

INS Therapy Groups & Expanding Horizons Programme 2024

Please check with our team for dates and other details of how to join these therapy sessions. If you are suitable for an appropriate group but places are not currently available, you may be placed on a waiting list.

If you are an INS service user and interested in joining any of these groups, please contact us by emailing admin@ins.org.uk or by calling us on 020 8755 4000.

If you are not currently known to the team, you will need to complete and return a copy of our referral form, available from our website at www.ins.org.uk.

Please note: **All initial assessments & reviews are free of charge.**

Registered Charity No: 1107273

MONDAY SERVICES	COSTS
11:30am – 12:30pm	
<p>Parkinson's 'Work' Group <i>Moderate intensity exercise, symptom management and peer support</i></p> <p>fortnightly Mondays</p> <p>This group takes place at INS</p>	<p>£25 per block of 4 fortnightly sessions</p>
1:30pm – 3:00pm	
<p>Table Tennis <i>Come along and test out your table tennis skills</i></p> <p>fortnightly Mondays</p> <p>This group takes place at INS</p>	<p>Donations are gratefully accepted for this group</p>
2:00pm – 3:00pm	
<p>Communication Café <i>For our younger service users to practice communication skills while having a cup of tea or coffee in a friendly environment</i></p> <p>fortnightly Mondays</p> <p>This group takes place <u>online</u> via Zoom</p>	<p>Donations are gratefully accepted for this group. For further info & to express an interest, please contact admin@ins.org.uk</p>
3:30pm – 4:30pm	
<p>Neuro Exercise <i>Higher level exercise</i></p> <p>weekly Mondays</p> <p>This group takes place at INS</p>	<p>£50 per block of 8 weekly sessions</p>

TUESDAY SERVICES

COSTS

9:30am – 1:00pm

Open Gym

Opportunity to use the INS gym to exercise independently or with support from your carer

weekly Tuesdays

Clients interested in attending will require a review from an INS therapist prior to attending these sessions

These sessions take place at INS

£50 per block of 8 weekly sessions, lasting between 30 and 45 minutes

10:30am – 11:30am

Carers Coffee Morning

Provides a supportive environment to chat with other carers sharing experiences and useful information

monthly Tuesdays

This group takes place at Squires Garden Centre,
Sixth Cross Road, Twickenham TW2 5PA

Donations are gratefully accepted for this group

12:30pm – 1:45pm

Working With Words

Find your inner poet, relax and have fun in our friendly poetry and prose reading and writing face-to-face group, led by volunteer Pat

weekly Tuesdays

This group takes place at INS

Donations are gratefully accepted for this group

For further info & to express an interest please contact admin@ins.org.uk

TUESDAY SERVICES continued	COSTS
2:00pm – 3:00pm	
<p>Face-to-face Seated Group <i>A whole-body work out focusing on improving fitness and strength from a seated position</i></p> <p>fortnightly Tuesdays</p> <p>This group takes place at INS</p>	<p>£25 per block of 4 fortnightly sessions</p>
11:30am – 12:30pm	
<p>Parkinson’s ‘Move’ Group <i>Low intensity exercise, symptom management and peer support</i></p> <p>fortnightly Tuesdays</p> <p>This group takes place at INS</p>	<p>£25 per block of 4 fortnightly sessions</p>
5:30pm – 6:00pm	
<p>Mindfulness Drop-In Class <i>Weekly drop-in practice session for those who have completed a Mindfulness course offered previously</i></p> <p>weekly Tuesdays</p> <p>This group takes place <u>online</u> via Zoom</p>	<p>Donations are gratefully accepted for these sessions</p>

WEDNESDAY SERVICES	COSTS
10:45am – 12:00pm	
<p>MS Group <i>Low to moderate intensity exercise, symptom management and peer support</i></p> <p>fortnightly Wednesdays</p> <p>This group takes place at INS</p>	<p>£50 per block of 8 fortnightly sessions</p>
11:00am – 12:00pm	
<p>Stroke Group <i>Moderate to higher intensity exercise adapted for stroke survivors to improve their fitness and mobility</i></p> <p>fortnightly Wednesdays</p> <p>These sessions take place at INS</p>	<p>£25 per block of 4 fortnightly sessions</p>
11:00am – 12:00pm	
<p>Music Therapy <i>A professional Music Therapy group with the Otakar Kraus Music Trust</i></p> <p>weekly Wednesdays</p> <p>These sessions take place at INS</p>	<p>Donations are gratefully accepted for this group</p>

FIND US ON SOCIAL MEDIA

Follow us on Facebook, Instagram, X, & LinkedIn for more regular updates and information from us.

Facebook: Int.Neuro.Services
Instagram: ins_4_life
X: INS4_Life
LinkedIn: Integrated Neurological Services

WEDNESDAY SERVICES continued

COSTS

1:00pm – 4:00pm

Open Gym (afternoon sessions)

Opportunity to use the INS gym to exercise independently or with support from your carer

weekly Wednesdays

Clients interested in attending will require a review from an INS therapist prior to attending

These sessions take place **at INS**

1:30pm - 2:30pm

Local History group

A relaxed communication-friendly session exploring the fascinating history of Richmond & Hounslow. The group are encouraged to bring along any facts or memorabilia they may have to make this a fun interactive session.

weekly Wednesdays

This group takes place **at INS**

2:00pm – 3:30pm

Mind Body Spirit

A volunteer-led mutual support group of clients, carers and Friends of INS

monthly Wednesdays

£50 per block of 8 weekly sessions, lasting between 30 and 45 minutes

£50 per block of 8 weekly sessions

For further info & to express an interest please contact Emma EGale@ins.org.uk

Donations are gratefully accepted for this group. For further info & to express an interest, please email admin@ins.org.uk

WEDNESDAY SERVICES continued

1:30pm – 3:00pm

INS Brentford satellite

An outreach for those in the east of Hounslow borough (ie. Brentford, Chiswick, Isleworth and bordering areas)

Donations are gratefully accepted for these sessions which take place at **the Musical Museum**, High Street, Brentford TW8 0DU.

For further info and to express interest, please contact PCooke@ins.org.uk

weekly Wednesdays

Sessions offered include:

Exercise Sessions for people living with neurological conditions and those supporting them, followed by refreshments and social

INS provides a wide range of services to our clients & carers, including phone & video contact. We offer face-to-face group and individual sessions, mainly at our Twickenham premises, while continuing to run others virtually, via Zoom. **If you are an INS service user and interested in joining any of these groups, please contact us by emailing admin@ins.org.uk or by calling us on 020 8755 4000.** If you are not currently known to the team, you will need to complete and return a referral form, available from our website at www.ins.org.uk.

To help optimise resources & give opportunities to more users, **our therapy groups are generally offered in blocks of 4, 6, or 8 sessions** for which we typically charge a fee. Some groups receive support from our funders, & we ask those attending other sessions (incl. Expanding Horizons & counselling) to consider making a donation. **Please show your support for INS by visiting www.ins.org.uk and donating by clicking the orange [Donate](#) button at the top right of each page.** Thanks!

THURSDAY SERVICES

10:30am – 1:00pm

“Living Well” hub at INS Feltham satellite

For all impacted by neuro conditions

Donations are gratefully accepted for these sessions which take place at **Southville Community Centre**, Southville Road, Feltham TW14 8AP.

For further info and to express interest, please contact PCooke@ins.org.uk

weekly Thursdays

Sessions offered include:

Sports and Exercise sessions - if you are interested in participating, and you are not already part of the INS Hounslow neuro-hub group, please contact admin@ins.org.uk.

Also, our *Communicate with Confidence* sessions offer a fun, communication-friendly conversation group, for people who need extra time or support to communicate effectively. Group members are encouraged to bring photos, maps, souvenirs etc, to make sure we have fascinating conversations. If you are interested, please contact Emma at EGale@ins.org.uk.

FLEXIBLE TIMES / DAYS

One-to-one sessions with a physiotherapist, occupational therapist, or speech and language therapist tailored to support you to continue to work towards your rehabilitation goals.

Counselling sessions with a counsellor listening & helping you find ways to deal with emotional issues, with a goal to facilitating positive change.

THURSDAY SERVICES continued	COSTS
<p>10:30am – 11:30am</p>	
<p>Move into Wellbeing</p> <p><i>Dance-based exercise classes adapted to suit the needs of those with and without mobility issues</i></p> <p>weekly Thursdays</p> <p>These sessions take place at INS</p>	<p>£50 per block of 8 weekly sessions</p> <p>If interested in a future block of sessions, please contact us at admin@ins.org.uk</p>
<p>11:30am – 12:30pm</p>	
<p>Neuro Exercise at INS Barnes satellite</p> <p><i>General neuro exercise suitable for people who need exercise in sitting and standing</i></p> <p>weekly Thursdays</p> <p>This group takes place at the Barnes Green Centre, Church Road, Barnes SW13 9HE</p>	<p>£50 per block of 8 weekly sessions</p> <p>If interested, please contact us at admin@ins.org.uk</p>
<p>2:00pm – 3:00pm</p>	
<p>Parkinson's 'A' Group</p> <p><i>Moderate to higher intensity exercise, symptom management and peer support</i></p> <p>weekly Thursdays</p> <p>This group takes place at INS</p>	<p>£50 per block of 8 weekly sessions</p>
<p>3:15pm – 4:15pm</p>	
<p>Parkinson's 'Fit' Group</p> <p><i>Higher intensity exercise, symptom management and peer support</i></p> <p>weekly Thursdays</p> <p>This group takes place at INS</p>	<p>£50 per block of 8 weekly sessions</p>

FRIDAY SERVICES	COSTS
10:15am – 11:15am and 11:30am – 12:30pm	
<p>Communicate with Confidence <i>For people who need a small supportive but fun environment to practise their communication skills</i></p> <p>weekly Fridays</p> <p>These 2 groups take place at INS</p>	<p>£50 per block of 8 weekly sessions</p>
10:30am – 12:00pm	
<p>Expanding Horizons: Crafts <i>Join us to try your hand at Crafts</i></p> <p>fortnightly Fridays</p> <p>This group takes place at INS</p>	<p>Donations are gratefully accepted for this group</p>
12:30pm – 1:30pm	
<p>Expanding Horizons: Conversation Group <i>Take time out for coffee and a chat</i></p> <p>weekly Fridays</p> <p>This group takes place <u>online</u> via Zoom</p>	<p>Donations are gratefully accepted for this group</p>
1:30pm – 3:30pm	
<p>Open Gym <i>Opportunity to use the INS gym to exercise independently or with support from your carer</i></p> <p>weekly Fridays</p> <p>These sessions take place at INS</p>	<p>£50 per block of 8 weekly sessions</p>

Integrated Neurological Services

82 Hampton Road, Twickenham TW2 5QS

Tel: 020 8755 4000

Email: admin@ins.org.uk

Website: www.ins.org.uk

Registered Charity No: 1107273