Agenda item 13
Council
14 February 2024

Tracey Brown
Town Clerk and Responsible Financial Officer

NEURO THERAPY CENTRE - REPORT BACK TO COUNCIL ON GRANT FUNDING – December 2023

1 Saltney Town Council generously awarded us a grant of £2,856 to support the delivery of new services at the Neuro Therapy Centre (NTC) and associated training. Our vision is to help people 'Live their best neuro life'. Access to appropriate support, supervised by qualified, experienced professionals is central to achieving that vision and reinforcing our ethos that 'We believe in a future after diagnosis' and the following is a brief summary of how the grant from Saltney Town Council has contributed to this.

Saltney Town Council's support

2 Our application initially focused on training to support the delivery of Yoga, Sports Massage and Pilates.

3 Following a review of training needs, the Saltney Town Council's grant also part-funded Acupuncture (instead of Yoga), enabling us to upskill 3 members of our Therapies & Services Team.

4 As a result, over the past 12 months we can report the following:

- Sports Massage - we offer 7 sessions of this per week, and most are booked up. Following the appropriate training, this service started at the end of November 2022
- Acupuncture – two of our three Neurological Physiotherapists are now qualified in acupuncture and have been including this in their 1-1 physio sessions for those who gain a benefit from it. This has significantly added to the treatment offering that we provide at the NTC.
- Pilates – we now deliver a total of 4 x weekly group sessions delivered face-to-face and supporting up to 11 people per session. Service users are also able to access on-demand pilates-based 'workout-at-home' sessions developed by our physios

5 Our person-centred support focuses on the positive, reinforcing what individuals CAN do, and has the following outcomes:

- Physical health - our daily programme of regular physiotherapy, exercise and fitness sessions, delivered both face to face and virtually, can make a huge difference, keeping people physically fit and helping them stay mobile and independent
- Mental health and wellbeing - Counselling and other talking therapies can provide early intervention, helping individuals deal with the emotional impact of their condition, and support them in coming to terms with the life changes they may have to make as a result of their diagnosis

6 More broadly our work provides:

- Support for Carers - encourages them to address their own needs, as well as those of the person for whom they care, and can be the difference between coping and slipping into Carer crisis
- Peer Support - can provide a supportive listening ear as well as friendships and confidence.
- Information and Guidance **–** helps people to be informed about the opportunities for support that exist, and can signpost to skills development opportunities

Wider NTC

7 Improved diagnosis of neurological conditions, coupled with the impact of Covid, means demand for support is increasing, and it is recognised that access to exercise and psychological support can improve both physical symptoms and quality of life. Our services complement the work of statutory providers and can reduce statutory budgets, easing financial pressures on NHS budgets.

8 Funding from Saltney Town Council has helped us to broaden and strengthen our service 'offer', ensuring we both:

a) respond to the needs of our service users

b) bridge the gap between the NHS and individual post diagnosis, giving people the tools to overcome the barriers and struggles of everyday life caused by their condition.

9 By keeping fit and healthy, both physically and emotionally, our service users are encouraged to take a positive attitude towards the management of their condition, allowing them to take control of their lives.

10 This funding also helps to strengthen the infrastructure of the NTC and our capacity to support more people as we embark on a phase of growth involving our expansion into premises adjacent to our current Centre. This will see us treble the size of our Gym and double our capacity to deliver 1:1 and group physiotherapy sessions and is the focus of a separate Capital Fundraising Campaign.

11 We are extremely grateful for the grant from Saltney Town Council and if any of the Councillors would like to visit the NTC, they would be very welcome to come and meet some of our services users and staff.