

Sport

Sportsable 01628 627690

Multiple sports for those with physical or sensory needs.

Exercise Referral Schemes.

Check with your local authority – you may need a GP referral to get on the scheme.



Further information

There are many voluntary and charitable organisations locally—too many to list here.

If you require further information, or would like signposting to a specific type of support then please ask one of the therapists on the ward.

Examples include:

- Exercise referral schemes
- Specific support for children or other family members

As funding and resourcing for this sector changes rapidly, you are advised to check all contact details and support offered, as this may change in the future.



Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Telephone 0118 322 5111
www.royalberkshire.nhs.uk

Neuro Rehab Physiotherapy, Feb 2017
Review due: Feb 2019

NHS

Royal Berkshire
NHS Foundation Trust

Support
available in the
community
after discharge
from the Neuro
Rehab Unit

Information for patients,
relatives and carers

This leaflet summarises some of the charitable and voluntary sector support which is available in and around Reading, for those who have a neurological disability.

Introduction

We hope that you will find this leaflet useful in directing you to the variety of community support available. If you require specific health or social care support, please speak to a member of the Caversham Ward Team.

Carer support

Reading and West Berkshire Carers Hub: 0118 324 7333

www.berkshirecarershub.org

A range of support for unpaid carers including advice and guidance, support groups, holiday accommodation, free leisure activities, access to grants etc.

Reading and Wokingham
Crossroads: 0118 945 4209

Regular and emergency cover for carers so that they can go out or attend appointments. Also care support for those with disabilities to go on outings etc. A paid-for service funded privately or by personal budgets/council support.

Support after a stroke

You may have already been offered support from the Stroke Association or Headway. Please ask staff if you would like more information.

Other organisations offering support include:

Different Strokes 01753 778566
www.differentstrokes.co.uk

Offer telephone, Facebook and exercise group support for working-age stroke survivors. The Windsor exercise class meets on Saturdays.

Newbury Stroke Club 01635 529360
Offers physiotherapy, cognitive therapy, family support and companionship.

General support

ENRYCH www.enrych.org.uk

Accessible group activities, matching people to like-minded volunteers for activity or hobby support. Also one-to-one practical support at own cost.

Tanzanite Day Centre 0118 962 2498

A day centre service offering practical and emotional support to clients, providing a range of activities and opportunities to interact.



Outdoor activity

Greenshoots 01491 628933

Thrive 0118 9885688

www.carryongardening.org.uk

Both organisations support those with physical and mental health disabilities to take part in gardening projects.