



## INS Winter Newsletter 2022-23

Welcome to our Winter 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](http://www.ins.org.uk).

### THE INS QUIZ NIGHT



Our popular **Quiz Night** took place on 18<sup>th</sup> November, and as well as being a very enjoyable evening, **raised the excellent sum of over £2,300** to support the work of INS. **Thanks to all INS supporters who took part**, including Keith, Alan, Beatrice, Sara and other Friends of INS, plus volunteers Dora, Adil and Michael who all helped make this a success. **Thanks also to our generous trustees, supporters and local companies who donated raffle prizes**, including Squires Garden Centres, Newens The Original Maids of Honour, Cook East Sheen, Villa Rosa and Sheen Polish Delicatessen.

### LIVING WELL WITH PARKINSON'S



"In October, INS teamed up with the national charity Parkinson's UK for a 'Living Well with Parkinson's Day'. Hosted by INS client and volunteer Kuhan, the day was **an opportunity for people with Parkinson's and their friends and family to come together and share their experiences.**

A full house (almost 100 people) saw the day start with a Parkinson's Quiz, followed by some **personal accounts of living with Parkinson's** including a **lively panel discussion.**

The **INS team talked about the range of non-motor symptoms** (often overlooked), **the importance of exercise and managing speech issues.** They also showcased their creative therapy approach, through INS client volunteer Jonnie, who gave a moving account of how he benefited from 'giving back'.

The **Parkinson's UK team highlighted their range of support services** and the latest from the research world.

A great example of how collaboration and community can make a difference."

*Words by Kuhan, INS service user, volunteer and host of Living Well with Parkinson's Day*



For the very latest information about our services, please visit the INS website at [www.ins.org.uk](http://www.ins.org.uk) or click on a link underlined in blue to take you to the relevant page.

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](mailto:admin@ins.org.uk).

## LEE-ANN BOSTWICK, PHYSIOTHERAPIST



Lee-Ann joined INS in October 2022 in the role of **Locum Senior Physiotherapist**, as maternity leave cover for resident INS Physio, Marie-Anne.

Lee-Ann has worked as a Physio in various areas of the profession since graduating in 2018, providing inpatient, outpatient, and community care, including in specialist settings such as A&E, ITU, and Oncology, with a keen interest in exercise and rehabilitation.

Lee-Ann first became interested in becoming a physiotherapist following work experience whilst in secondary school, with this **desire to help improve peoples' quality of life** growing shortly thereafter following her own experience of rehabbing and working to maintain her mobility while living with a knee condition of her own.

Lee-Ann is kept busy with physio initial assessments and follow ups, leads the Monday morning Parkinson's B Group, and can also be spotted in other INS groups when cover is needed. She is **enjoying the dynamic and client-centred nature of working at INS** and is looking forward to developing some exciting new groups in the New Year! Outside of work, Lee-Ann is an active golf club and gym member in her local area of Croydon, South London.

## JULIE WALMSLEY, TRUSTEE



Julie joined as a trustee earlier this year and brings complementary knowledge and experience to her role.

"I am delighted to have joined the trustee board, it's great to work with such a dedicated group of people.

I have worked as an HR professional for over 35 years, primarily across the Financials Services industry, and **look forward to using my experience at INS.**

I have family who are affected by MS and Parkinson's so have seen first-hand the impact that neurological conditions have on individuals and their loved ones. **I have a particular interest in how the services provided by INS can support both users and their families."**

## ART APPRECIATION



INS re-started face-to-face art sessions with artist **Dora Williams**. Clients learned how to use jelly plates for painting and collage, and produced some amazing work.

Dora is now leading an online art group every Thursday in which she discusses various artists, such as Van Gogh and Edward Hopper.



## POLLY, PHYSIOTHERAPY STUDENT



“Hi, I’m Polly. I have **just started my Physiotherapy Pre-registration masters** at London Metropolitan University and currently on my placement at INS.

Already in my short time at INS I have enjoyed working with the team and with people diagnosed with conditions like Multiple Sclerosis, Stroke and Parkinson’s.

I have discovered not only the importance of exercise for managing these conditions but **how exercise groups are beneficial for people in different ways.**

I believe the holistic rehabilitation provided at INS is an amazing way to bring people together and increase social relationships while helping to manage symptoms in a positive environment. **I am excited to continue my placement at INS;** the team is very friendly and professional, and I am keen to learn more about the neurological conditions they provide rehabilitation for.”

## FAME: FITNESS AND MOBILITY EXERCISE GROUP

December sees the launch of the new Fitness and Mobility Exercise group at INS. Using current scientific evidence, the group aims to improve participants’ **motor function** (muscle strength, balance, walking), **cardiovascular fitness**, and **bone density** via a variety of exercises within a motivating and stimulating environment.

The group is open to all neurological conditions and looks **to reduce the risk of secondary complications** such as falls, fractures, heart disease and dementia.



## LOCAL HISTORY GROUP

Following our recent communication-friendly music appreciation group, we have recently begun an **8 week local history group**. These communication-friendly groups are aimed to **allow people with communication difficulties to participate in supported conversation around topics of interest.**

So often people with communication difficulties find it hard to participate in conversation-based activities, so **we aim to provide support through photographs, objects and clear written information**, plus plenty of time and support to allow everyone to have their say in the group.

We’ve recently had stimulating conversations about **World War II in Richmond and Hounslow**, including a chance to handle some fascinating objects borrowed from the Museum of Richmond, such as ration books, shrapnel and even an incendiary bomb! Coming up is a look at royalty in the local area, the history of our pub and street names and much much more!



## HOUNSLOW HEALTH WALKS



Come join us on Hounslow Heath to walk, talk and meet a friendly, fun group! **The free Hounslow Heath Community walk is every Monday from 10am until 11am** led by our volunteer Zeba.

[Click here](#) for more information and to book your space: [Group walks - join a health walk with One You Hounslow](#). Then all you need to do is arrive at Hounslow Heath at 10am, wearing suitable walking shoes, with a bottle of drink to stay hydrated and well-dressed for the weather.

**Location: Hounslow Heath Local Nature Reserve, 12 Barrack Road, Hounslow TW4 6AE**



## TALKING PARKINSON'S

We recently piloted a **Speech and Language Therapy group for people with Parkinson's** at our Twickenham base. The aim of the group, which was a hybrid of face-to-face and zoom participants, was to develop and consolidate good speech habits to **ensure group members are consistently keeping their speech loud and strong**, as reduced volume and under-articulation are very common traits of Parkinson's speech.. Exercises ranged from practising using loud voice and changing pitch through singing arpeggios!



We also established some phrases we use every day which can act as prompts to remind us to use our loud voice. One group member, Jenny, came up with the genius idea of **using her loud voice to talk to her Alexa** - Alexa never tells us off for shouting, but tells us if she can't hear us, so she is a great partner for this!

We also had a section of each group devoted to putting our loud voices to use in conversation - topics ranged from group members' experiences of DBS and guided ultrasound, to how to live positively with Parkinson's.

We hope to run similar groups in 2023 for people who have not had this input, and to run follow-up groups with further discussion topics and speakers. Keep an eye out in the monthly programme for details.



It was a huge privilege to be involved in Hounslow Council's celebration of International Day of Persons with Disabilities in December. Thank you Cllr Shivraj Grewal and Cllr Harleen Atwal Hear for inviting INS CEO Sarah to talk at the event, and thank you Adil for his inspiring talk about his personal experience.

## HODO'S STORY



"Hello, my name is Hodo. I had a stroke in April 2021. I was 26 at the time, a single mum with a young boy aged four. INS has been extremely helpful in my recovery in the whole process of me understanding and recovering from the side-effects of the stroke, physical, mental and emotional well-being sides of things. They've always referred me to the right department, advised me, guided me through my emotional rollercoaster, and helped me understand what seemed impossible to make sense of. They are all an amazing group of individuals that understand the importance of keeping up with someone that's going through such a drastic change in such a short period of time.

It's been difficult obviously when it comes to my communication with the team; I go from being quite isolated myself from time-to-time, just feeling overwhelmed and not wanting to communicate but **they have always been there and never made me feel like I shouldn't be.**

They never gave up on me, especially at times I really thought they would, just an amazing team overall.

I don't know what I would've done without them, where I would be without them, and I am so thankful to them even the small phone calls with reception when I'm overwhelmed and confused has been very helpful. Words can't describe how much INS helped me get to where I am today. I actually love INS, thank you guys so much for your help."

*Words by Hodo, INS service user*

## 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

## ON A GOOD DAY: A NEW PODCAST



A new podcast about brain injury has been launched by Elizabeth Callaghan, the wife of INS client, Paul. **On A Good Day delves into the world of brain injury and its impact on all involved.** Elizabeth and her co-host, Julia Ajayi, both have husbands who suffered brain injury in their thirties.

Through the podcast, they want to give knowledge, inspiration and hope to those whose lives have changed as a result of brain injury, including the wider community of people who surround the survivor.

They share their own experiences to help others feel more connected and speak to a wide range of inspiring guests to learn more about the condition.

Some notable guests include Professor of Neurology, Alexander Leff, talking about aphasia and the myths surrounding it; author, Sara Challice, on how carers can look after themselves and Dr Satinder Sanghera who suffered a brain injury at 20 years old and, despite the odds, completed her medical studies and has helped inspire other survivors to live a fulfilling life.

Listen to On A Good Day on [Apple](#) or [Spotify](#). Get in touch if you are interested in being featured in one of their episodes.

*Words by Elizabeth Callaghan*

## SAVE THE DATE!

**26<sup>th</sup> January 2023**

**Webinar:** Women's Health: Navigating the Menopause with a neurological condition. A webinar led by Menopause specialist Laura Jarvis

## GET THE RIGHT TECHNOLOGY FOR YOU



Are you struggling to keep in touch with family and friends? Would you or a loved one like to take part in online activities? Do your shopping or order medication online?

A tablet or laptop could keep you in touch with friends and family members. A smart speaker could support you, or your loved one, to make lists or remind you to take medication. A smart phone could help to give you directions when you travel and the confidence to do so independently, knowing support was just a call away.

But which one is right for you? A smartphone, tablet, laptop or smart speaker?

**Ruils' Try-Before-You-Buy project** enables you to get support from our trusty advisors who can meet with you, discuss exactly what you want to do and then recommend a piece of equipment for you to try. Ruils will lend you the equipment for a 3-month period and make sure you are entirely comfortable with how the technology works from the outset. **If you don't like it, you can return it and try something else at any time, free of charge, and trial another piece of technology for 3 months.** If you find the technology is perfect for you, Ruils can support you to purchase your own device.

Richmond Aid, Richmond Mind and Richmond Mencap are offering workshops where they can help you to get the most out of the item you chose. To find out more about Try Before you Buy:

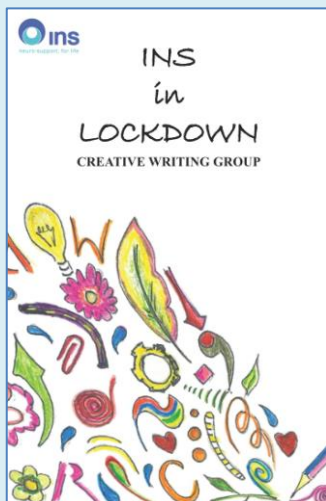
**Call Ruils today on 020 8831 6088 or email [connecttotech@ruils.co.uk](mailto:connecttotech@ruils.co.uk) for more information.**

<https://www.ruils.co.uk/services/connect-to-tech-and-assistive-technology/>



## THE BOOK NOOK

This section contains books that have been written by INS members and friends.



**INS In Lockdown:** *an anthology of short stories and poems written by INS contributors during the COVID-19 lockdown*

Purchase your copy this Christmas. Use the link below to purchase direct from **Amazon**. It makes a great read, and a fantastic stocking filler!

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



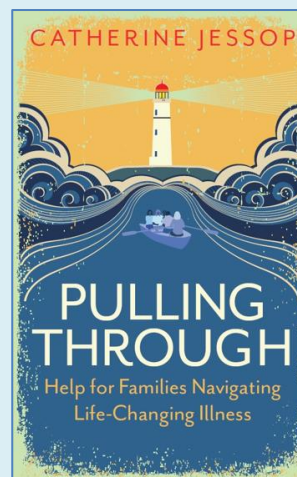
**Where Are You?**

*by Katie Herdman*

This book is Katie's account of her journey caring for her husband Jim, who lived with Parkinson's and Dementia, over the last 18 months of his life.

Purchase your copy here:

<https://www.waterstones.com/book/where-are-you/katie-rossi-herdman/9781915330208>



**Pulling Through:** *Help for Families Navigating Life-Changing Illness*  
*by Catherine Jessop*

In this book Catherine describes her family's experience when her husband collapsed and experienced a life changing brain injury in 2016. *Pulling Through* explores life as a carer, how to look after your own health when caring for someone else, and talking to children about illness, among many other topics.

*Pulling Through* is available here:

<https://www.amazon.co.uk/Pulling-Through-Families-Navigating-Life-Changing/dp/1787753727>



**Who Cares?** *How to Care for Yourself Whilst Caring for a Loved One*

*by Sara Chalice*

Sara's award-winning book discusses solutions to issues that carers often face, empowering carers to stay well and happy through her advice and first-hand experiences of caring for her husband Neal for 13 years after he was diagnosed with a brain tumour.

*Who Cares?* Is available here:

<https://www.amazon.co.uk/Who-Cares-yourself-whilst-caring/dp/1781611726>

## FUNDRAISING HIGHLIGHTS

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:

Girdlers' Company Charitable Trust, Munro Charitable Trust, Chapman Charitable Trust, PF Charitable Trust, Marsh Charitable Trust and Leathersellers' Foundation.

We were also delighted to receive a donation from INS supporter Lucy Muentes, who raised **£262 for us by completing the London Marathon**.

Fundraising highlights included **an amazing donation of £5,250 from the Friends of Radnor House School** as one of their supported charities this year. Tracey, our Fundraiser, visited the school for a cheque presentation with some of the students who had helped to raise this wonderful amount.



We were delighted to have a recent visit from WBro Martin Voles Prov GStwd (Charity Steward) together with two Fellow Crafts Bros Ahmad Hammami and Habil Kadeida from The Lodge of Fidelity no 7974 meeting at Cole Court in Twickenham, who presented INS with a cheque for **£500 from the Middlesex Provincial Relief Fund**.



Sarah Vines, our CEO, will be working off the Christmas calories **and raising money for INS** by taking part in the **London Winter Walk 2023** on Sunday 29<sup>th</sup> January. She will be walking a challenging 26 miles along the River Thames, doing a loop from the Oval to Southwark, and will also be outdoor swimming throughout the winter to raise funds. **If you would like to support her Winter challenge, please visit [www.ins.org.uk/donate/donate](http://www.ins.org.uk/donate/donate)**. We will post regular updates on Sarah's progress on our social media.

## 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](http://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.**



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