

Inside News

Information on groups run by INS

September - December 2017

Contact Details:

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neuro-support for life

Registered Charity No. 1107273 Limited Company No. 5292539

This edition of INSide News gives information about groups running between **September** and **December** 2017.

INS runs a variety of groups, mainly held at 82 Hampton Road, Twickenham, but also at other locations in **Richmond** and **Hounslow**. There are a variety of new groups this autumn including 'Keeping Sharp', a group focussing on thinking skills, and a Therabike Group, using our adapted, static bikes.

If you are interested in joining a group please let us know. You may need to be seen by a therapist beforehand to see if it is suitable for you.

Please pay for each group **before** you begin attending.

Your clinical need is always our primary concern, if you have any worries about the cost of groups, let the team know. Depending on your circumstances you could be eligible for help with these costs.



Updates

INS has reviewed its membership scheme and as a result we have:

- Stopped the £12 annual membership charge
- Simplified our group attendance contributions

Contributions will now be:

- £6 per session towards the cost of any therapy groups
- There will be a reduced contribution of £3 per session for clients who are on Income Support, Pension Credit or Child Tax Credit
- Peer led groups will continue to be free, although donations are welcome.

Payment should be made before any group, or block of groups, starts.

Clients receiving services partly funded by Hounslow or Richmond boroughs will be able to attend one free group at a time, but will need to pay a contribution for any additional groups and for individual therapy sessions. (Currently, this mainly applies to clients supported by Hounslow borough to receive stroke services – please ask if you are unclear whether this includes you.)

News & Events



Staffing updates:

We welcome Luke Cerexhe, our new Rehabilitation Assistant.

The Rainforest Journey: concert for INS with Sue Shorter

Held at: The Barn Church, 41 Atwood Ave, Kew TW9 4HF

Tickets £15

Please contact INS to reserve your tickets:

by phone 020 8755 4000 or email admin@ins.org.uk

Date: Thursday 19 October **Time: 7pm** followed by buffet supper

First Friday Community Lunch in aid of INS

Held at The St. Winefride's Church, Leyborne Park, Kew

£5 per person

Date: **Friday 3 November** Time: 12.30pm - 2pm

'Conservatoire to Stage - a journey through English and American song':

Singer Alison Guill will perform songs from Piaf to Gershwin and
Sondheim. St. Anne's Church, Kew ,

Date: **Sunday 19th November** Time: 3.30-4.30 pm, followed by tea.



Drop-in sessions

Please contact INS for availability and suitability:

020 8755 4000

INS now runs drop-in sessions every Tuesday morning, plus a social work drop-in monthly on a Thursday afternoon. These are opportunities to meet others with similar interests in our accessible building. All welcome!

NEW

Monthly younger people's drop-in

1ST TUESDAY OF THE MONTH

For anyone under 45. An opportunity to meet others, talk and take part in activities.

Location: INS Twickenham

Dates: Tues 3 Oct, 7 Nov, 5 Dec

Time: 10.30am - 12pm

Cost: Free

Monthly drop-in social

2ND TUESDAY OF THE MONTH

Come along and have a chat over a cup of coffee. An opportunity for clients and carers to socialise and meet new faces.

Location: INS Twickenham

Dates: Tues 10 Oct, 14 Nov, 12 Dec

Time: 10.30am - 12pm

Cost: Free

Drop-in sessions

Please contact INS for availability and suitability:

020 8755 4000

<p>Monthly craft group 3RD TUESDAY OF THE MONTH A peer-facilitated craft group where you can meet people with similar interests. Bring your own craft project e.g. knitting or sewing. (No materials provided.)</p>	<p>Location: INS Twickenham Dates: 19 Sept, 17 Oct, 21 Nov, 19 Dec Time 10.30am - 12pm Cost: Free</p>
<p>NEW Monthly creative writing 4TH TUESDAY OF THE MONTH Following on from our popular creative writing groups: a new drop-in session to help you keep the creative juices flowing. All welcome.</p>	<p>Location: INS Twickenham Dates: 26 Sept, 24 Oct, 28 Nov Time 10.30am - 12pm Cost: £6 per session</p>
<p>NEW Monthly Information group LAST THURSDAY of the MONTH Boost your understanding of issues that may be important to you— benefits, social care in the community, general support +, over AFTERNOON TEA. 1:1 can be booked.</p>	<p>Location: INS Twickenham Dates: 28 Sept, 26 Oct, 29 Nov Time: 2– 4pm Cost: Free</p>



Self management groups

Please contact INS for availability and suitability:

020 8755 4000

NEW

Keeping sharp

A new group focussing on cognitive, or thinking, skills - for example memory, planning and problem-solving. Learn more about how your brain works and how to cope better with problems.

Location: INS

Twickenham

**Date: Thurs 2, 9, 16, 23
Nov**

Time: 2pm - 3.30pm

Cost: £24 for 4 weeks

Fatigue management

A 4-week course looking at fatigue and sleep issues: find out more about the causes of fatigue and learn strategies to manage this better.

Location: INS

Twickenham

**Dates: 25 Sept, 2, 9, 16
Oct**

Time: 2pm - 3.30pm

Cost: £24 for 4 weeks

Taking back control

This 8-week course explores the emotional impact of living with a neurological condition. It will run again early in 2018.

Location: INS

Twickenham

Please call for details

Cost: £48 for 8 weeks

Living well groups

Please contact INS for
availability and suitability:

020 8755 4000

Live well with Parkinson's

A 4-week group for clients and their family carer to help you both understand and manage the symptoms of Parkinson's via exercise, information and discussion. Particularly suitable for people new to INS.

Location: INS

Twickenham

**Dates: 28 Nov, 5, 12, 19
Dec**

Time: 10.30am - 12pm

Cost: Free

Live well after a stroke

A 4-week group for clients and their family carer to help you both understand and manage the symptoms of having a stroke via exercise, information and discussion. Particularly suitable for people new to INS.

Location: INS

Twickenham

**Dates: 26 Sept, 3, 10,
17 Oct**

Time: 10.30am - 12pm

Cost: Free

Live well with multiple sclerosis

A 4-week group for clients and their family carer, to help you both understand and manage the symptoms of MS via exercise, information and discussion. Particularly suitable for people new to INS.

Location: INS

Twickenham

**Dates: 31 Oct, 7, 14, 21
Nov**

Time: 10.30am - 12pm

Cost: Free



Exercise-based groups

Please contact INS for availability and suitability:

020 8755 4000

NEW

Therabike group

Supervised session using our seated bike for your arms or legs either from a wheelchair or chair. Individual sessions are for up to half an hour. Sessions will be 1pm, 1:15, 1:30 or 1:45.

Location: INS Twickenham

Dates: Tues

Time: 1:00, 1:15, 1:30 or 1:45pm

Cost: £36 for 6 weeks

Gym sessions

Our supervised gym sessions give the opportunity to carry out an individually tailored exercise programme in our accessible gym. Focus on improving strength, increasing cardiovascular fitness or losing weight.

Location: INS Twickenham

Dates: Wed & Thurs

Please call for details

Cost: £36 for 6 weeks

Nordic walking refresher

Walking with poles can be an effective way of increasing your confidence, balance and fitness. Held at a local park. For those who have previously done an INS Nordic walking course.

Location: INS Twickenham

Dates: Thurs 9 & 16 Nov

Time: Morning

Cost: £6 per session

Exercise-based groups

Please contact INS for availability and suitability:

020 8755 4000

<p>Multiple sclerosis group</p> <p>Sessions include exercise, symptom management, activities and social support. Runs fortnightly.</p>	<p>Location: INS Twickenham</p> <p>Days: Wed am & Fri am</p> <p>Cost: £42 for 7 weeks</p>
<p>Parkinson's disease group</p> <p>Sessions include exercise, symptom management, activities and social support. Runs fortnightly.</p>	<p>Location: INS Twickenham</p> <p>Days: Mon am & pm</p> <p>Cost: £42 for 7 weeks</p>
<p>Stroke group</p> <p>Sessions include exercise, symptom management, activities and social support. Runs fortnightly.</p>	<p>Location: INS Twickenham & Sandbanks, Hounslow</p> <p>Days: Tues pm & Fri am</p> <p>Cost: £42 for 7 weeks</p>
<p>Seated exercise group</p> <p>For people with any neurological condition who use a wheelchair. Seated exercises, symptom management, activities and social support. Runs fortnightly.</p>	<p>Location: INS Twickenham</p> <p>Day: Fri am</p> <p>Cost: £42 for 7 weeks</p>



Communication groups

Please contact INS for
availability and suitability:

020 8755 4000

Parkinson's drop-in session

A monthly group is for people who have previously seen a Speech and Language Therapist and would like an opportunity to practice speech exercises and strategies.

Location: INS

Twickenham

**Dates: Thurs 14 Sept,
12 Oct, 16 Nov, 14 Dec**

Time: 2pm - 3.30pm

Cost: £6 a session

Stroke communication support group

A group focusing on conversation. An opportunity for group members to practise communication in a safe and supportive environment. Runs fortnightly.

Location: INS

Twickenham

Day Friday am

Cost: £6 per session

(paid in blocks)

Stroke communication group

A 6-week group focusing on everyday situations identified as difficult by group members. An opportunity to discuss and practise strategies to manage these.

Location: INS

Twickenham

Please call for details

Cost: £36 for 6 weeks

Expanding horizons groups

Please contact INS for
availability and suitability:

020 8755 4000

Peer facilitator training

Peer-facilitated groups are a step beyond therapy. This 4-week course covers how groups work and how to support others. Those who have done the course previously have gone on to lead groups, but there is no obligation.

Location: INS

Twickenham

**Dates: Wed 20, 27
Sept, 4, 11 Oct**

Time: 10.30am - 12pm

Cost: Free

Gardening

The last opportunity of the year to take part in gardening activities in the accessible INS garden. Learn about plants, get the garden ready for winter and socialise with others.

Location: INS

Twickenham

**Dates: Thurs 21 Sept -
26 Oct**

Time: 2pm - 3.30pm

Cost: £36 for 6 weeks

Book group

"Books transport you to a whole new world." A chance to meet new people in a small, relaxed and chatty group. We talk about why we enjoy each book and how we relate to it.

Location: INS

Twickenham

**Dates: 6 Sept, 11 Oct,
29 Nov**

Time: 10.30am - 12pm

Cost: Free



Expanding horizons groups

Please contact INS for
availability and suitability:

020 8755 4000

Music appreciation

A monthly opportunity to meet others to share favourite music and chat about it - perhaps expand your musical horizons. Runs on the second Tuesday afternoon of the month.

Location: INS

Twickenham

Dates: Tues 12 Sept, 10

Oct, 14 Nov, 12 Dec

Time: 2.30pm - 4pm

Cost: £6 per session

Art group

Fortnightly art sessions. Try out different art mediums and techniques in a relaxed and supportive environment. No experience or skills needed. Materials provided.

Location: INS @

Sandbanks, Hounslow

Dates: Fri 15, 29 Sept,

13, 27 Oct, 10, 24 Nov,

8 Dec

Time: 10.30am - 12pm

Cost: £42 for 7 weeks

iPad group

An introduction to iPad - experience or ownership of an iPad is not necessary. Ideal for anyone interested in exploring the potential of tablet technology.

Location: INS

Twickenham

Please call for details

Cost: £24 for 4 weeks

Other groups and services

Please contact INS for availability and suitability:

020 8755 4000

Counselling

Counselling can help you to make sense of your feelings and the problems you may be facing.

Location: INS

Twickenham

Days: Mon, Wed & Fri

Cost: Free

Exploring spirituality

This monthly group is an opportunity to explore spiritual and philosophical concepts and the link with wellbeing.

Location: INS

Twickenham

Dates: 20 Sept, 18 Oct, 15 Nov, 13 Dec

Time: 2pm - 4pm

Cost: Free

Friendship lunch

Have lunch and a chat - a group run by members of INS and their partners/ carers. The group meets every 4 - 6 weeks at a local social venue.

Location: Various

Time: 12.30pm

Cost: Pay for own meal

Please call for details

Please contact INS for
availability and suitability:

020 8755 4000

INSight needs you!

INSight is our quarterly meeting that provides an opportunity for INS clients and carers to influence the services we deliver.

Any INS client or carer is welcome to attend. This is a useful meeting for you to hear about what is happening at INS and also allows us to ask about your views on our services and service development ideas.

In October INSight members will vote for 2 representatives from INSight to attend trustee meetings.

The next meeting is due to take place on **Thursday 19th October 1.30pm - 2.30pm at INS, Twickenham.**

Join us, and have your say!

Please let the office know should you plan to attend, and if you would like to add an item to the agenda.

We look forward to seeing you.



If you would like information about any of the groups listed, please get in touch by phone, email or drop in to our centre in Twickenham.

If you are interested in a group which is not running this term, let us know; sometimes we are able to put on extra groups if there is enough interest.

Address: Integrated Neurological Services, 82 Hampton Road, Twickenham, TW2 5QS

Tel: 020 8755 4000

Email: admin@ins.org.uk

Website: www.ins.org.uk