort to be able to speak with people who understand what you're going through.

John and Jill
Northamptonshire

A total of 112,718 hospital admissions were recorded for head injury in 2001/2.
Giving an incidence rate for all ages of 229 per 100,000 of population. Of these,

31.2% were aged 0 - 15

56.2% were aged 16 - 74

12.6% were aged 75+ years

Professor Alan Tennant BA, PhD
Professor of Rehabilitation Studies

(For full report see http://ukabif.org.uk/uploads/Tennant_Final_report.pdf)

The relative's view – Sister

Do you have a relative or know someone who is coping and caring for a brain injured loved one? If so, read on and you may find that you can help that special someone land on a 'Treasure Island'!

There is a wealth of knowledge, experience and advice just waiting to be tapped – but most of all, that special someone will be able to identify and relate to other people who are coping and caring for their brain injured loved one – please do not let that caring family feel alone anymore!

When they discover this 'Treasure Island', they will find the very best advice and support that the National Brain Injury Centre can offer. Providing guidance, not as you might think Long John Silver, but a mixture of relatives and professionals, as human as the rest of us.

Experienced rehabilitation professionals and relatives with years of coping experience guide us through problems we may encounter. We also have invited speakers every other month - amongst them have been Behaviour and Occupational Therapists and Rehabilitation Consultants. We are enriched with all the advice or information we are given, and often group members find they have also learnt something new that will help them to cope better with their loved one.

It does not matter how their loved one acquired the brain injury – but it does matter that the family has help, advice and support so they are able to do their best to help the brain injured person.

Some of us have lived with the experience of acquired brain injury (ABI) for many years and are able to talk freely – for others it is still so new that they are unable to speak but just listen – but with ABI in the family, we are all experiencing the various stages and need our Treasure Island to help understand what is happening to our loved one!

If after reading this – that special someone or family would like to join the rest of us who are sailing the choppy sea of ABI then you will find our Treasure Island every third Thursday of the month between 7 and 9 pm.

Jackie
Cambridgeshire

Relatives Group

At the National Brain Injury Centre, specialised rehabilitation for people with a brain injury has been provided for over 30 years. Alongside this, staff have worked with family members and partners to share knowledge and offer opportunities for support. We are now able to offer support to family members from Northampton and the surrounding area in the form of a monthly meeting held at the National Brain Injury Centre, between 7 and 9 pm on the third Thursday of the month.

For further details and to confirm attendance telephone: 01604 616521

What services may your brain injured relative need?

What do the different professionals do?

Following a brain injury your relative may need the input of various specialist services. We have asked some of these medical and social care specialists to describe what they do.

Physiotherapy

Physiotherapists specialise in assessing and treating the disorders of movement and loss of physical skills, which occur following a brain injury. For example, problems with balance, walking, controlling movement of the arms and legs for everyday actions and/or maintaining general fitness. Specialists in treating people who have had a brain injury are described as Neuro-physiotherapists.

Physiotherapists can be involved at any point following a brain injury. Treating people when they are still in intensive care, the physiotherapist will carry out chest physiotherapy to help to prevent infections, and passive movements of the limbs to prevent muscles from shortening, limiting movement and forming what are known as 'contractures'. In hospital, physiotherapy might take place on the ward or in a gym where treatment will usually focus on balance, restoring movement and encouraging independence.

A person with a brain injury may be transferred to a rehabilitation unit providing facilities and opportunities for more intensive therapy. Neuro-physiotherapy may be in addition to: the teaching of special exercises; exercise in water (hydrotherapy); the use of equipment, for example, standing frames or exercise machines; the provision of splints or limb supports; the provision of walking aids. Tiredness and lack of stamina are common after brain injury so use of activities and exercises which target improvements in general fitness are also a part of rehabilitation

In the community, some people will need to continue with physiotherapy to encourage further improvement or maintain gains. Relatives and carers provide crucial support, encouraging the person with a brain injury to do things for themselves or to carry out exercises. Relatives can get involved in using special handling techniques, equipment or applying splints. They greatly assist the physiotherapist as they often notice changes in ability and can make suggestions to improve communication with their brain injured relative.

For inpatients, referral for physiotherapy is made by the doctor or a member of the clinical team. Once discharged from hospital, referral can be more difficult to obtain. A GP or Consultant is required to make a referral to the local NHS hospital physiotherapy department. Physiotherapists in private practice can be found by looking in the Yellow Pages. Try and locate a clinic specialising in treating neurological conditions or ask if they employ a neuro-physiotherapist within the practice. The Chartered Society of Physiotherapy may be able to help locate a local practitioner who treats private patients and is a member of the Neuro-physiotherapy Association (ACPIN). The address for the Chartered Society of Physiotherapy is 14, Bedford Row, London WC1R 4ED. Telephone 020 7306 6666.

The Chartered Society of Physiotherapy has a website www.csp.org.uk where people can search for a physiotherapist in their area on PHYSIO2U.

Jane Pipkin
Lead Physiotherapist

Headway

A key source of information for relatives and people that have had a brain injury is Headway, the brain injury association. This national charity has local groups and branches offering day services and support for brain injured people.

Headway National Helpline: 0808 8002244
(9 am - 5 pm Monday to Friday – you can also leave an answer phone message anytime)

www.headway.org.uk/

email - helpline@headway.org.uk

Psychology

Clinical Psychologists and Clinical Neuropsychologists (brain function specialists) may be involved in assessment and treatment. In hospital and rehabilitation settings they will carry out tests to measure the impact of brain injury upon reasoning, memory, concentration and other mental abilities. Results can then be used to monitor recovery and to design helpful strategies customised to the individual, e.g. problem solving tick-lists, portable memory aids (diaries, notebooks), etc. Psychologists will also contribute to treating any significant behaviour and emotional changes such as aggression, disinhibited behaviour or low mood.

Common techniques employed include 'behaviour modification' (i.e. environmental changes, use of incentives and systematic feedback about behaviour) and 'cognitive-behaviour therapy' (looking at how thoughts about self and situations can be inaccurate and result in 'problem' emotions, e.g. depression, anger, anxiety). As well as working with your brain injured relative, a psychologist will work with other staff involved in all aspects of care and treatment to ensure that they are helped to understand the effects of reasoning, memory, behavioural and emotional factors that may impact upon the brain injured people they are working with. Supporting relatives with information and counseling can be another area of involvement, and sometimes a couple or whole family will be seen together.

Psychologists that are Full Practitioner Members of the British Psychological Society's Division of Neuropsychology will have had additional training and experience of brain injured people and their relatives. Your GP can usually refer you or your brain injured relative to a psychologist, and in some areas they will be part of multidisciplinary rehabilitation teams working in the community and/or rehabilitation units. Many Clinical Neuropsychologists also work within independent service providers such as the National Brain Injury Centre or privately. If you are looking for a private practitioner you can search for appropriately qualified and regulated individuals on the Internet at:

www.bps.org.uk/e-services/find-a-psychologist/directory.cfm

selecting the work area 'Clinical Neuropsychology'

Keith Jenkins

Consultant Clinical Neuropsychologist

Compensation??

A brain injury may be the result of an accident or negligence. It may, therefore, be possible to take legal action to secure a financial award that may help your relative now and in the future with the cost of care and support. Headway maintains a list of personal injury lawyers that may be able to help.

<http://www.headway.org.uk/Choosing-the-correct-solicitor.aspx>

It is important to try to use a Solicitor with experience in brain injury cases because of the complexities of the work involved.

Speech and Language Therapy

Speech and language therapists who specialise in acquired neurological disorders provide assessment and treatment for adults and children who have difficulties with communication, or eating, drinking and swallowing following a brain injury.

The Speech and Language Therapist may be involved at any point from admission to the intensive care unit, inpatient rehabilitation or life in the community. Assessment will aim to identify the needs of the person and inform treatment. Initially, support and advice may be given to relatives, carers and medical staff in the early stages on ways to communicate effectively or provide nutrition safely. In rehabilitation more intensive therapy may be offered with special exercises to improve speech or swallowing or to support affected language skills. Alternative means of communication may be provided, e.g. picture based systems or electronic 'talking' machines. Group work may be offered to overcome difficulties with conversation and with learning to socialise again. Advice and support may also be given on managing re-entry into the community, e.g. occupational/educational situations.

Relatives play a very important role throughout the process. They can provide information about their relative before the injury, for example, what occupations and interests they had, all of which may assist in decisions about treatment. They may work with the therapist to determine the best way to communicate with their relative or offer help and support with exercise programmes that may need to be carried out daily.

Speech and Language therapists should be registered with the Royal College of Speech and Language Therapists www.rcslt.org.uk and the Health Professions Council www.hpc-uk.org. If you think your child / relative needs to see a speech and language therapist you can ask your GP to make a referral or you can contact your local speech and language therapy service. In some areas the therapist may be part of a Traumatic Brain Injury Rehabilitation Team, working in the community/rehabilitation unit. Many speech and language therapists also work privately and you could look for this information on www.helpwithtalking.com/.

Lynne Couzens

Lead Speech & Language Therapist

The National Service Framework Long-term (Neurological) Conditions

The National Service Framework (NSF) for Long Term Conditions (LTC) (2005) is a 10-year plan to raise standards of treatment, care and support for people across local health and social care services. This NSF is mainly for people with long-term neurological conditions caused by damage to the brain, spinal cord or other parts of the nervous system - but it also applies to people with other long-term conditions such as coronary heart disease and diabetes.

The Department of Health has produced an easy-to-read information leaflet summarising the NSF and the improvements it aims to bring about. Are the services you receive matching the Quality Requirements? If not, why not?

This leaflet, as well as the NSF in full, is also available on the Department of Health's website at:

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4105361

Psychiatry

A Psychiatrist is a medical doctor who specialises in assessment, management and prevention of mental, behavioural and emotional disorders. People suffering from brain injury are at increased risk of developing these disorders such as aggression, depression, anxiety and so on.

After a brain injury people can acquire a range of physical health problems such as epilepsy or tremors. They can also develop limitations in understanding others or expressing themselves. Some people may also have sensory deficits such as complete or partial loss of vision or motor problems such as poor mobility. The combination of mental, behavioural or emotional disorders, along with several of the above mentioned health problems, can make

rehabilitation and everyday life even more challenging. Psychiatrists usually work with colleagues from professional multidisciplinary teams to meet the challenge of rehabilitating and returning their patients back to community living.

Caring for relatives, partners or friends with a brain injury can be associated with 'carer distress' and emotional or depressive reactions. A psychiatrist can help by assessing and identifying sources of distress and supporting relatives with any associated mental health problems, such as depression or anxiety disorders.

People who are interested in knowing more about mental health issues can access the website of the Royal College of Psychiatrists www.rcpsych.ac.uk. This website provides access to a useful range of public education leaflets and other sources of information.

People who wish to see a psychiatrist should contact their General Practitioner for a referral to the local community mental health team or a referral to a private psychiatrist.

Dr. Rafey A. Faruqi
Consultant in Neuropsychiatry/Brain Injury Rehabilitation

Occupational Therapy

Occupational Therapists (OTs) enable people to achieve health, well being and life satisfaction through participation in occupation. Following a brain injury, all activities of daily living can be affected, e.g. personal hygiene (washing and dressing), eating and drinking, managing a wheelchair / seating, home management, community living and work skills. OTs consider the impact the injury has had on people's lifestyles and their ability to participate in society.

Where possible, we take a 'person centred approach' to design a programme of treatment based on the individuals' unique lifestyle and preferences, sometimes modifying the environment surrounding the person (e.g. adapting bathrooms, organising ramps to ease access). Enhancing someone's ability to participate in everyday activities is the central aim of Occupational Therapy. The therapy is carried out in in-patient and out-patient settings, working closely with the person and their available support network of family, friends and paid carers once they are discharged home.

OTs recognise and understand that everyone's lifestyle is different and how each person chooses to live is up to them. We consider the importance of how a person's physical, mental and social needs will impact on the recovery process and help them achieve the life goals and aspirations that are most important to them. The focus is on working with people to reduce avoidable and unwanted dependency on others.

OTs believe that occupations / activities describe who you are and how you feel about yourself. If you are unable to do the things you want, or need to do, to live and enjoy your life, your general well-being may be affected. Occupation is important to everyone.

There are several ways you can contact an Occupational Therapist

- Ask a doctor to refer the person that has had an injury to an Occupational Therapist, or look for the number of your local hospital or social services team in the telephone directory and ask for the Occupational Therapy Department. The College of Occupational Therapists strongly recommends that Occupational Therapy services should only be provided by Therapists on the Health Professions Council (HPC) register. To view the HPC register on the Internet, log onto www.hpc-uk.org/.
- Alternatively, you can contact an independent Occupational Therapist for assistance. A directory of OTs can be found at the specialist section "occupational therapists in private practice" (OTIP) website www.otip.co.uk/index.htm. The enquiry line is 0800 389 4873. The cost of treatment may be met by the NHS or by the insurance firm if there is private medical cover. Do always ensure that funding is in place before committing to any private treatment.
- The College of Occupational Therapy has a public domain that can be viewed and contains some useful advice. To view this, log onto www.cot.org.uk.

Tracy Newton, Lead Occupational Therapist

Social Work

Social Workers provide an effective service based upon non-discriminatory values that recognise the uniqueness of each individual. Social work is a key role that requires a wide range of skills and attributes, as well as specialist knowledge and skills pertaining to particular areas of work. Because of the need to have specialist skills, Social Work teams are often set up to deal with specific areas of service; for example adult and/or children's services and teams that specifically aim to provide a service for individuals with mental health issues and/or learning or physical disabilities and some local areas have a specialist brain injury team.

To contact a Social Worker you will need to contact your local Social Services and speak to the 'Duty Officer' who can make a referral to the appropriate team. A Social Worker will then be allocated to complete an assessment of need and a care plan. All Social Work practice is guided by up to date laws and regulations, codes of practice and government policy documents. Of particular concern are child protection issues and the safeguarding of vulnerable adults.

The type of responsibilities Social Workers undertake is divided into statutory (e.g. duties under the Mental Health Act) and non-statutory responsibilities. Social Workers can also take on a therapeutic role with individuals as well as advocating for and working closely with carers, families and groups. They also seek to maintain links with other agencies and professionals relevant to their human rights.

Social Workers ensure that an individual's rights are protected and support them to make informed choices. They enable carers to meet people who can assist them with their diverse range of needs including those in the social, cultural and spiritual areas. Social Workers also ensure that individuals and carers are aware of their welfare rights, empowering them with issues affecting their future as well as enabling the individual to make their own choices and decisions that incorporate each individual's independence and liberty. Social Workers advise on future life choices based on identified needs, interests and wishes in collaboration with the individual, their family and other agencies as part of a holistic approach.

All Social Workers are required to hold a recognised Social Work Qualification and be registered with the General Social Care Council (GSCC) and have a current enhanced Criminal Records Bureau check.

Iain Anderson ***Brain Injury Case Manager***



Others

There are many other health and social care specialists that you are likely to work with. Foremost among these will be registered **Nurses**. In hospital, nursing staff will be involved from initial assessment of your relative in A&E, to specialist nursing within intensive care, and support on general and rehabilitation wards. Some rehabilitation services will incorporate a range of nursing expertise, including psychiatry, learning disability and general medicine specialists. In the community, you may work with Clinical Nurse Specialists if, for example, your relative has epilepsy, head injury or one of a growing range of acquired neurological conditions that receive dedicated nursing input.

At home, Community Psychiatric Nurses may also be involved if your relative has significant emotional difficulties such as depression or anxiety, offering counseling, support, and supervision. **Healthcare Assistants / Rehabilitation Assistants** are also very likely to be encountered providing much of the day to day care or rehabilitation input. Although not professionally qualified or registered, they will have had comprehensive training specific to their role and work under the supervision of registered colleagues.

It is impossible to be exhaustive, but other professionals you may encounter will include:

Neurologists, doctors specialising in the treatment of conditions of the brain and nervous system;

Neurosurgeons, surgeons that perform operations on the brain and nervous system; **Dieticians**, who will work, often in collaboration with Speech & Language Therapist colleagues, to ensure safe and appropriate nutrition;

Teachers, contributing to the development of new skills after a brain injury and supporting individuals into education and training opportunities;

Case Managers, experienced professionals (often Occupational Therapists or Social Workers) that work with individuals and their families to provide packages of care, rehabilitation and support across the full range of needs, usually in collaboration with **Solicitors** representing the Claimant or the Defendant in personal injury or medical negligence cases.

It can often be bewildering to have so many people involved in your relative's care, so there should be a **'Keyworker'** or **'Care Coordinator'** from amongst the care team identified as a single point of contact for you. **Benefits Advisors** (sometimes contacted via the Citizen's Advice Bureau) can also be essential to ensure that all financial entitlements are being received in order to attempt to avoid the added burden of debt and to ensure that your relative qualifies for other support and services.

Some local sources of information and support

The Community Brain Injury Service

Northamptonshire Healthcare NHS Foundation Trust

Service Description: Based at Isebrook Hospital in Wellingborough. This is an assessment, consultation and community rehabilitation service for adults following acquired brain injury.

Access Details: The service can be accessed via hospital consultant, GP or other clinical referral, e.g. clinical psychology, physiotherapy, clinical nurse specialist, etc.

01536 494144

<http://www.nht.nhs.uk/main.cfm?Type=CONTENT10&objectid=2562>

Government Information for disabled people and carers

The Government is making it easier for you to access information and services through a website called Directgov. It provides information for disabled people and carers of all ages in areas such as employment, independent living and rights. You can find information on the main benefits for disabled people; Attendance Allowance, Disability Living Allowance and Carers Allowance.

www.direct.gov.uk/DisabledPeople/fs/en

Headway, the Brain Injury Association

Headway has a network of over a hundred local Headway Groups and Branches across the United Kingdom providing support for people with brain injury, their families and carers and for those working with them.

Each Group or Branch develops its own individual activities and services with local people, in response to local needs. They generally have contact with individual families, offering support, information, guidance and the opportunity for social activities. Through these groups, people with brain injury and those who care for them can meet other people in similar situations, and can share experiences, information on local services, and mutual understanding and support.

About half of the Groups and Branches organise and run Headway House Centres. These provide activities, therapeutic facilities and daily respite care for brain injury survivors, their families and carers. Information and details about your local Group or Branch are available on the Internet at:

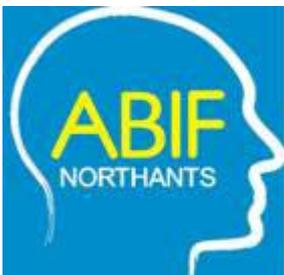
0808 800 2244

www.headway.org.uk/

<p><u>Headway East Northants</u></p> <p>Tele: 01933 652311 info@headwayeastnorthants.org.uk</p> <p>61 High St. Irthlingborough Northampton Northants NN9 5PU</p>	<p><u>Headway Northampton</u></p> <p>Tele: 01604 591045 Fax: 01604 587679 info@headwaynorthampton.org.uk</p> <p>Heathfield Way Kings Heath Northampton NN5 7QP</p>
<p>Providing day services for adults with an acquired brain injury including rehabilitative activity and peer support.</p>	

Northamptonshire Acquired Brain Injury Forum

The Northamptonshire Acquired Brain Injury Forum (ABIF Northants) brings together services from the public, independent and voluntary sectors who are working with people who have had a brain injury and their families. Its aim is to improve the coordination of what is provided across the County, and to provide better information and education to local NHS and social care service commissioners. ABIF Northants has developed a number of key resources to spread the word about acquired brain injury in Northamptonshire, and to support people caring for, or working with, the many hundreds of individuals and families living across the County with the physical, psychological and social effects of a brain injury. Look at the website for the Northamptonshire Services Directory and other information (<http://www.abifnorthants.co.uk/>).



The Stroke Association

Every year, **over 150,000** people in the UK have a **stroke**. That's one person every three minutes. Most people affected are over 65, but **anyone** can have a stroke, including children and even babies.

Stroke is the **third most common** cause of **death** in the UK. It is also the **single most common** cause of severe **disability**. More than 250,000 people live with disabilities caused by stroke.

The Stroke Association's main focus is to prevent stroke and to give **support** to stroke people and their families through our **information** and **community services**. As well as our national helpline and website, we offer:

- **Family Support Services**
- **Dysphasia Support Services** (for people with communication difficulties)
- **Welfare Grants**

They also **campaign** to raise awareness of stroke and fund **research** into stroke prevention, treatment and rehabilitation. For information about stroke and details of The Stroke Association's local services and support, please call our helpline on:

Tele: 020 7566 0300 - Fax: 020 7490 2686 - Textphone: 020 7251 9096

The Neurological Alliance

Finding an organisation for your relative's brain injury?

The Neurological Alliance represents a wide range of neurological charities that have come together to make life better for people in the UK with a neurological condition.



Its aims are to:

- Raise awareness of neurological conditions and their impact
- Inform and influence policy makers about the needs of people with neurological conditions
- Secure the highest standards of service and improved care for people with neurological conditions
- Promote research and the dissemination of information about neurological conditions

It is concerned about:

- The low priority given to addressing the needs of people with neurological conditions
- The need for nationally accepted standards of care
- Fragmentation and lack of co-ordination between services
- Low awareness amongst health and social care and other professionals about the impact of neurological conditions
- Ensuring that those affected are involved in the management of their condition

Visit the Neurological Alliance website to find out about many other organisations providing support and information about different types of brain injury causing illness and disease.

020 7566 1540

www.neural.org.uk/

Northamptonshire Centre for Independent Living

The Northamptonshire Centre for Independent Living supports disabled people and carers across Northamptonshire.

This service provides up-to-date information and advice to people of any age and with any disability, older people, their families, carers, friends and associated professionals.

01604 588501

<http://www.northamptonshirecil.org.uk/>

<p>Gladstone Road Resource Centre Gladstone Road Northampton NN5 7EJ Tele: 01604 588501</p>	<p>Patrick Road Resource Centre Patrick Road Corby NN18 9NT Tele: 01536 266192</p>
---	--

The Child Brain Injury Trust (CBIT)



01869 341075

0845 6014939 (24 hour answer machine)

helpline@cbituk.org

The Child Brain Injury Trust (CBIT) supports anyone in the United Kingdom affected by childhood acquired brain injury. They can provide information, support and training to families and professionals.

The CBIT helpline has been set up to provide information and support for families of children who have an acquired brain injury. Calls are charged at local call rate.

Useful Telephone Numbers and Websites

Benefits Enquiry Line Dept. for Work & Pensions	0800 882200	www.dwp.gov.uk
Centre for Independent Living:		
Northamptonshire Centre for Independent Living	01604 588501	http://www.northamptonshirecil.org.uk/
Northampton	01604 588501	
Corby	01536 266192	
Child Brain Injury Trust (CBIT)	01869 341075 0845 6014939	helpline@cbituk.org
Compensation		http://www.headway.org.uk/Choosing-the-correct-solicitor.aspx
Encephalitis Society	01635 699599	www.encephalitis.info
Government Information for disabled people and carers		www.direct.gov.uk/DisabledPeople/fs/en
Headway:		
Headway National Helpline	0808 8002244	www.headway.org.uk/
Headway East Northants	01933 652311	info@headwayeastnorthants.org.uk
Headway Northampton	01604 591045	info@headwaynorthampton.org.uk
Hydrocephalus Society	01733 555988	www.asbah.org
National Service Framework for		
Long-term Conditions		http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4105361
Neurological Alliance	020 75846457	www.neural.org.uk
Northants. Healthcare NHS Trust	01604 682682	
Occupational Therapy:		
HPC register		www.hpc-uk.org/
Private practice		www.otip.co.uk/index.htm
College of Occupational Therapy		www.cot.org.uk
Psychiatry		www.rcpsych.ac.uk
Psychologists		www.bps.org.uk/e-services/find-a-psychologist/directory.cfm
Relatives Support Group	01604 616521	
Samaritans	08457 909090	
Speech and Language Therapy:		
Royal College of Speech and Language Therapists		www.rcslt.org.uk
Health Professions Council		www.hpc-uk.org
Private Practice		www.helpwithtalking.com/
Stroke Association:		
The Stroke Association Information	020 75660300	www.stroke.org.uk/Information
The Stroke Association East Midlands	0303 3033100	http://www.stroke.org.uk/in_your_area/england/east_midlands/index.html
Northamptonshire Community Brain Injury Service	01536 494144	http://www.nht.nhs.uk/main.cfm?Type=CONTENT10&objectid=2562
United Kingdom Acquired Brain injury Forum (UKABIF)	01752 601318	www.ukabif.org.uk

To 32A Berkeley Close

Exit via Gate 4. Turn left, take a right on to The Avenue. Turn a right into Berkeley Close. Unit is at the end of this road.

To Spring Hill House

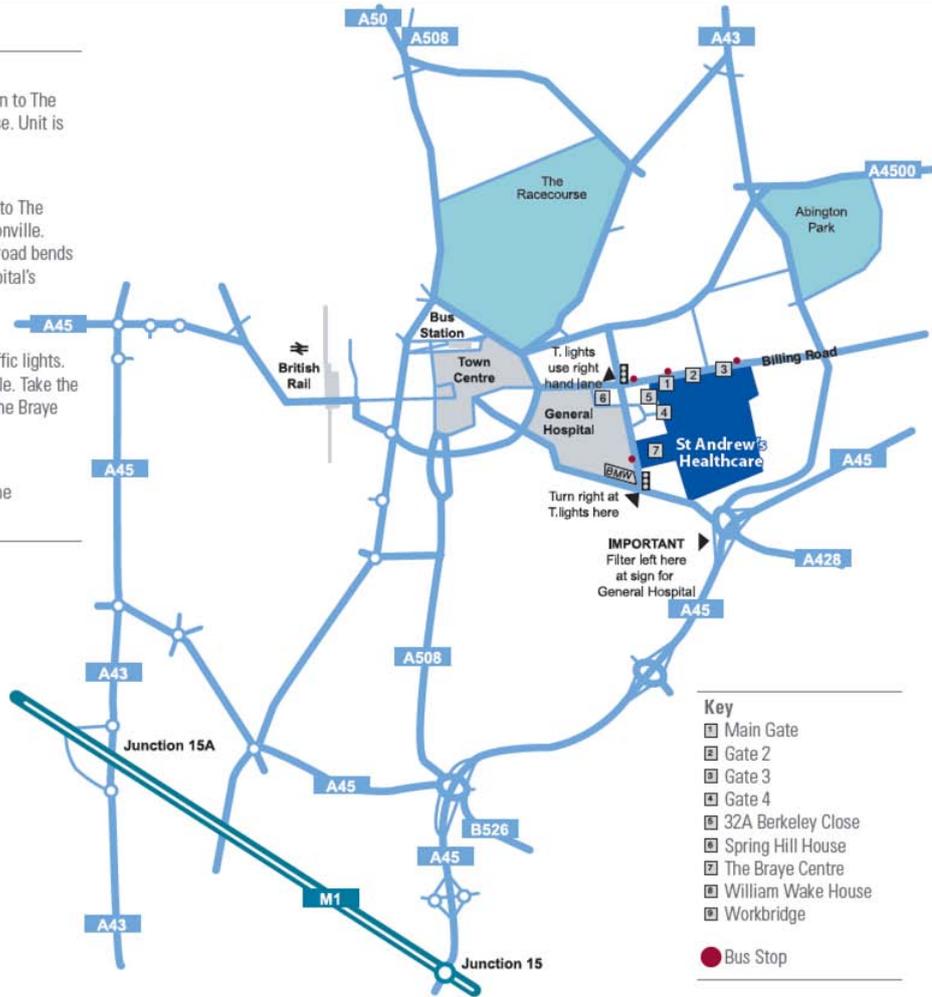
Exit via Gate 4. Turn left, take right on to The Avenue. Cross over junction with Cliftonville. Spring Hill House is on the right after road bends to the right, opposite the General Hospital's Accident and Emergency Unit.

To The Braye Centre

Exit via the Main Gate. Turn left to traffic lights. Turn left at traffic lights onto Cliftonville. Take the 4th left (opposite BMW garage) into The Braye Centre.

To Workbridge

Workbridge has its own entrance on the A428 Bedford Road.



SUPPORT FOR RELATIVES OF PEOPLE WITH A BRAIN INJURY

Third Thursday of the month

Help and information can be difficult to obtain when a family member sustains a brain injury, for example, following a road traffic accident, assault or illness.

At the National Brain Injury Centre, specialised rehabilitation for people with a brain injury has been provided for over 30 years.

Alongside this, staff have worked with family members and partners to share knowledge and offer opportunities for support.

We are now able to offer support to family members from Northampton and the surrounding area in the form of a monthly meeting held at the National Brain Injury Centre.

Between 7 and 9pm it offers an opportunity to meet other people in a similar position to you, following a brain injury to a family member.

In addition, expertise from professionals in rehabilitation, for example, Neurology, Neuropsychology, Physiotherapy, Speech and Language Therapy, Social Work and Occupational Therapy can be made available to offer information and insights about life after brain injury and ideas to improve coping.

For further details and to confirm attendance telephone: 01604 616521

All of the articles and information have been freely donated by the authors or reproduced from information in the public domain. Content has been selected by discussion within the Relatives Group at the National Brain Injury Centre, Northampton.

If you feel that it could be helpful, please photocopy this leaflet and distribute widely.

