



INS Late Summer Newsletter 2022

Welcome to our Late Summer Newsletter, with the very latest news about all that's happening at INS.

SERVICE UPDATES

It's been another busy few months at INS. We wanted to share some of the **experiences of our clients**, tell you about **new activities**, and introduce you to the **latest members** to join the INS team. Our [current programme](#) with full details of all our Zoom and face-to-face groups can be found on our website at www.ins.org.uk.

KAREN PEARCE, TRUSTEE



Karen joined INS as a trustee this spring, bringing a wealth of knowledge to her role:
*"I am delighted to be one of the new trustees for INS and hope that some of my past experience will enable me to support its continued success. I worked in the NHS for 30 years, qualifying as a **physio** in 1978 and worked alongside INS many years ago. I developed a special interest in neurological conditions, especially MND and went on to work with the MND Association for seven years. I continue to support a wheelchair charity and volunteer as a Community First Responder in my local area."*

CARERS' CELEBRATION DAY AT INS



On 21st June, we held a Carers Celebration Day in our garden at INS.

Sara Challice, an award-winning author of the book 'Who Cares? How to take care of yourself whilst caring for a loved one' came to speak about her journey of becoming a carer and how she overcame the challenges that came with her new role.

She also read a small chapter from her book. Her book [can be purchased here](#).

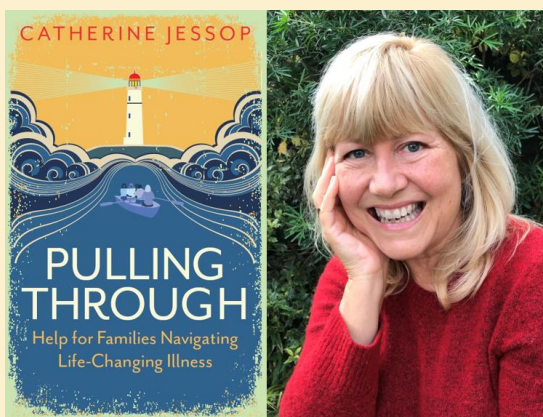
Jess West, a massage therapist, joined the event to give **mini neck and shoulder massages** in the summer house.

Carers thoroughly enjoyed the event!

If you have any queries about anything in this Newsletter, or would no longer like to receive communications from us, please contact INS by leaving a voicemail on 020 8755 4000 or by emailing admin@ins.org.uk. For the very latest information about our services, please visit our website at www.ins.org.uk – just click on any link underlined in blue to take you to the relevant page.



CARERS' WEEK



On 9th June, we held our **INS Hounslow Carers' Week** celebration at the Southville Community Centre in Feltham.

We welcomed our guest **Catherine Jessop**, who is a writer and carer. Catherine discussed writing techniques and talked about her journey as a carer.

Catherine's book: *Pulling Through: Help for Families Navigating Life Changing Illness* [can be purchased here](#).

Catherine shared the session with Lyn Hammond from Hounslow Borough My Independence Carers Information Service who gave a memorable update of carers' services and taught us all some sign language in the process!

CELEBRATING OUR VOLUNTEERS

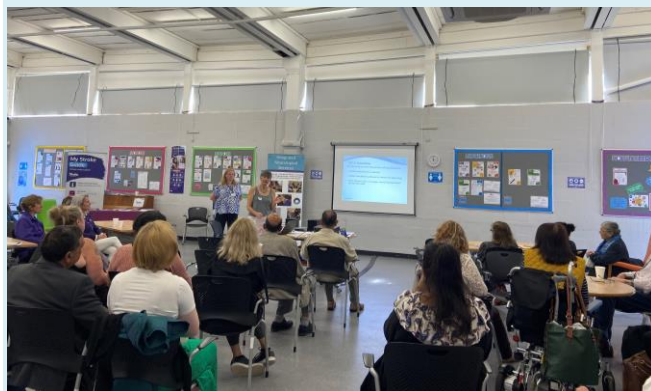


On 7th June, at the end of **Volunteers' Week**, we celebrated the amazing work of our **INS volunteers**. The afternoon was an opportunity to meet up, share stories and enjoy some refreshments. We are very grateful for our volunteers' support; from assisting in therapy groups, to helping in the office, volunteers are essential members of INS.

Volunteering is a great way to meet others and get involved in your local community, learn new things, and use your skills to help others.

If you are interested in volunteering opportunities with INS, please email Penny at VolunteerManagement@ins.org.uk.

HUB LAUNCH IN HOUNSLOW



On 19th May, over 65 people came together to celebrate the launch of our new **INS Hounslow Thursday wellbeing satellite** funded by **Hounslow Thriving Communities Fund and ICP**. Sessions have been running at Age UK, Southville Community Centre in Feltham since February 2022.

Participants included existing INS members, new enquirers, local councillors, and local partner organisations. We were delighted that several of our peer volunteers and our regular group members were actively able to assist and welcome those who attended. **There was a great sense of excitement being able to meet again in person after two years** and it gave an opportunity for different neurological and support charities to showcase their services and connect with those who attended.

Many of us realised that during the pandemic there have been quite a lot of people, newly diagnosed, who might have missed out on the usual in person contacts with support organisations – so **we are in the process of working with partners** such as Parkinson's UK, Motor Neurone Disease Association and Stroke Association to see how our satellite can be used to deliver information and support.

The INS Hounslow Thursday satellite, based at the **Age UK Southville Community Centre, Southville Road, Feltham TW14 8AP** offers a mixture of sessions, socials, support groups, talks and other activities.

If you are interested in finding out more, please contact Penny Cooke on pcooke@ins.org.uk or phone 020 8755 4000.

EMMA GALE, SPEECH AND LANGUAGE THERAPIST



Emma is our newest member of the INS team, joining us in May 2022. "I have worked with adults with acquired neurological conditions for over thirty years (though sometimes my graduation seems like yesterday!).

Although I have worked in a variety of settings over the years, including inpatient, outpatient and community settings, my most recent posts have been in specialist inpatient neurorehabilitation. Since starting work at INS, I have set up and run two new groups - our **Communicate with Confidence** group, and a group for people with Parkinson's Disease run jointly with our Music Therapy colleague Sophie, aiming to get group participants thinking, talking & singing LOUD!

I am enjoying the flexibility of working for an organisation like INS, where I am encouraged to use creative solutions to address service users' needs. Outside of work, I am to be found pounding the paths in the park morning and evening walking my 2 big dogs!"

OUR STORIES: A PHOTOGRAPHIC EXHIBITION



What started as a small photography group last year has expanded to celebrate a small group of INS clients, carers and volunteers. **INS held an exhibition of black and white portraits on July 6th**. We had over 50 clients and friends that visited including Deborah Meaden. Peter Swann, the photographer took many more photos on the day with his manmade camera.

Nearly all the photos are now on permanent display at INS; a reminder of why we are here!

ACHIEVING THROUGH PHYSIO: RECONNECTING WITH PASSIONS



The INS team first met De la Rey and his wife Violetta in May 2021 following his head injury in October 2019 during a rugby match. Since then, De la Rey has been attending a wide range of INS sessions including **Neuro Exercise, Table tennis and the Communication Café**.

De la Rey has a passion for sport and exercise and previously worked as a P.E Teacher. Outside of INS, **De la Rey has been working towards his goal of returning to the golf course** through an organisation called The Golf Trust www.thegolftrust.com. We have been so inspired by De la Rey's progress and by his determination to return to an activity he loves.

DIANA WILSON, OCCUPATIONAL THERAPIST



Diana has returned to INS in her new role as a Bank Occupational Therapist after over two years away, much of it spent in her home country of New Zealand. Diana has a long history at INS, starting in a volunteer role in 2014 & progressing to a role in the same year completing client reviews and carer support groups. She is now kept busy with completing initial assessments, one to one therapy sessions and symptom management groups.

OCCUPATIONAL THERAPY AT INS

Sometimes our role as therapists at INS is not clear cut - especially when we come across **complex social situations**. These clients can have significant barriers affecting their ability to engage in rehabilitation. If you consider Maslow's hierarchy of needs, if someone does not have stable shelter than it is very difficult for them to engage in therapy work to increase their quality of life at a higher level of Maslow's hierarchy.

One INS client found his life significantly affected when he experienced a stroke. He very suddenly became homeless as he was unable to work as a self-employed private driver. The usual Occupational Therapy input was not possible given his circumstances – engaging in therapy exercises while uncertain where he was going to sleep at night was not realistic. Instead, the OT role became more around emotional support and advocacy with the local authority housing team. All supported with advice from the INS Social Worker Carol Williams.

The client recently rang to give us the good news that his EU settlement status had been approved allowing him to be eligible for Local Authority Housing support. He agreed to share a little of his story here:

*"I was working as a professional driver, then had a heart attack and a stroke. I ended up homeless, sometimes sleeping on the kitchen floor of a friend's restaurant. I felt so alone in the world at that point and was supported only by the OT Alex and one friend Hammad. I felt so respected, and you helped extraordinarily. You went out of your way. A thousand times thank you. **Everything is on track; my life is now back to normal.**"*



SERVICE USERS WITH APHASIA COMMUNICATE WITH CONFIDENCE



Aphasia is a difficulty in using language (word finding for speech or writing, understanding spoken or written words) caused by a stroke or other brain injury affecting the area of the brain where we store language (usually in the left hemisphere). It has been in the news recently as actor **Bruce Willis** was recently diagnosed with this condition. Living with aphasia can be frustrating and isolating.

In June we piloted a new group, aimed at giving our service users with aphasia an opportunity to share information and opinions, using an approach called supported communication. Each week we have discussed a different topic – gardening, our favourite foods, our pet hates, our favourite films and TV shows... **Our group members came to the group well prepared each week**, armed with notes they'd written at home with family members' support, photographs, maps, newspaper cuttings and more, which they could share with the group as part of the conversation. Even those with limited ability to communicate verbally were able to contribute to the conversation, have fun, and get to know others with similar experiences.

Our next **Communicate with Confidence** group starts in September. We are also running a **Music Appreciation** group from September which aims to give those with limited expressive language skills an opportunity to participate in supported conversation with a musical twist!

PODCAST: '2 PARKIES IN A POD'

If you are interested in learning more about Parkinson's from people living with the condition, then check out a new podcast put together by our inspiring INS client Kuhan and his friend Clarky. They chat openly and honestly about the challenges and even the benefits of living with the condition and discuss topics such as 'The Beginner's guide to Parkinson's' and 'Exercise and Diet in Parkinson's'.

Find it for free on Spotify today! Or visit <https://www.morethanatremor.com/podcast>



FUNDRAISING HIGHLIGHTS

As ever, a **huge thanks** to our generous grant funders, corporate and community supporters, fundraisers and donors who enable us to continue providing our vital services.

The following Trusts and Foundations are generously supporting us with grants: *Awards for All, Childwick Trust, One Richmond, Souter Charitable Trust, Lower Hall Charitable Trust, Hounslow Thriving Communities Fund and Integrated Care Partnership, February Foundation, Bruce Wake Charitable Trust, Vandervell Foundation, Edward Gostling Foundation, Isleworth and Hounslow Charity, The Dyers' Company Charitable Trust, James Tudor Foundation, John Horseman Charitable Trust, Leathersellers' Company Charitable Fund (including a special Jubilee Fund Grant), Sports England Queen's Platinum Jubilee Activity Fund, Hampton Fund, Barnes Fund, Girdlers' Company Charitable Trust and Richmond Parish Lands Charity.*



- Fundraising highlights include an amazing effort by **St Margarets Catholic Church** for their Lenten Project which raised an incredible **£4,000** to support our work. Tracey, our Fundraiser, was delighted to be presented with a cheque at the church.

- We are also grateful for generous donations from the **Richmond Team Ministry and Twickenham Rotary Club**. INS held a successful third online quiz night, raising over **£800**, with the next quiz planned as a face-to-face event in November.



- An amazing team from local insurance brokers, **Sutton Winson**, spent a day **transforming our summer house and garden** as part of their support for INS this year. We also enjoyed visiting their Twickenham office to meet the teams who have fundraised to buy **3 new iPads** for us, as well as receiving a lovely donation from their Speedee Boarding charity challenge.
- Thanks also to students and teachers from **Radnor House School** in Twickenham, who have been fundraising for INS, for volunteering to support one of our Crafts sessions as part of their **'Make a Difference'** day.

THANK YOU FOR YOUR SUPPORT

We would like to say a special **thank you** to all those who have generously raised money for us in loving memory of their family and friends who have been part of INS.

We are always incredibly touched by these donations, which enable more people to benefit from our services.

FOLLOW INS ON SOCIAL MEDIA



Click the icons to follow us on social media, or find us through our handles:

Facebook: @Int.Neuro.Services

LinkedIn: Integrated Neurological Services

Instagram: @ins_4_life

Twitter: @INS4 Life

ROGER'S RICHMOND RUN

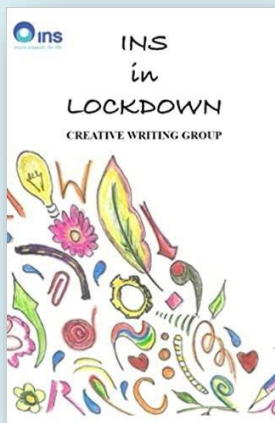


Friend of INS Roger Metcalfe is once again running to raise funds for us! Roger will be participating in the Richmond Half Marathon on the 11th of September.

Roger ran in last year's half marathon, raising an incredible sum of over £570.

If you would like to donate to Roger's fundraiser, [click here](#) to visit his JustGiving page.

INS IN LOCKDOWN



We are continuing to sell copies of INS In Lockdown: an anthology of short stories and poems written by INS contributors during the COVID-19 lockdown. Use the link below to purchase direct from **Amazon**. It makes a great read!

<https://www.amazon.co.uk/INS-Lockdown-Creative-Writing-Group/dp/B09BDVRNXT>

SAVE THE DATE!

14th September, 11:00am – 12:30pm

Energy Saving Workshop with Susan Chappell from Habitats and Heritage: An online group workshop covering all the basics to help with saving energy in the home and reducing bills.

30th September

QEF Assessment Event: QEF will be offering free assessments looking at getting in and out of vehicles, vehicle access, and boot hoists, at our INS main building **82 Hampton Road, Twickenham, TW2 5QS**.

If you are interested in booking an assessment, please contact INS by email at admin@ins.org.uk, or call 020 8755 4000

13th October, 10:00am – 3:00pm

Information day in partnership with Parkinson's UK: In partnership with Parkinson's UK, we will be hosting an Information Day to support people living with Parkinson's and their families.

This event will take place at **Age UK, Southville Community Centre, Southville Road, Feltham, TW14 8AP**.

Whether you live with Parkinson's or know someone who does, join the local community for an informal information day. This free event will offer advice about living with Parkinson's and help connect you to local support.

18th November, 7:00pm

Friends of INS Quiz Night

Join us to raise funds for INS and test your general knowledge at **St Luke's in The Avenue, Kew, Richmond, Surrey, TW9 2AJ**

Tickets go on sale from 1st October 2022, on [the INS website](#).



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