



WOUND HEALING  
STROKE  
COPD  
PTSD  
LYMES  
CEREBRAL PALSY  
CANCER  
SPORTS INJURIES  
TINNITUS  
BURNS  
CONCUSSION  
CHRONIC PAIN  
DIABETES  
MIGRAINE  
ALZHEIMERS  
TRAUMATIC BRAIN INJURY  
FIBROMYALGIA  
PARKINSON'S  
ULCER  
ATTITUDE  
MULTIPLE SCLEROSIS



# the brightwell

a centre for neurological wellbeing & physical recovery

Bradbury House  
Wheatfield Drive  
Bradley Stoke  
Bristol, BS32 9DB

01454 201 686

[hello@thebrightwell.org.uk](mailto:hello@thebrightwell.org.uk)

[www.thebrightwell.org.uk](http://www.thebrightwell.org.uk)





**WHEN YOU ARRIVE AT THE CENTRE,  
PLEASE FOLLOW THESE STEPS**

- 1   
**CALL**  
01454 201 686  
or sound your car horn
- 2   
**ANSWER**  
a few quick questions
- 3   
**WAIT**  
until your allotted time to enter the building
- 4   
**MASK**  
put on your oxygen or protective mask before entering
- 5   
**SANITISE**  
use the sanitising station opposite reception

**THANK YOU**

Your co-operation will help  
to keep all of us safe



The Brightwell is a partnership of the following organisations that support people with neurological conditions:

The West of England MS Therapy Centre Limited - Charity No 80115

The Bristol Therapy Centre Ltd - Company No 08193674

Joint Registered Offices at Bradbury House, Wheatfield Drive, Bradley Stoke, Bristol BS32 9DB



### **The West of England Multiple Sclerosis (MS) Therapy Centre**

has been caring for people with MS, and their families, for 35 years.





Founded in Nailsea in 1985 we moved to a larger, fully accessible building in Bradley Stoke in 2012. Our new home allows us to provide therapies and vital support to people living with all types of neurological conditions in a friendly and professional environment.

### **OUR AIM**

Is to provide a strong and effective community, devoted to the care and support of people with neurological conditions, their families and carers in the greater Bristol area.

We achieve this by offering therapies, services and support all designed to improve our members quality of life, in a purpose built, modern therapy centre.

### **THE BRIGHTWELL IS**

-  A relaxed, happy and caring space, where people can share their experiences, build friendships and access support when it is needed.
-  An accessible building providing therapies and support services by qualified professionals.
-  A place where the members, volunteers and staff are the cornerstones of a thriving and vibrant community.
-  A hub for self-help and positivity.

#### **Chairman of Trustees:**

**Paul Spaven** was elected chair of The West of England MS Therapy Centre in 2019

#### **The Centre's Senior Oxygen Operator and Trainer:**

**Keith Taylor** has volunteered with the Centre since 1985

#### **Registered Manager:**

**Doro Pasantes** who became Centre Manager in 2009



## MEMBERSHIP OF THE BRIGHTWELL

There are 2 ways to become a member of the Centre;

### NEUROLOGICAL CONDITIONS

Anyone with a neurological condition can join **The Centre** by paying a small yearly subscription.

The charity arm fundraises to subsidise therapies for our members, this helps to keep the suggested contribution from members low.

### NON - NEUROLOGICAL CONDITIONS

Non-neurological conditions refers to a health condition, injury or surgical recuperation that does not affect the brain or nervous system. Registration is £50 per year and this is made through **The Bristol Therapy Centre Ltd.**

These members can access all of the therapies at the Centre by making the recommended contribution.

## THERE ARE OVER 600 TYPES OF NEUROLOGICAL CONDITIONS, WHICH ARE BROADLY CATEGORISED INTO:

### SUDDEN ONSET CONDITIONS

e.g. Stroke, brain or spinal cord injury

### INTERMITTENT AND UNPREDICTABLE CONDITIONS

e.g. Fibromyalgia, ME, migraines, or the early stages of multiple sclerosis

### PROGRESSIVE CONDITIONS

e.g. motor neurone disease, Parkinson's disease, or later stages of multiple sclerosis

### STABLE NEUROLOGICAL CONDITIONS

e.g. post-polio syndrome, or cerebral palsy in adults

SOURCE: NHS England

## WHAT IS A NEUROLOGICAL CONDITION?

A neurological condition occurs when there is damage to the nervous system. This is often caused by an injury or an illness.

This kind of damage can affect the spinal cord, nerves, brain and muscles.

A neurological condition **can affect anyone** of any age and any ethnicity, it can also affect people at any time in their lives.

Some conditions are incurable, some last a lifetime whilst others can be life-threatening.

SOURCE: NHS England

"I joined the Centre in May 2018 and the difference it has made to my life I just can't believe. You get **all the help and support needed**, both physically and mentally, everyone is so friendly; it makes me feel I am part of a very special family."

Valerie  
Therapy Centre member



# OXYGEN THERAPY AT THE BRIGHTWELL

## WHAT IS OXYGEN THERAPY?

The air you normally breath consists of 21% oxygen, 78% nitrogen and the remaining 1% is comprised of carbon dioxide and noble gases.

Oxygen Therapy is breathing higher dose oxygen, up to 98%, inside a pressurised chamber.

You experience atmospheric pressure everyday and the extra pressure you will feel is small, no more than what you feel in a commercial aeroplane.



## HOW DOES IT WORK?

Oxygen is often taken for granted but it has a massive effect on the healing process. The cells in our body use oxygen to transfer the energy stored in food to a usable form.

With a neurological condition like Multiple Sclerosis, where your **immune system is attacking your own central nervous** system, much of that energy is consumed by this struggle leaving other cells lacking the energy needed to heal and regenerate.

Breathing a higher concentration of oxygen can give these cells the extra boost they need. The additional benefit of being at pressure forces your blood to absorb more oxygen.

Recent trials have suggested that oxygen therapy is also of benefit in **reducing inflammation and pain perception**. Wahl, Bidstrup, Werner Et. al. recently published findings in the *Journal of Pain Research* in which just one session of oxygen therapy demonstrated anti-inflammatory and analgesic effects.

## WHAT HAPPENS DURING AN OXYGEN SESSION?

Oxygen therapy is simple and non-invasive, you will be seated in a purpose built chamber and to maintain social distancing we have limited the chamber to just 4 people, outside the chamber are 2 trained operators. You will enter the Centre wearing your oxygen mask and once in the chamber you then attach the supply and exhaust pipes. The whole time you are in the chamber you will be on a separate air supply to anyone else. The session is conducted in 3 stages;

### COMPRESSION

After the chamber door is closed there will be some noise as air is added and the pressure increased. It will get warmer and you will feel a fullness in your ears, similar to when an aeroplane descends. You may need to equalise your ears to avoid any discomfort.

### BREATHING OXYGEN

You'll start breathing oxygen as soon as the chamber door is closed and you'll receive oxygen for 1 hour, 45 minutes of which will be at pressure, during this time you can read, use your phone/ tablet or just rest. You should just breathe normally during this time.

### DECOMPRESSION

Your operator will let you know that the session is complete .

The chamber will then be depressurised which may again require you to equalise your ears.

You will continue to wear your mask but you will be breathing standard air.



# PHYSIOTHERAPY AT THE BRIGHTWELL



Each of our physiotherapists are members of the Chartered Society of Physiotherapy and registered with the Health & Care Professions Council, as well as being members of the Association of Physiotherapists with a Special Interest in Neurology. The department also benefits from the support of a brilliant and dedicated team of physio assistants.

## TYPES OF PHYSIOTHERAPY

- **Individual treatment sessions**
  - \* By appointment.
  - \* Can be weekly/fortnightly/monthly or as needed.
  - \* With agreed aims and goals.
- **Exercise classes - these are currently held via Zoom**
  - \* Aim to maintain and improve:
    - ◇ Normal patterns of movement.
    - ◇ Balance and co-ordination.
    - ◇ General fitness.
  - \* Encourages group interaction.
  - \* Finishes with guided relaxation.
- **Group physiotherapy - currently held via Zoom**
  - \* More individual support from a therapist.
  - \* Exercises tailored to the groups collective needs: e.g. upper arm strength, balance

Before undertaking any kind of physiotherapy, whether virtual or physical, all members will first have to complete an online consent form. This can be found on our website [thebrightwell.org.uk/consent](http://thebrightwell.org.uk/consent). There will then be a virtual assessment carried out by a member of the team to determine the best form of therapy for you.

## THE AIMS OF PHYSIOTHERAPY

- **Prevent or reduce**
  - \* Muscle spasms
  - \* Ataxia
  - \* Secondary problems
- **Maintain and Improve**
  - \* Joint mobility
  - \* Muscle power
  - \* Balance and co-ordination
  - \* Normal patterns of movement
  - \* Function
  - \* General Fitness
- **Provide general advice and support when individuals need it most.**

## SOME OF OUR GYM EQUIPMENT

- Tilt table
- Passive/Active exercise bikes
- Parallel bars
- Standing /walking frames including the Evolve-Shadow and Easyglide 6000
- Balance master
- Balance trainer
- Cross trainer
- Vibro - Gym
- Exercise with oxygen therapy
- Boccia equipment

# MORE THERAPIES, CLINICS & SERVICES AT THE BRIGHTWELL

Complementary therapies have helped to improve both the mental and physical health of many Centre members. Any of our therapists will be happy to talk to you about what they do and what the desired outcomes will be, most have worked with our members for a number of years and all of them are fully trained and certified in their chosen speciality. To check availability and book your appointment call reception on 01454 201 686.

## COVID-19

Many of our clinics and therapies are running at a reduced capacity and social distancing require us to stagger appointments and keep the number of people in the building to a minimum.

Because of this we are asking people to arrive at least 10 minutes before their appointment time to allow for the correct procedures to be carried out. Thank you in advance.

## TALKING THERAPIES

### MINDFULNESS COUNSELLING

These are potentially  
available via Zoom

## PHYSICAL THERAPIES

ACUPUNCTURE  
REFLEXOLOGY  
AROMATHERAPY  
SPORTS MASSAGE  
FOOT HEALTH  
HYPNOTHERAPY



## SOCIAL

The current climate has severely impacted our socialising at the Centre. So, just for the moment, we have closed our little kitchen area and we are not allowing members to congregate in the building.

To help maintain the community feel of The Brightwell and to give our members a way to support each other we have a facebook group '[Brightwell Chat](#)'. This is a private group where members are free to discuss any problems, any fears or they can just swap terrible jokes!



## SPECIALIST CLINICS & SUPPORT

**BLADDER & BOWEL  
CONFIDENCE**

**SPASTICITY CLINIC**

(NHS run clinic, appointments by referral)

**AAA CLINIC**

(NHS run clinic, appointments by referral)

**EMPLOYMENT & BENEFITS  
ADVICE**

**MS NURSE**

(North Somerset residents only)



The Brightwell  
Bradbury House  
Wheatfield Drive  
Bradley Stoke  
Bristol, BS32 9DB

01454 201 686

hello@thebrightwell.org.uk  
www.thebrightwell.org.uk

Follow us on social media



@MSTC\_Bristol



@MSTCBristol



msttherapybristol