



Brain & Spine Foundation

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

Brain & Spine Foundation



Professional Services



Enabling your wellbeing Journey

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

"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 high-quality 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

