

INS Summer Newsletter 2023

Service Updates

It has been a busy start to the year at INS. In this newsletter we wanted to share some of the activities our service users and staff have been up to, tell you about new groups and activities,

and introduce you to the newest members of the INS team. Our current programme with full details of our groups can be found on our website at www.ins.org.uk.

If We Dream It, We Can Do It!

'I would often be watching the birds flying around as I sat in the garden and wondered what it was like to look down on us. So my interest in Skydiving grew stronger especially as my MS began to place more obstacles in my everyday life.

Event booked and excitement grew but there was always slight apprehension as to being well enough on the day to meet the Health and Safety requirements to land without breaking bones.

On arrival the whole team At Skyline Skydiving in Headcorn Kent were very attentive and friendly making the whole experience of the event easy and enjoyable. After meeting my Instructor who was to be attached to me, we proceeded with the safety checks and headed off in the mini bus to the awaiting plane where once again the whole procedure was relayed to me before taking off to 12,000 feet.

As we reached the height of destination and I was looking out into the blue sky all around I finally saw what those birds were seeing, I just wish I had a photographic memory to capture its wonder.

As we slide into the open sky all around it was taking my breath away in more ways than one. The land below was a vast area of different colored fields and tiny dots of buildings and trees. Natures natural patchwork quilt. As our parachute opened and we slowed down I was totally mesmerized by the glow that surrounded the earth and how privileged we were to have such a beautiful planet to live on. The dots in fields became



sheep and roadways and homes became bigger until they dominated all around again.

After a smooth landing the team once again were there to assist and get you back onto the awaiting minibus . One the short journey back to base it dawned on me that I had been lucky enough to achieve my dream of being a bird for a few short minutes. MS or not if we want to then we can achieve it.

Maybe we do it differently but it's worth the determination, I promise.'

Written by INS service user Debbie Smith

Move Into Wellbeing

Recently we have had Move Into Wellbeing deliver a series of dance-based exercise groups at INS. The group consists of a series of fun and stimulating exercises performed to music. The highly interactive group works on participants' strength, co-ordination, balance, flexibility and dexterity, with all movements performed differentiated to suit an individual's needs.



River Thames Boat Trip

INS clients and staff had a brilliant day on the River Thames in July, when we took 20 clients from Teddington on to Molesey Locks, past Hampton Court Flower Show with the River Thames Boat Project. It was a Great Day!

Exploring Local History

We are continuing to run sessions of our popular Local History Group. INS service user Yvonne writes, "One of INS's strongest points is the variety of groups that are on offer and the diversity of the participants' backgrounds and interests. The Local History Group is a splendid example: the members come from different parts of our boroughs, we're often knowledgeable about our own patches, and there's a real joy in sharing that knowledge with others. Facilitator Emma Gale does excellent research for each session, and everyone has a chance to contribute to the discussions. I'm so glad the group has started: it's fun, there's a welcoming atmosphere, and I really look forward to the next meeting."



Travel Badges Available

We currently have a small stock of badges from Transport for London which say 'Please offer me a seat'. These are useful if you need to use a bus, train or tube at peak times and there is no seat available.

If you would like one of these badges, please get in touch! First come, first served!

We are grateful to the “Thriving Communities” fund in Hounslow which has enabled us to continue our Thursday neuro satellite.

INS In Hounslow

Since the beginning of 2023 we have had yoga sessions, a balance circuit exercise block, our communication group, “Train your Brain” occupational therapy group, information from various organisations such as Stroke Association, MS Society, Richmond Aid and Hounslow carers service. We’ve teamed up with the local community neuro rehab team to offer a specialist outpatient clinic for Parkinson’s Disease, looked at how psychology and counselling can be beneficial. We’ve talked, laughed, exercised and supported each other. A good place to be on a Thursday morning.

We are recruiting new members – so if you are interested, please get in touch and we can arrange for you to visit. Contact pcooke@ins.org.uk
Sessions are running to 10th August., then resuming from 7th September.



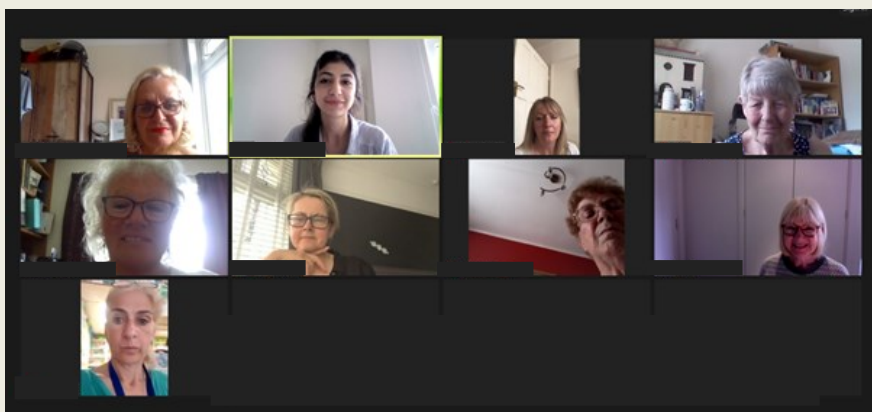
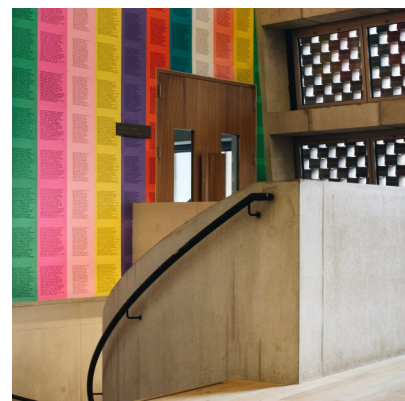
A clothes peg... a percussion instrument ... a weapon ... these were just some of the guesses made by our **Local History Group** members when we pulled this object from the Discovery Box lent by Richmond Museum, when we were learning about the Tudors. In fact, it is a **stump baby**, which would have been the Tudor version of a doll -in fact, the term doll was not used until the eighteenth century! It would have been made from offcuts of wood, with perhaps leather straps to indicate arms and legs, and often given to teething babies.

Just one of the many weird and wonderful facts we have learned in the Local History Group over the past few months!

Art Appreciation

Our resident volunteer artist Dora Williams did a series of lectures on contemporary artists for our clients. The group looked at contemporary artists such as Yayoi Kusama, Magdalena Ababkanowicz, and Frida Kahlo, and at exhibitions hosted by the Royal Academy and the Tate Modern. It was very well received; ‘I feel that I am at the Tate Modern looking at paintings,’ said one client.

We are now taking a break and Dora will resume in the Autumn.



Carers Information Sessions

On Tuesday 20th of July, we held another online carers meeting on the topic of benefits. Rose Dent from Richmond AID gave a talk on benefits available to carers and their cared for, as well as answering questions. This group runs quarterly, if you wish to attend future meetings, please contact Zara zrasoul@ins.org.uk.

Working With Words

In May we ran a pilot block of face-to-face creative writing led by our volunteer, Pat.

Rodney shares some reflections

"I joined a creative writing group not knowing what to expect but hoping for new ways to look at my feelings and failings.

I also craved some mental stimulation to counterbalance the constant promotion of the benefits of exercise.

What I found was a flexible and supportive group who were non-prescriptive but inclined towards poetry as the lens to focus on our likes and dislikes.

By reading, writing and sharing poetry and some prose we got to know ourselves and each other just that little bit better.

We were more aware of what mattered to us and what we cared about."

"I think we surprised ourselves just how creative we could be when faced with the opportunity to write a poem about birds, wind or precious things, for example.

Thank goodness there was no literary criticism, only encouragement.

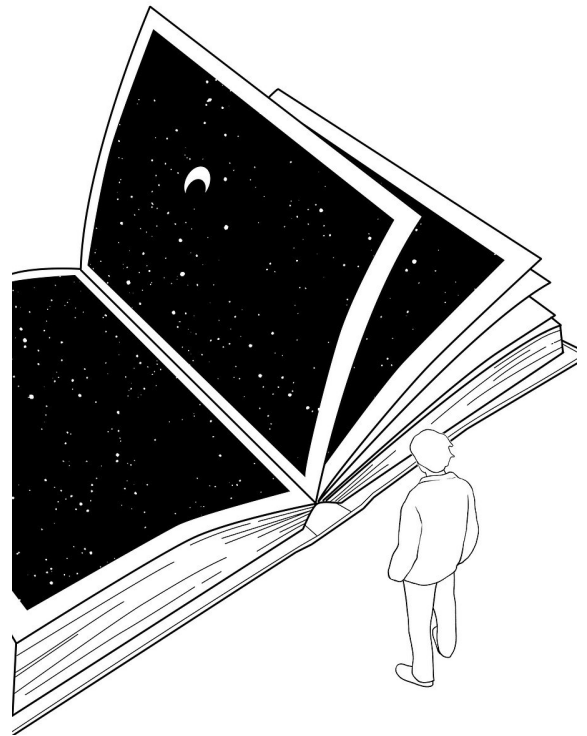
The group was ably facilitated by Pat who offered poems she loved to engage us and little challenges to stretch us.

The hour passed very quickly and enjoyably and we left with a topic for the next meeting.

Being in the group helped me to be aware of my emotions and gave me fun.

It may not be an obvious choice of activity, but it worked for me.

Before I tried it, I was unsure. Now, I am encouraging INS to run another session."



Jo says

"I found our weekly writing group at INS enormously enjoyable.

It was a relaxed and informal atmosphere and we were encouraged to contribute as much or as little as we felt.

The group was led by local poet Pat who provided the group with poems on a particular theme This would spark fresh ideas for us to write about and we always had the time to read out work/ideas out loud. I found this exciting and somehow liberating.

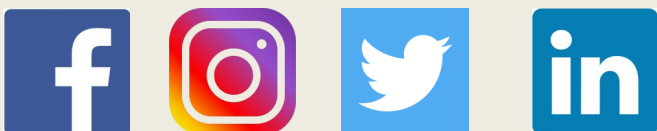
I also brought in stories I have written, (non fiction) and it was great to actually hear them and receive the genuine and encouraging feedback from Pat and the group.

On a personal note I am 'stuck' at home a lot and it was wonderful to visit INS for the writing weekly session, where I was given physical support from all the friendly and welcoming staff."

We are currently running another block of sessions on Tuesdays from 12:30pm to 1:30pm.

Do please let us know if you are interested. You would be welcome to come for a taster session.

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

Aphasia Awareness Month

June is Aphasia Awareness Month. Aphasia is a difficulty using language caused by illness or injury affecting the part of the brain specialised for language. People with aphasia may have difficulties understanding speech, finding the right words to speak, as well as difficulties with reading or writing.

If you imagine we keep our words in a very well organised filing cabinet in our brain, injuries such as a stroke or head injury can give that cabinet a shake up, meaning that words are hard to find when we need them.

In the last year, aphasia has been in the news as actor Bruce Willis was diagnosed with aphasia. Several other celebrities have also had aphasia, notably Roald Dahl's wife Patricia Neal, and actresses Sharon Stone and Emilia Clarke.

Here at INS we run communication groups specifically for people with aphasia, supporting their communication so we can have great conversations. We also run a communication-friendly local history group, so that people with aphasia and other communication difficulties can participate at their own pace.

We are also excited this year to be applying for accreditation with Communication Access UK, which was set up to ensure that people with communication disabilities are supported to communicate effectively by the organisations they engage with. Look out later in the year for the Communication Access UK logo in our communications, once we have completed the accreditation process.

Staff Updates



Bev

Bev has joined the team this year as our Bookkeeper. In her free time Bev loves oil painting, going to gigs, and walking her Labrador named Luna.



Jess & Julia

Jess and Julia joined us on placement from City University of London, where they are studying to become Speech and Language therapists. They have been fantastic additions to the team, and we wish them all the best with their studies!



Hannah

Hannah joined the team in November 2022 as a Therapy Assistant, and supports in groups and assists Mike in the office. When she's not working at INS Hannah works with college aged teenagers, providing 1 to 1 academic support.

New Brentford Satellite

We hosted our first pilot session at The Musical Museum Brentford on Wednesday 5 July.

Over four Wednesday afternoon sessions we are introducing INS, offering some exercise, relaxation, information, peer support and communication opportunities.

Partners from other neurological organisations will be sharing information about local support available to those living with long-term neurological conditions and those caring for them.

We will be gathering feedback from everyone who attends to evaluate the needs and location with the hope that we can develop a programme for later in the year.

Why Brentford? We think it will help us reach those living on the Eastern side of Hounslow borough as it's nearer to Chiswick, Isleworth and those living on Ealing and Acton borders.



When: 19th, and 26th July, and we will be running sessions again in the Autumn

Where: the Musical Museum, 399 High Street, Brentford, TW8 0DU.

Free car parking available and public transport nearby.

To express interest in future sessions, please email Penny at pcooke@ins.org.uk

Fundraising Highlights: Richmond Café Bridge 2023



In June, Richmond Bridge Club held their Café Bridge event. This year we're immensely grateful to have been chosen as the local charity to benefit. The day was a great success, raising almost £5,000 from ticket and raffle sales.

Many thanks to Richmond Bridge Club, and to the venues who kindly facilitated the event. Thank you also to the businesses who donated raffle prizes: Twickenham Fine Ales, Squire's Garden Centres, Robert Neil Earth Salon, Bernard Magee Bridge, Ned Paul Bridge, Majestic Fitness, The Angel and Crown Richmond, The Old Ship Richmond, and Pizza Express Richmond. Finally, a huge thank you to our volunteers who made the day possible!

Heathrow's Samosa Sale for INS

Thank you to service user Mo, and Bhuvinder, Orlando, Shoaib, Roque, and the team at Heathrow Airport who hosted a Samosas and Sweets sale in July to raise money for INS! We are so grateful for your support.



Nancy and Emma's 10K Trail



Well done Nancy and Emma, who completed the scorching Exmoor Trail Half Marathon in June and raised over £1,900 for INS! To complete the 10KM race the pair covered extreme terrain and steep climbs on the hottest day of the year so far. Congratulations, Nancy and Emma, on your incredible achievement.

If you are interested in fundraising for us you can visit [ins.org.uk/fundraise](https://www.ins.org.uk/fundraise), or email admin@ins.org.uk

Paul's Marathon Achievement



This year our Exercise Lead Paul took on the challenge of running the London Marathon. After many evenings spent training he managed to finish the race with an amazing time of 3 hours 10 minutes, and raised a total of £2029 for INS whilst doing so.

We are all very proud of Paul, and want to thank everyone who so kindly donated to his fundraiser.

The annual INS Bridge Night took place at the end of March and raised a wonderful £1150 from ticket sales and a raffle. A big thank you to Ellie Kinnear, who organised the evening, and to Alan and Simon for helping on the night. Thanks also to all the generous raffle prize donors.

Sarah's Winter Walk



In January our CEO Sarah braved the cold to complete the 26 mile London Winter Walk and raise money for INS, preparing throughout the winter by walking and swimming outdoors!

Well done and thank you to Sarah, and to everyone who donated to her fundraiser, which generated over £1,200.

We are very grateful for community donations from local businesses, including Waitrose Twickenham for their generous donation of £330. The support of community-minded businesses enables us to make a positive impact in the lives of people living with neurological conditions in South West London, together with their family carers.

As ever, **thank you to our generous funders, corporate and community supporters, fundraisers and donors** who enable us to continue providing vital services. The following Trusts and Foundations have recently supported us with grants:

Vandervell Foundation; Sir Jules Thorn Charitable Trust; Hounslow Thriving Communities Revenue Fund; Rowan Bentall Charitable Trust; The Dyers' Company Charitable Trust; Awards for All; February Foundation; The Edward Gostling Foundation; National Lottery Awards for All England; The John Horseman Trust; Bruce Wake Charitable Trust.

Save The Date!

Check out this page to find out what's happening at INS and in the community

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Health in The Park

Saturday 29th July, 11am - 3pm
Redlees Park, Isleworth, TW7 6DE

A free event hosted by Hounslow borough with outdoor activities, workshops, and health checks

[Click here](#) to learn more

The Big 30 INS Challenge

Wednesday 30th August, 8am - 8pm
At INS in Twickenham or online

To celebrate our upcoming 30th anniversary INS is hosting the Tour de Twickenham: a fundraising challenge that is open to all! Come by on the day to accumulate miles on the exercise bikes, join one of our online events, or create your own challenge that your friends and family can sponsor at home. Visit [ins.org.uk](https://www.ins.org.uk) to learn more

30 August

17 November

The INS Quiz Night

Friday 17th November, 5pm - 10pm
St Luke's in the Avenue

Hosted by the Friends of INS, join us for a night of fun and competition. Delve into your trivia knowledge and enter the raffle for the chance to win some amazing prizes! More information coming soon

Thank You For Your Support

If you've enjoyed this Newsletter and reading about the difference that INS is making, please consider **making a donation** to support our work so we can help even more people with neurological conditions and their carers.

We are seeing an increasing number of people being referred to us who need our help, **with a rise of over 30% in new referrals**. A donation can help us provide more therapy and support so that people can access essential rehabilitation as soon as possible. In these challenging times, every little really helps.

Donations can be made through our website at www.ins.org.uk/donate/donate or by clicking on the orange **Donate** button at the top right of each page.

Thank you for your support.



neuro-support, for life

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