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University Health Board

THE NEUROSTUTE/  
Y NIWROSTIWT

# A NEURO RECOVERY COLLEGE

A service developed  
with and for people  
living life after  
Stroke, Acquired  
Brain Injury and  
Functional Seizures



In collaboration with the ABUHB Acquired Brain Injury Team, The ESD stroke service, The Living Well after Stroke Service, the Stroke psychology team and the Functional Seizures team.

With special thanks to our peer partner Kevin Lowry, Woodoo design ltd for his time, skills and talents in creating this brochure.

Dyfodol  Clinigol  
Clinical Futures

## What is the Neurostute?

The Neurostute is a collaboration between experts by training (health board staff) and experts by experience (stroke and brain injury survivors, and people living with functional seizures). It's philosophy and activities empower people to live well by providing:

- **Opportunities to learn with and from each other**
- **Opportunities for finding purpose and meaning**
- **Opportunities for connection, participation and achievement**



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# About The Neurostute?

Here at the Neurostute, we believe that **living well is not the opposite of illness**, and that it is **possible to rebuild your life and learn to live well with neurological conditions**.

We have collaborated with people with lived experience of Stroke, Brain injuries and Functional Seizures to co-create a range of groups and workshops to help you learn to live well with your condition.

## Pillars underpinning the Neurostute:

- 1 Building on people's strengths
- 2 Creating communities of support
- 3 Focus on what matters most to people
- 4 Respect, trust and equality
- 5 Treat people as changemakers



### Traditional Services

Services are developed by "expert staff" and delivered to patients.

Focuses on fixing "what is wrong?"

Focuses on therapy as a stand-alone event.

### The Neurostute Recovery College

Services are co-constructed and co-delivered by experts, by trained professionals and experts by experience.

Focuses on helping people recognise and make use of their talents and resources

Intervention to be seen as part of life-long learning about how to live well within our limits.

# The Neurostute Calendar

The Neurostute is set up to run like a recovery college. This is to help us get away from the “old” medical model of healthcare. **The emphasis is on learning together**, rather than one person delivering treatment to another. Please don't worry, there are no uniforms, exams or essays! However, we may ask you to think about things and practice skills in between sessions.

The groups and workshops will run based on the calendar below:

Period	Number of Weeks
<b>Autumn Term</b> (September - December)	<b>11 weeks</b>
<b>Autumn Break</b>	<b>4 weeks</b>
<b>Spring Term</b> (January - March)	<b>11 weeks</b>
<b>Spring Break</b>	<b>4 weeks</b>
<b>Summer Term</b> (April - July)	<b>11 weeks</b>
<b>Summer Break</b>	<b>11 weeks</b>

## How Sessions Run

We offer a range of groups, some that are **accessed online** only using “Microsoft Teams”, others that are a “**hybrid model**” where the option is given to meet either **in person or online**, and other groups that are **in person** only.

**Please contact us if you have any concerns regarding how to access these groups, and we will be happy to help!**

# Understanding My Stroke or Brain Injury Workshops

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**Delivery:** 6 x 1.5 hour sessions (Online workshop)

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This is a short series of online workshops that help people to **make sense of what has happened to them following a stroke or brain injury.**

The focus of these sessions is around understanding how and why the brain is affected by stroke or brain injury and how this impacts on a person's sense of self and their relationships.

We also discuss other sources of support that are available to you in the community.

This group could help by:

- **Providing knowledge and reassurance of the common changes to emotions and thinking processes following a stroke or brain injury.**
- **Provide a space to share helpful tips and strategies to support living well after these changes.**
- **Providing the opportunity to meet and talk to other people who have had a stroke or brain injury.**



# Understanding My Functional Seizures

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**Delivery: 6 x 1.5 hour sessions (Online workshop)**

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This is a series of workshops helping people to make sense of and start coming to terms with living with functional seizures.

The course aims to provide people with knowledge and skills to improve their quality of life despite experiencing functional seizures.

The sessions cover understanding functional seizures, techniques to manage functional seizures, and living well with functional seizures. We also discuss sources of support that are available to you in the community.



# Fatigue Management Workshops

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**Delivery: 5 x 1 hour sessions (Online workshop)**

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This online workshop is for those who are affected by **fatigue following a stroke or brain injury**.

The aim of the workshop is to help people understand their fatigue, understand the factors that contribute to it and learn ways to manage it more effectively.

*“(The team) then put me on a managing fatigue course which taught me how to not only manage my own fatigue, but also how I could help other stroke survivors manage their fatigue!”*



# Rebuilding Your Life With Neurological Conditions

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**Delivery:** 8 x 1.5 hour sessions (Online workshop)

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This group has been developed for people who feel anxious, low or distressed after a stroke, brain injury or Non-Epileptic seizure.

It teaches skills to help individuals:

- **Deal with painful thoughts and feelings more effectively— in a way that lessens their impact on you.**

Make a commitment to focus on:

- **Things that are important to you.**
- **Things that align with your core values.**
- **Things that can help to improve your quality of life.**



# Living Well After Stroke or Brain Injury Group

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**Delivery: 6 x 1.5 hour sessions (Online workshop)**

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The Living Well group has been designed to support people to find ways to maintain their wellbeing following their stroke or brain injury.

The group has been co-created and co-delivered by people living with stroke or brain injury.

Aims of the group:

- **To reflect on and explore how your life has changed after a stroke or brain injury.**
- **To learn about our emotional human needs and to engage in group discussions to explore these needs after a stroke or brain injury.**



# GRASP Upper Limb Exercise Group

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**Delivery:** 2 x 1 hour sessions per week for 12 weeks (Online workshop)

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This is an online exercise group for people who have had a stroke or brain injury that has affected their ability to use their arm and hand.

## **GRASP (Graded Repetitive Arm Supplementary Programme):**

This is a self-directed arm and hand exercise program. It is supervised by a therapist and should be practiced daily at home by the participant (with support from family if possible).



# Neuro @ NERS Group



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**Delivery: Gym-based exercise programme up to 32 weeks (In person)**

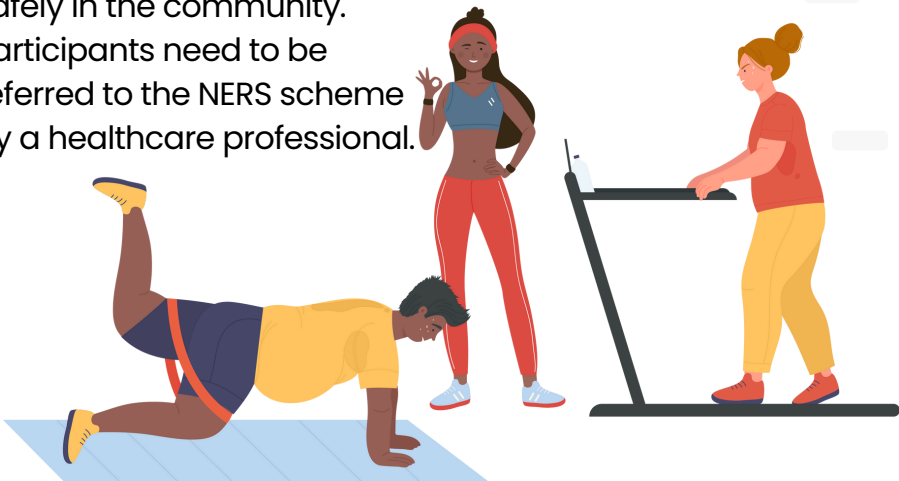
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These exercise sessions have been developed in partnership with NERS (The National Exercise Referral Scheme) at Newport pool and tennis centre, Cwmbrian stadium, Ebbw Vale leisure centre and Newbridge leisure centre.

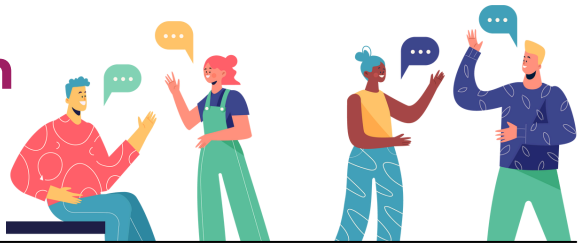
The sessions are supported by:

- A Specialist NERS exercise practitioner,
- A Neuro-physiotherapist and,
- A Therapy Assistant Practitioner.

They are for people who have a neurological condition and want to find ways to exercise safely in the community. Participants need to be referred to the NERS scheme by a healthcare professional.



# Communication Café



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## Delivery:

**Online Weekly: 10:00–11:00. We also offer in person – 1st Tuesday of the Month**

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## Where:

**Carro Lounge,  
Cwmbran Shopping Centre,  
47/49 Gwent Square,  
Cwmbran  
NP44 1PL**



**Parking: FREE**



**Bus: 21, 24x, 29A, X24**

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Communication Cafe is a safe space for people with communication difficulties to chat, have a coffee and spend time with other people with similar difficulties.

A person with any kind of communication difficulty is welcome. Our cafe is friendly and allows opportunities for:

- **Practicing speech with others**
- **Meeting other stroke survivors**
- **Working on communication strategies**
- **Forming support networks**
- **Decreasing Isolation**
- **Having fun with other people who really understand what you are going through.**

# Family and Friends Support Group (people living with Brain Injuries)

In collaboration with “Headway”, our team are running monthly support sessions for family and friends who may be supporting a person living with a brain injury.

**Please contact us if you would like more information about these support sessions.**



**Headway**  
Cardiff and South East Wales  
Caerdydd a De Ddwyrain Cymru



## Stroke Reference Group

The Stroke Reference group meets six times a year and gives people who have been affected by stroke an opportunity to meet with health board staff to air their views on stroke services and how to improve them.



**There are also opportunities to become involved in service developments and research projects.**

# Peer Partnering Opportunities

**Experts by Experience** are a crucial part of the Neurostute! We are always keen to hear from anyone who would be willing to share their experiences and ideas about how to improve the Neurostute.

This may involve becoming a registered peer partner who may provide support to the team in the following ways:

- **Support us to run and contribute to our groups.**
- **Visit people on the wards to share your experience and to give hope and inspiration to others**
- **Provide one to one support as a telephone buddy or even to meet people out in the community after going home from hospital.**



**Please get in touch if you are interested in becoming a peer partner with our team!**

# Future Initiatives

## Neuro Friendly Activity Sessions

We currently have connections with various “Neuro friendly” activity groups such as:

- Walking groups
- Nature groups
- Cycling groups
- Gardening groups
- Walking football
- Pickleball sessions
- Wellbeing choir groups

**Please contact us if you would like more information!**

## Young Persons Group

We plan to develop a support group for young people who have experienced a stroke or brain injury- please let us know if you are interested in getting involved!

## Creative Opportunity workshops

We are exploring the possibility of running “pop-up” creative opportunity groups to help with physical and mental recovery after stroke and brain injury. Please let us know if you are interested and we will add you to our contact lists to provide more information.



**If you are interested in supporting or getting involved with any of these initiatives, please do not hesitate to contact us!**

# Supporting Success

We are committed to supporting the success of everyone participating in the activities of the Neurostute.

We have learnt that there are some conditions that help us to do this.

**We have come to call these the 'conditions for success'.**



**Put simply the conditions for success are:**

- That we all behave with respect. This includes listening with respect and respecting other people's points of view.
- That we are open to learning new ways of thinking about things and doing things.
- That we all make our best effort to work towards what matters most to us and to support other participants in the Neurostute to do the same.

## How can I enroll?

**If you have had a stroke or brain injury or are living with functional seizures, and you are interested in enrolling onto one of our groups, please call our office to speak with a member of our team.**

**If you are interested in supporting other individuals living with neurological conditions, please enquire about our peer partner opportunities.**

**You can also scan the QR code below, or visit our website for more information.**



Telephone number:

**01495 363461**

Follow us on Twitter:

**@abuhb\_rehab**



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