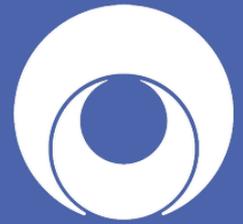


INS Newsletter

Winter 2023



CELEBRATING 30 YEARS OF INS



Other challenges people took on included walking 30 miles in 30 days, an online French challenge, and taking the Big 30 INS Quiz. It was an inspiring day of fun, exercise, and music, and raised a total sum of around **£4,000** including Gift Aid.

Congratulations to everyone who took part and thank you to everyone who so generously donated.



This August we challenged our service users and supporters to get moving, quizzing, and testing their skills to celebrate our upcoming 30th anniversary and raise money for INS.

With a goal of 215 miles (the distance from Twickenham to Paris) our supporters got involved from home and at our Twickenham premises, beating our target and getting us to Paris and back with a total distance of 473.3 miles!

Particular congratulations to De La Rey, who reached our 215 mile goal himself by cycling throughout the month, reaching his target on the day of our challenge event.

Visit our new website



The INS website has a new look! Visit ins.org.uk to check out our new website with information about referrals, our programme of activities, events, and more.

RADAR Keys

RADAR keys unlock over 10,000 accessible toilets in the UK for people with disabilities as part of the National Key Scheme. Visit shop.disabilityrightsuk.org to purchase from £5.

Carers Card UK



If you are a carer you may be eligible for a Carers Card, which displays your emergency contact details, and unlocks discounts and access to their wellbeing hub. It costs £8 for a 2-year subscription. Visit carerscarduk.co.uk to register and find out more.

Summer Kayaking Adventures

In the summer months, the Lensbury Resort, Teddington, provided INS service users with the opportunity to undertake kayaking sessions out on the River Thames, with the support of their qualified instructors. We would like to give a big thank you to the water sports department at the Lensbury resort for providing us with this unique and highly enjoyable experience, and we hope to be back in Summer 2024.



Gelli Plates with Dora Williams

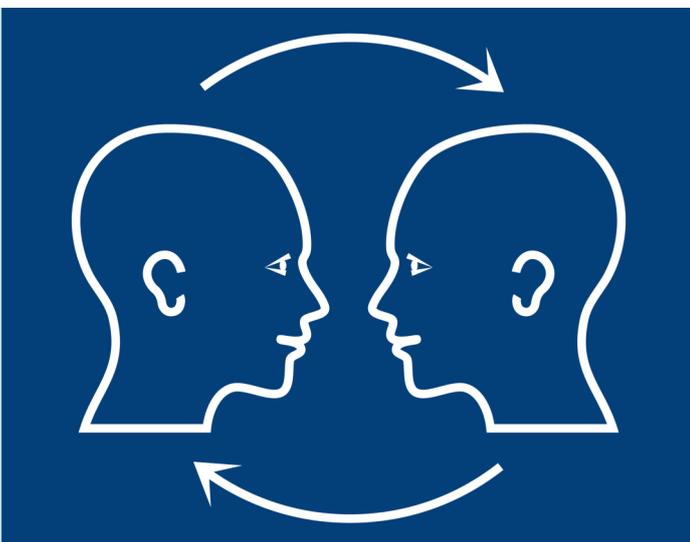
We would like to thank our resident artist volunteer Dora Williams, who led a fantastic 8-week gelli plate printing workshop this summer. Participants learned new printmaking techniques, working with stencils, and using the objects around them, like leaves and netting, to create unique patterns and textures.

Brentford

In September we officially launched our new satellite in Brentford, with a favourable reception:

“Relaxed safe, friendly and very positive atmosphere among like-minded people, which is very important for mental well-being.”

Alongside exercise and communication groups, we have hosted 2 Parkinson’s Outpatients’ sessions. After review, a conversation café and monthly carers’ forum may be offered at this venue in the near future. Please contact pcooke@ins.org.uk if you would like to attend.



Communication Access

We are pleased to have received accreditation with Communication Access UK, an initiative led by the Royal College of Speech and Language Therapists to ensure that people with communication disabilities are supported to communicate effectively with the organisations they engage with. We can now be found on their directory of compliant organisations.

Back Behind The Wheel

Our service user, Alan, shares his experience of returning to driving after a stroke, and how the mobility team at QEF assessed and supported him to get back behind the wheel. If you have any questions about the QEF Mobility Centre, see their website at qef.org.uk or speak to one of our clinical team for more information.

I had a stroke in October 2021. I did not go back to driving right away after the stroke. I was doing physio exercises to make my leg better. I missed driving to get around and visit my family and also to go to my favourite places with my wife. We like to visit National Trust properties.



The speech therapist suggested I do a driving assessment at QEF. I had an assessment in August 2022 and the instructor suggested I have some practise sessions with a driving instructor and then go back to QEF. I also needed practice driving an automatic car as I had only ever driven a manual car. So I had some practice with Ronnie from BSM who is a very good instructor. I did an assessment at QEF in December 2022.

The instructor at QEF said my driving was good, and that I should go back to driving and drive an automatic car. A week later I bought a new car, an automatic Honda Jazz. It is great to be driving again. My determination paid off.

More Than My MS

Adil is an INS service user, volunteer, and ambassador. Here Adil shares an inspiring speech he gave at our AGM in November, describing his experience of coming to INS.

My name is Adil Choudhary.
A Postgraduate in Modern Political Thought, Violence and Revolution.
A Housing Assistant in the Homelessness Prevention team for a local authority.
And a keen/proven UNO competitor.
I am more than Multiple Sclerosis.
INS allowed me to better understand my illness and to put myself first.

It is through INS that I met some of my best friends. Our Thursday meetings at the Hounslow Satellite is my Zone.



The activity mornings, musical/dance wellbeing, yoga, walks and the opportunity to just sit and hangout with people that understand one another's day-to-day challenges and how to overcome them. INS arranged a kayaking experience for a series of our members, an activity that will certainly be revisited.

I was also proudly a part of the 30 year anniversary of Integrated Neurological Services fundraiser challenge. The aim was to reach Paris by way of using a bicycle, walking or mobility aids. We trumped this challenge and then some!

Our Podcast Picks

Podcasts are a great way to learn new information on-the-go, and are usually regularly updated with new episodes. Below are some of our top picks of podcasts which focus on life with a neurological condition.

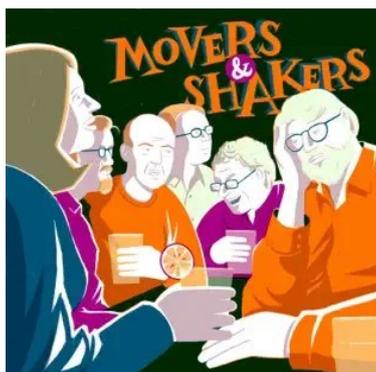
Listen to any of these podcasts by searching for them on Apple Podcasts, Spotify, or Google Podcasts.



Look out for these icons on your phone or tablet to access your podcasts.



Movers & Shakers



Hosted by Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Paul Mayhew-Archer, Sir Nicholas Mostyn, and Jeremy Paxman, this podcast discusses daily life with Parkinson's in a relaxed atmosphere.

2 Parkies in a Pod



Created by INS service user Kuhan, and co-host Dave Clark, this podcast provides a space for open discussions about the challenges and even the silver linings of living with Parkinson's. With interviews with people with Parkinson's and experts in the condition.

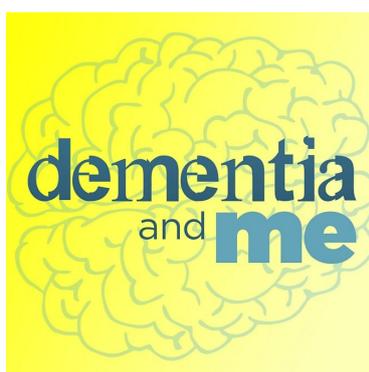
Let's Talk About Brain Tumours



LET'S TALK ABOUT
BRAIN TUMOURS

Tune into this podcast by The Brain Tumour Charity to hear from professionals, people who have been diagnosed with a brain tumour, and their friends and family. Topics covered include symptoms, treatments, and personal journeys.

Dementia and Me



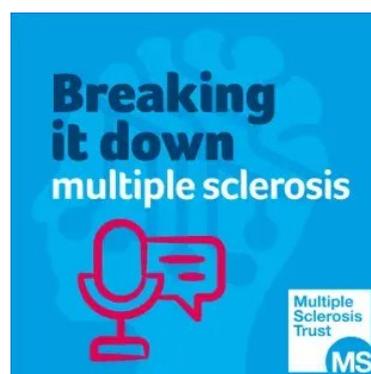
This BBC Radio Sheffield podcast releases a new episode each week, and offers perspectives from people living with a dementia diagnosis as well as the people who care for them.

MND Matters



This podcast by the Motor Neurone Disease Association presents information and informal advice from experts and people living with Motor Neurone Disease. Topics covered include wheelchairs and travelling with MND.

Breaking it Down



Hosted by the MS Trust, this podcast discusses all aspects of life with Multiple Sclerosis, from getting the best out of your neurologist appointment to managing symptoms. With perspectives from experts and people who have been diagnosed with MS.

If you've listened to a podcast that you think might be useful to our service users, let us know at admin@ins.org.uk

Poetry and Prose: Creative Writing Online

Our Creative Writing group have been meeting online to write about a different theme each week, creating prose, poetry, or word association. Read some excerpts of their work below.

Home

Eyes, staring into a swirling white abyss, close and for a moment enjoy delicate flakes ending their descent on already frozen lashes.

*Ears strain to hear something, anything.
Anything but silence.*

Head lowered and eyes once again open, the scene, familiar yet different, lies peacefully swaddled.

*A singular bird sits on a branch of the ancient Oak, under whose centuries-old watch the town sits, perhaps too cold to fly, remains seemingly lifeless.
Sunset here, in this very spot, gifts a time to reflect, if you have the time to spare.*

Kate Oakley

To read the rest of *Home* and more poems by Kate, visit her website Kateoakley.co.uk

CHANGE

To those of us that carry an unwanted illness, most of us didn't even notice the CHANGE, it either took a while to start doing its work, and then either yourself or close friends and family started to notice the CHANGE in you

I personally noticed the signs in myself (The CHANGE in me signs) starting with a TREMOR in the Hand and then to STOOPING, BALANCE and WALKING issues... well in fact, with no DIAGNOSIS for the first 2 years, PARKINSONS was not even mentioned so in my mind, I was dealing with CHANGE after CHANGE after CHANGE

Well let's assume that my diagnosis was simply a CHANGE in my life that was causing all kinds of issues, so I should be able to SWAP this illness for something else...yeh? Well why not, the word CHANGE is very similar to the word SWAP...isn't it? Ok then, EXCHANGE? Excuse me madam, I have had this CHANGE for sometime, I've had enough of it now, so I'd like to EXCHANGE it for maybe a better DIAGNOSIS... is that Possible?

Jon Grant

Making a referral to INS

If you or someone you know would like to refer yourself to INS for support, please visit ins.org.uk/new-client-referrals to download a referral form. If you are a carer seeking support you can visit ins.org.uk/new-carer-referrals to download a carers referral form. You can complete the form yourself, or a family member, friend, or professional can complete it on your behalf.

Team Updates

Holly



Holly qualified as a physiotherapist in 2002 and has been working with people with neurological conditions for over 18 years. She has worked in a range of rehabilitation settings including inpatient, outpatients and community settings. Her areas of interest include multiple sclerosis, rehabilitation, gait and increasing exercise participation in people with neurological conditions. She has a master's degree in clinical research and has worked as a research physiotherapist.

Holly enjoys supporting people with neurological conditions to become more active. She recently joined the INS team to run the exercise group at Brentford.

Liberty



Liberty joined INS in November as a Therapy Assistant, having previously volunteered at INS Open Gym sessions since April.

Liberty worked in the mental health charity sector after completing her degree in Theology and Philosophy, and now hopes to gain experience and explore a career in Occupational Therapy.

Liberty helps in many groups, including Open Gym, crafts, and communication groups. She also provides support in the office and at the Barnes satellite group.

Yunqin

'Hello, I'm Yunqin, currently studying physiotherapy in London Metropolitan University. Having the opportunity for placement education at INS has been incredible for me.

Despite my brief time here, I've been deeply impressed by the professionalism and empathy INS demonstrates in patient care.

Personally, I've received invaluable support and professional guidance during my time here. I deeply appreciate the kindness and support extended to me by INS.'

Marie-Anne

We welcomed Marie-Anne, our Neuro Physiotherapist, back to INS this autumn after her maternity leave. She is happy to be back after having a baby boy!

Follow us On Social Media



Facebook: @Int.Neuro.Services
LinkedIn: Integrated Neurological Services
Instagram: @ins_4_life
X: @INS4_Life

Charles Dickens and his Richmond Connections



Nothing says Christmas quite like Charles Dickens and a Christmas Carol.

But did you know that Dickens has several fascinating ties with our local area?

This term in our Local History group, we have been exploring the Victorian era in the boroughs of Richmond, Hounslow and Kingston, and have discovered that Dickens was hugely fond of this area, spending most summers in rented houses in Petersham, but also staying at the Dysart Arms and at the Star and Garter Hotel just outside Richmond Park.

We learned that he was superstitious and, having

been in the area when the Pickwick Papers was first serialised to great acclaim, he subsequently decamped to the Star and Garter every time he had a new novel published!

Local landmarks appear in several of his works, from Petersham Races and Hampton Races in Nicholas Nickleby to Estella's house on Richmond Green in Great Expectations. It was clearly a location he knew well.

Volunteer with INS

We have two New Year volunteering opportunities:

Group support in our exercise and communication groups at our Brentford satellite (Wed 1:00pm – 3:00 pm) and our Feltham satellite (Thurs 10:00am – 1:30pm).

Admin, IT and telephone support in our general office in Twickenham.

For further information please visit ins.org.uk/volunteering-for-ins, or call us on 020 8755 4000.

The INS Quiz Night 2023



On Friday 17th November we invited our supporters to come together to have fun, test their general knowledge, and compete for the title of winning quiz team at our annual INS Quiz Night.

The evening was a great success, and raised the fantastic sum of £1,978 to support our work.

Thank you to all INS supporters who took part to make the evening so enjoyable, and to our Quizmaster Keith, and Alan, Beatrice, Sara and other Friends of INS alongside volunteers Debbie and Michael who helped make the event such a success. Congratulations to the winning team of the evening, 'We've Got Hips and We Know How to Use Them'!

We would like to thank our Trustees, supporters, and local companies who so generously donated raffle prizes, including Brentford Football Club, COOK, Dora Williams, DP World, Newens The Original Maids of Honour, Pete Swann, Syon Park, Squire's Garden Centres, The Orange Tree Theatre, and Valentina's Deli.

Thank you Airplus UK!



A huge thank you to Katharine and her colleagues at **AirPlus International** who have been raising money for INS, and walked 26km from Putney Bridge to Hampton Court Palace, raising over £1,500 for INS whilst doing so!

Congratulations on a great achievement, and thank you for your generous support.

Support from Moving On



INS were delighted to have a visit from Neil Ritchie, Brian, and Carole Taylor from the **South West London Stroke Club – Moving On**, pictured in our garden with our CEO, Sarah Vines. South West London Stroke Club – Moving On, which was started by Neil and Gill Ritchie, worked to support Stroke survivors and met twice per month in both Hampton and East Sheen.

Thank you to everyone who attended our **Annual General Meeting** on Wednesday 15th November to learn about our achievements this year, and to hear about our plans for 2024.

Highlights

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

Barnes Fund, Girdlers' Company Charitable Trust, Hampton Fund, Heathrow Community Trust, Lambert Charitable Trust and Richmond Parish Lands Charity.

If you or your workplace would like to fundraise for us, please email admin@ins.org.uk and take a look at our website ins.org.uk for a guide.

Members of the charity voted to wind up at their last AGM, and benefit INS with the generous donation of their remaining funds, for which we are extremely grateful as this will make a real difference to our work.

This generous donation will help INS continue to provide rehabilitation, social and emotional support to those who need it.

Visit ins.org.uk/get-involved to learn more about fundraising for INS.

New Year's Resolutions

After the end of year festivities are over, many of us will be looking to start 2024 on a new leaf. From taking on new healthy habits to learning a new skill, the New Year is the perfect time to take on a challenge and do something good.

If you are struggling to find a resolution this year, why not challenge yourself to raise money for a good cause and support our Christmas Appeal?

Check out our helpful [Fundraising](#) page for a guide to creating your own fundraising event, and get in touch at admin@ins.org.uk to share your challenge.

We would love to see and share what you get up to, so send your photos and videos in to admin@ins.org.uk or post on your own social media with the hashtag #INS30in30.

Here are some challenge ideas:

- **Walk, run, or bike 30 miles in 30 days**
- **Do 30 minutes of exercise each day—get in touch if you would like to use one of our therapist-led videos, with seated and standing exercises**
- **Learn 30 words in a new language**
- **Host a coffee morning or bake sale**
- **Dance for 30 minutes every day**

**11 & 18
January**

Bladder and Bowel with HRCH

Bladder Session: Thursday 11th January
Bowel Session: Thursday 18th January
Southville Community Centre

Bladder and bowel problems are very common, but rarely talked about.

Regardless of cause, there are a wide range of treatments, products and management options that can help.

Join our sessions led by Janice Newbury from the HRCH community team to get practical advice and support.

Please contact pcooke@ins.org.uk to book.

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 ins.org.uk/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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