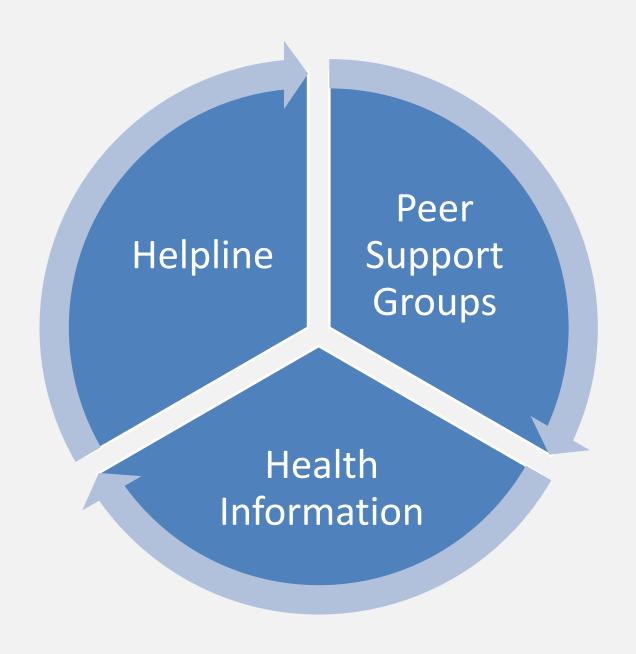
BSF MISSION

Transform the daily reality of each person affected by any neurological condition, anywhere in the UK; through frontline professional services, innovative social research, and bold campaigning for change

BSF VISION

A society where people affected by a neurological condition are recognised, respected, and can flourish

Professional Services

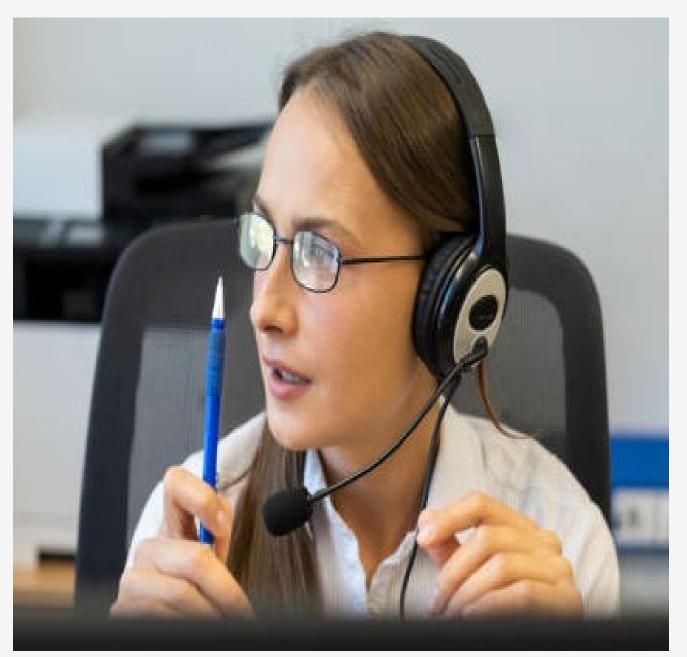


Enabling your wellbeing Journey

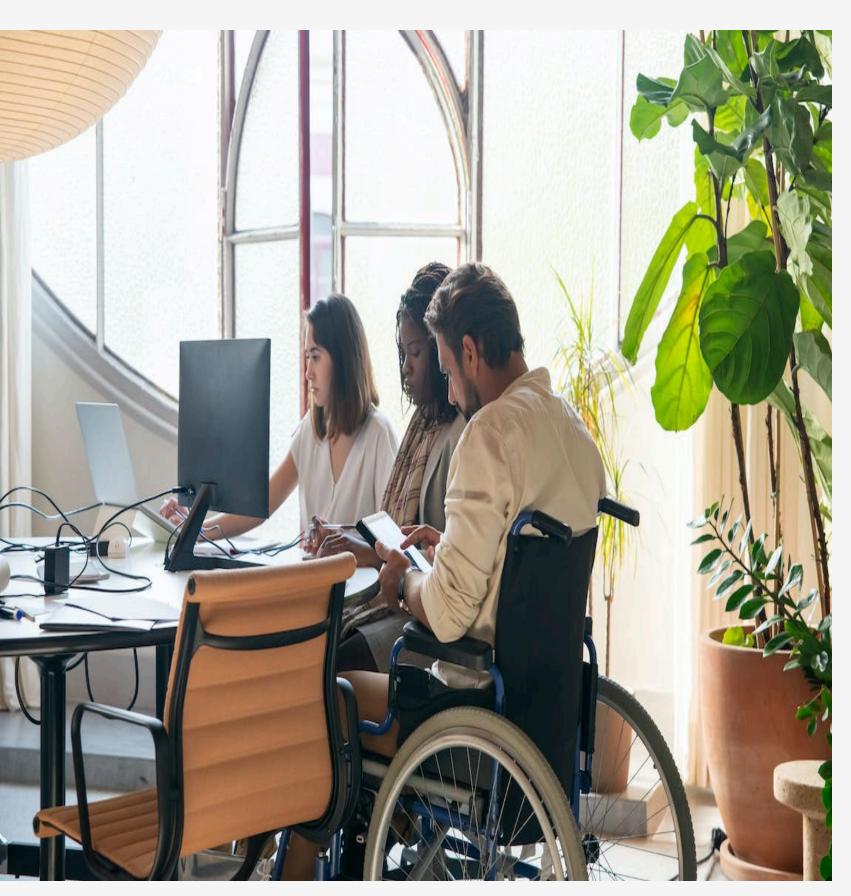
https://www.brainandspine.org.uk/

Neuro-Helpline

"I don't know where I would have gone if I hadn't contacted you"



- Respond to questions related to clinical, practical, or emotional aspects of neurological conditions
- (Risk reduction, warning signs, investigations, diagnosis & treatment)
- Time to feel listened to
- Navigate the wider care system
- Guide them to reliable information and relevant services
- Enhanced Emotional Support



Helpline Feedback

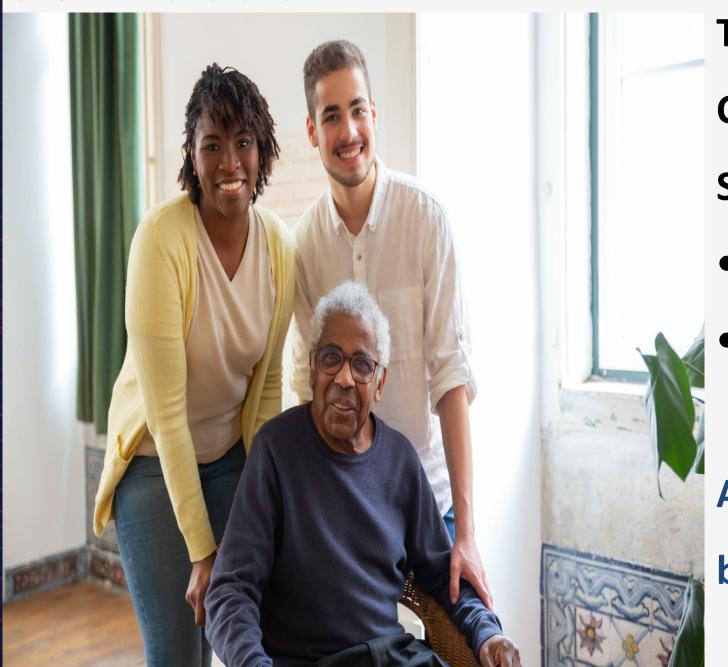
"The service you provide takes a lot of pressure off us preadmission and following discharge home".

Addenbrookes Hospital, neuroscience specialist nurse

"I found this charity while seeking a helpline and I was really glad to have qualified nurses who understood the condition and who were able to give me expert knowledge and emotional support in a way that I wished existed in the NHS, but it doesn't".

Peer Support Groups

"It's a safe supportive space to share anything that's going on. I feel I belong and I'm not alone."



The groups provide a safe space for patients, carers and family members to:

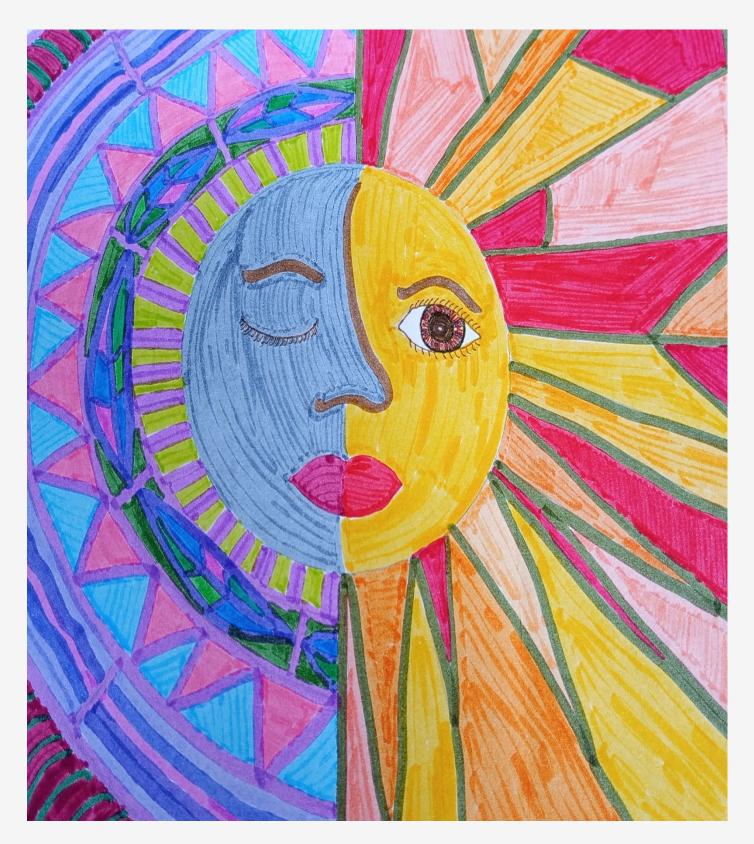
Talk about their neurological condition

Connect with others who understand and express their emotions

Share Self-care and self-management techniques

- Open discussions
- Structured sessions –such as: Identity, Fatigue and PIP

All groups are Co-developed and Co-designed with volunteers affected by a neurological condition



Creative Wellbeing Groups

Our creative groups aim to:

- Encourage self awareness
- Promote relaxation and self care
- Provide a safe space to explore feelings and express emotions
- Encourage a warm and friendly non-judgemental environment that promotes peer support and acceptance
- Art and creativity as self expression
- "I was struggling to find support with my diagnosis. A friend told me to reach out to the B&SF and I thought the creative sessions would help me to quiet my mind and think of something other than the pain. I found I was looking forward to each week and finding some peace as well as feeling I can still do things. It has helped me immensely" Creative groups and activities | Support For You | Brain & Spine Foundation



Health information

- We work alongside Health Professionals
- Accessible Information
- Understanding a neurological condition, tests,
 treatment and information on self- care and
 managing at home

Outreach Programme

Health Professionals have free access to our highquality information to be available on their clinics and wards to give to the patients, so they improve their experience of care

FY24-25: We distributed over 3000 booklets to Health Professionals and individuals