

Can you help us support those affected by brain injury and help us fund research into the brain ?

There are lots of ways you can help.
Please fill in this form and return it to us.

Name _____

Address _____

Post Code _____

Tel: _____

Please tick as applicable

I would like an information pack about BASIC and the work of the Centre.

I would like to get involved in organising a fundraising event. Please send me further information.

I would like to be placed on your mailing list to receive information about the charity's progress and events.

I would like further information about making a donation / I enclose a donation for the sum of £.....
(Delete as applicable)

Please return to the address overleaf -
Thank you.

Address

BASIC, the Brain And Spinal Injury Centre

554 Eccles New Road

Salford

M5 5AP

Telephone:

0161 707 6441

Helpline

0870 7500000

e:mail - enquiries@basiccharity.org.uk

web site: www.basiccharity.org.uk

Reg. Charity No. 518806

Affiliated to

The Greater Manchester Clinical Neuroscience Centre,

Salford Royal Hospitals NHS Trust

(A Manchester University Teaching Hospital)

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BASIC

the BRAIN AND SPINAL INJURY CHARITY

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HOW COMMON ARE BRAIN DISORDERS?

Approximately 1 million people are treated in hospital for head injuries each year. It is the most common cause of death in teenagers.

Approximately 8,500 people in the UK suffer a brain haemorrhage each year. More than half of these people are of working age and sometimes young children are affected by this life threatening condition which hits out of the blue.

Strokes affect one in every 250 people and is the third highest killer in the UK.

There are 5,000 new cases of primary brain tumours and 7,000 secondary cases each year in the UK. Unfortunately brain tumours know no age barriers, they account for 25% of all childhood cancer deaths.

These, along with other neurological conditions affecting the brain, mean that an estimated 3 million people in Britain are suffering from brain related disorders. New technology and research are revolutionising the Neurosciences and many more patients are now surviving what would once have been fatal conditions. These people often need rehabilitation, sometimes over many years. Even minor brain injuries can result in difficulties which persist for many months or years.

Neurological disorders are the commonest cause of disability in the UK

BASIC's services have all been designed to address the unique and specialised difficulties of the 'hidden disability' which result from brain injuries. So called because people often recover well physically but may be left with 'hidden' problems with memory, concentration, cognitive (thought processes), behavioural, emotional, psychological and social. Our current services include:

Information & Education Library

- Assessment of needs
- Education packs
- Information booklets & advice

Emotional Support including:

- A confidential national Help-line
- Informal counselling and support
- Cognitive Behavioural Therapy (CBT)
- Person centred counselling
- Relationship support
- Bereavement counselling
- Self Help Support Groups

Vocational Rehabilitation

- Vocational assessment and counselling
- Cognitive rehabilitation
- Work placements
- Workplace job coaching

Self development including:

- Stress management
- Mentoring
- Confidence Building

Advice services including:

- Benefits & Welfare Rights advice
- Debt management & budgeting
- Legal Advice
- Advice on diet and nutrition & supplements

Body BASIC Assisted Exercise Gym

- 15 state of the art exercise machines
- Neuro-physiotherapist exercise on prescription

Complementary Therapies

- Aromatherapy massage
- Acupuncture
- Reflexology
- Indian Head Massage

Stress management & relaxation

- Yoga classes
- Sensory relaxation room
- CBT for management of stress & anxiety

Training courses & therapeutic workshops

- Internet & email Training
- LearnDirect computer training
- Gardening project
- Arts & crafts workshops
- Pottery workshops
- Music workshops
- Volunteering activities in the Centre

Social Activities

- Drop-in Café
- Social activities

A program of holistic services means that we can help make a real and lasting difference to people's lives following a traumatic brain injury.



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