**Frequently Asked Questions – Access to Exercise and Wellbeing**

If you have any questions about the service not included on the list, please contact:

Wellbeing Coordinator wbc@neurotherapycentre.org

Lead Physio leadphysio@neurotherapycentre.org

Polly Ruggiero Polly@neurotherapycentre.org – Centre Manager

**Conditions Included and Excluded**

**Neuro Therapy Centre**

**https://www.neurotherapycentre.org/**

Types of Condition for face to face and digital Neuro Therapy Centre Offer, the link below lists the conditions.

<https://www.neurotherapycentre.org/conditions-we-support>

People with other conditions are seen although more detail is needed to support in particular people with brain injury.

Please note: The neuro therapy centre provides maintenance and prevention rehab for these conditions and do not provide acute rehab.

**Greenbank**

**https://www.greenbanksportsacademy.co.uk/**

Greenbank will work with people living with a neurological condition for Access to Exercise and Wellbeing Project

(Please note Greenbank Sports Academy is open to anyone and everyone regardless of whether they are living with a long-term condition and/or impairment or not.)

**Geographical Areas Referrals can be received from**

**Neuro Therapy Centre**

**For face to face** – The neuro therapy centre is based in Chester / Saltney. Individuals will need to be able to travel for this service. (Community Transport is available for people in the local area and other Transport options are hoped to be developed during the life of the project.)

**For Digital Offer,** The person can be from anywhere and physio initial assessments and exercise classes can be done virtually via zoom if this is appropriate to current condition.  Some people are accessing this service from the Northwest of England and further afield.

The person can be from anywhere and initial assessment can be done online if this is appropriate to current condition. Some people are accessing this service from outside West Cheshire and there is scope to develop this offer.

**Brio Leisure Services in West Cheshire –** There are several classes that are neuro specific that people can access that have been developed in partnership at four of the sites (Ellesmere Port, Chester, Northwich and Winsford) and people can access any other Brio activities that work for them.

**Greenbank**

The person referred will need to be comfortable with travelling to Greenbank although transport options can be discussed as part of the initial assessment.

**What happens when the Referral is made?**

* **Neuro Therapy Centre**

**–** There will be an initial conversation either with the health and wellbeing coach for the project or another member of staff. (This can be face to face, online or on the phone depending on what is most convenient).

* The person will then access as agreed the counselling service and/or receive an assessment from one of the onsite physios. (This can be done online again depending on how appropriate this is to the individual)
* A program of activities and opportunities will be developed with the person, and these can be reviewed at regular intervals as agreed during this process. Review timescales will be agreed with the individual.
* **Greenbank Sports Academy** If the person is being referred to access the Greenbank service, then they will have a conversation with a member of the Greenbank staff (2 have completed the exercise for neurological conditions course).

A plan of activity will be agreed, and times for review will be agreed with the individual.

Greenbank also have access to 30 memberships with the Neuro Therapy centre so individuals can access the digital offer including classes and access to physio and group sessions online.

(Please note currently negotiating with primary care in South Liverpool for a Neurological Health and Wellbeing Coach to be based at Greenbank. This person will see people referred who have a GP in the identified areas and access Greenbank services and other opportunities available in primary care – more info will be given when this offer commences.)

**Evaluation**

The project is being independently evaluated by Sheffield Hallam University and people will complete.

* Neuro Star which is self-identified outcomes
* 2/3 additional evaluation questionnaires to be completed at 3/6 and 12 months.

**Activities / Opportunities and Services People can access.**

All the activities people can access are on this webpage for the project:

<https://www.neurotherapycentre.org/access-to-exercise-wellbeing>

including:

**Neuro Therapy Centre**

* 1-1 and group physiotherapy
* Accessible gym
* Exercise and fitness classes
* Counselling and support groups
* Social events
* Sports massage
* Reflexology

**Greenbank Sports Academy**

Timetable of activities here:

<https://www.neurotherapycentre.org/Handlers/Download.ashx?IDMF=7f52eef0-ba36-4d05-bd96-61ce4d10c899>

**Brio Leisure**

Could put this link here <https://www.brioleisure.org/what-we-offer>

**FES Cycle**

FES is a form of electrical stimulation that is applied to the muscles to activate them and improve muscle strength and function. FES for foot drop focuses on walking, specifically targeting the muscle groups responsible for dorsiflexion of the ankle, whilst FES Cycle typically uses stimulation of the Gluts or Hamstring muscles, quads, and Tibialis anterior to create a cycling cadence. FES cycling has been shown to improve muscle strength, endurance, and mobility in individuals with neurological conditions and has long been used as part of spinal cord injury rehabilitation to maintain muscle tone and support circulation, where there is no or only partial innervation to these muscle groups.

What is it being used for?

In this project we are looking at the broader application of FES cycling in people with a range of neurological conditions. Outcomes will include data on its impact on 10-metre walk test, muscle strength, endurance and mobility, and quality of life.

Evaluation and current / potential outcomes?

This project will run over 3 years and data will be collected at agreed points through the project. At time of writing, we are still awaiting ethical approval for the research and formal collection of the data has not commenced; however, some people have already been using the FES cycle and early indications suggest that it will make a significant difference to some users.

Case Study

51 female wheelchair-user diagnosed with primary progressive MS in 2011

Pre-intervention the subject was able to transfer with assistance of 1 from chair to bed and toileting. Unable to re-position herself in bed or change her leg position during transfers independently.

Intervention – 6 x 30-minute sessions of FES bike with 2-minute warm-up/cool-down either side at weekly intervals

Post-intervention independent transfer on the bed supine to side lying and reverse.

She is now able to independently adjust her leg position during transfers, and her legs feel ‘lighter.’

**Costs**

**Health and wellbeing Coach –** Initial conversation and discussion about options no charge

**Neuro Therapy centre -** £26.40 membership and then donations for activities booked.

**Greenbank –** Between £4 and £6 for most classes or set monthly cost for gym membership.

**Brio Leisure -** £4.50 for class if on benefits or standard charge of £6 or sign up to monthly membership.

**Discharge –** There is currently no discharge from the services offered and people can remain involved for as long as they choose. Reviews will take place and will be set in line with the person’s needs, to ensure the opportunities are working well for the individual and adapted according to changes in condition etc.