

# How can I enrol?

If you have previously had a stroke or brain injury and 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 stroke or brain injury, please enquire about our peer partner opportunities.



Telephone number:  
01495 363461

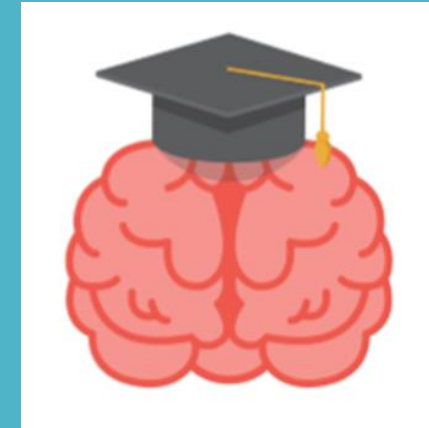


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The Niwrostiwt Recovery College  
Community Neurological Rehabilitation Service  
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# The Niwrostiwt



## A Neurological Conditions Recovery College

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

Led by the Acquired Brain Injury team as part of The Community  
Neurological Rehabilitation Service (CNRS)

*Ffôn /Tel: 01495 363461*

# What is the Niwrostiwt?

The miners' institutes of the last century provided for the wellbeing of our industrial communities. They did this by focussing on self-improvement, peer support, and co-operation. The Niwrostiwt reinvents contemporary healthcare in the image of the old 'stiwt's'. It replaces the current focus on therapeutic interventions for sick people, with a focus on self-management, personalised wellbeing outcomes, and community support.

The Niwrostiwt is a collaboration between experts by training (health board staff) and experts by experience (stroke and brain injury survivors). Its philosophy and activity 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, achievement



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# About the Niwrostiwt

The Niwrostiwt provides free courses, groups, and workshops. These focus on a range of topics linked with living well after stroke and brain injury.

We believe that good health is not the opposite of illness. Health means being able to live well. The Niwrostiwt aims to enable people to live with greater freedom and opportunity, to support people to follow valued life plans and to offer opportunities to help other people to do the same.

Traditional services tend to focus on physical recovery. In contrast, the Niwrostiwt aims to give voice to the wider hopes and life goals of people living life after stroke or brain injury.

The groups and workshops provided by the Niwrostiwt focus on adjustment, hope, and making sense of what has happened. They also focus on enabling people to explore their possibilities, develop their skills, and make use of their talents and resources.

Traditional Services	The Niwrostiwt
Services are developed by “expert staff” and delivered to patients.	Services are co-constructed and co-delivered by experts, by trained professionals and experts by experience.
Focuses on fixing “what is wrong?”	Focuses on helping people recognise and make use of their talents and resources
Focuses on therapy as a stand-alone event.	Intervention to be seen as part of life-long learning about how to live well within our limit.

# The Niwrostiwt Calendar

The Niwrostiwt is set up to run like a college. Please don't worry there are no uniforms, exams, or essays! There may be some thinking and practicing to do between sessions. This is to help you to get the most from each module, group or workshop.

The idea of running the Niwrostiwt like a college is that it gets away from our 'old' therapy model. The emphasis is on learning together, rather than one person offering therapy to another. Groups and workshops will run during terms. We hope to run some workshops, meetings, and social events in the breaks.

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

# How Sessions Run

Currently, the groups and workshops are being run virtually using the Microsoft Teams App. You can download this App on your laptop, tablet, computer or smartphone.

We understand that not everyone is comfortable or happy with online groups. In time, our hope is to run a mixture of online and face-to-face groups and workshops. In the meantime, we will do everything we can to help you to access and enjoy our online groups. So far, this has included someone from the team going out to people's homes to show them how to download and use the Teams App.

We also run pre-groups. In these sessions we bring people together before the first formal group session to ensure that everyone is comfortable with using the Teams App.



## Understanding My Stroke or Brain Injury Workshops

Delivery: 4 x 1.5 hour sessions (Microsoft Teams)

This is a short series of workshops **helping people to make sense of and start coming to terms** with 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 its impact on your **sense of self and relationships**. We also discuss **sources of support** that are available to you in the community.

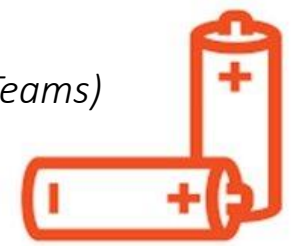
The group could help by:

- Providing knowledge and reassurance of the common changes to emotions and thinking processes following a stroke or brain injury
- Promoting helpful tips and strategies to support living well after these changes
- Identifying what further support exists



## Fatigue Management Workshops

Delivery: 5 x 1 hour sessions (Microsoft Teams)



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

The aim of the sessions is to help people to **understand fatigue, factors that contribute to it and 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.*

*Without doubt from the time I left the hospital, I received the most friendly, helpful, caring, compassionate care I could ever wish to receive. Then the introduction of the Wellbeing and Fatigue work took the care to another level, personally, and from other members of the stroke community, with whom I attend meetings regularly.”*



## Rebuilding Your Life After Stroke and Brain Injury Group

*Delivery: 8 x 1.5 hour sessions (Microsoft Teams)*

This group is based on a psychology model called Acceptance and Commitment Therapy (ACT).

This group has been developed for people who feel anxious, low or distressed after a stroke or brain injury. It teaches skills to help individuals:

- **Deal with painful thoughts/feelings more effectively**—in a way that lessens their impact on you.
- **Make a commitment to do what is important to you** and which aligns with your values, which can help to improve your quality of life.

*“Although not resolving the cause for my emotional fluctuations, it has given me tools to manage and mitigate them to some extent, which will hopefully improve as I practice the tools more. Already they just tire me for a while, instead of exhausting me.”*

## Living Well After Stroke or Brain Injury Group

*Delivery: 6 x sessions (Microsoft Teams) plus a one-month follow-up session*

*Sessions 1 and 6: 1.5 hours  
Sessions 2-5: 75 minutes*



The Living Well group has been designed to support people in finding ways to **maintain their wellbeing** following their stroke or brain injury. The group has been developed with a group of individuals who have had a stroke or brain injury.

### Aims of the group:

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

## GRASP Group

*Delivery: 2 x 1-hour sessions per week for 8 weeks (Microsoft Teams).*

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) 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).



## Neurofit Online Group

*Delivery: 2 x 1-hour sessions per week for 8 weeks (Microsoft Teams)*

An **online exercise group** for people who have been affected by a stroke or brain injury.

This group aims to support stroke and brain injury survivors, to increase their ability to **exercise regularly, within the comfort of their own home**.

## Neurofit @ NERS Group

*Delivery: gym-based exercise sessions - rolling program*

These exercise sessions have been developed in partnership with **NERS (National Exercise Referral Scheme)**. They are for people who have had a brain injury or stroke and wish to join a group exercise class within the community. Participants will be enrolled under the NERS scheme and are entitled to reduced gym rates for up to eight months.

The group aims to help people return to a healthy and active lifestyle following their stroke or brain injury.

The sessions are supported by a **Specialist NERS Personal Trainer, a Neuro-Physiotherapist and a Therapy Assistant Practitioner**.



## Vocational Network

A meeting that includes **support from healthcare professionals, government departments** such as the DWP, **third sector charities** such as Headway, Stroke Association, & GAVO, and **career advisors** through Careers Wales.

This monthly meeting aims to support individuals living with stroke and brain injury with **work related concerns**.

This may include worries about returning to work, financial support whilst being unable to work, and other occupation or vocational opportunities.



Please get in touch if you would like vocational support.

## Stroke Reference Group

The Stroke Reference group meets six times a year and gives people who have experienced stroke an opportunity to meet with health board staff to air their views on stroke services and how to improve them. Opportunities for involvement in service developments and research.

## Communication Faculty

The Communication Faculty is our newest faculty and will be focusing on working with **people with communication difficulties**. At present we are recruiting participants for the following groups that will run in the future:

- **Communication Café**
- **Book Club**
- **Communication Confidence Group**

If interested, please **give us a call** or ask a **friend or family** to contact us.

## Peer Partnering Opportunities

**Experts by Experience** are a crucial part of the Niwrostiwt.

We are always keen to hear from anyone who would be interested in **sharing their experiences, ideas about to improve** the work we do, or their time to help facilitate Niwrostiwt activities.





# Future Initiatives

## Carers Group

We are looking to develop a group for carers, to provide direct advice and support for those caring for someone with a stroke or brain injury. This can include friends and family.

## Young Persons Group

We plan to develop a support group for young people who have experienced a stroke or brain injury

## Exercise and Activity Sessions

We currently have links with Headway and can refer individuals to their weekly walking group. We would also like to link in with more services to provide more exercise and sessions, for example, walking rugby and surfing.

*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 Niwrostiwt. We have learnt that there are a small number of conditions that help us to do this. We have found that when each of us meets these conditions everyone benefits. 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 respecting the choices that people make and encouraging their right to do so.
- That we all show **openness** to learning new ways of doing and thinking about things. And that we are **open** to differences in the things that are important to people. As well as the ways they go about achieving these things.
- That we all make our **best effort** to work towards what matters most to us and to support other participants in the Niwrostiwt to do the same.

We ask everyone involved in the Niwrostiwt to share our commitment to these conditions.