



BASIC
Brain And Spinal Injury Centre

21ST CENTURY
REHABILITATION

BASIC - Brain And Spinal Injury centre

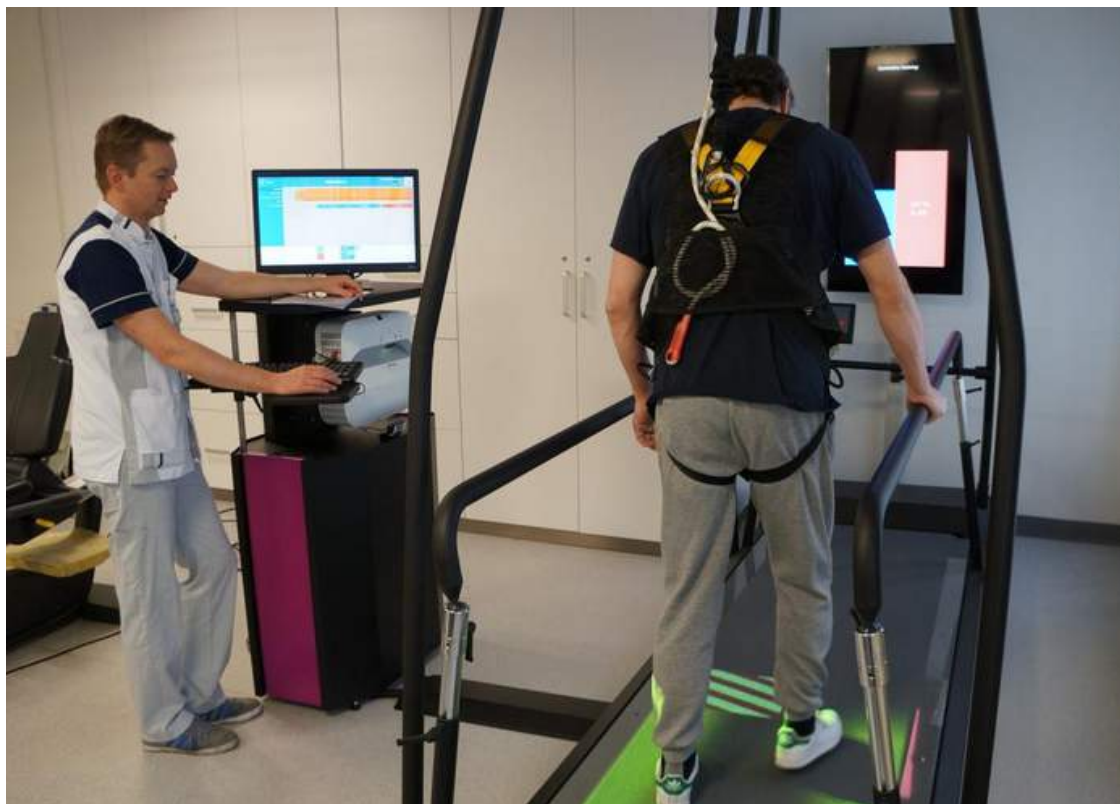
OUTCOME REPORT 2019/20

REBUILDING LIVES FOR 34 YEARS

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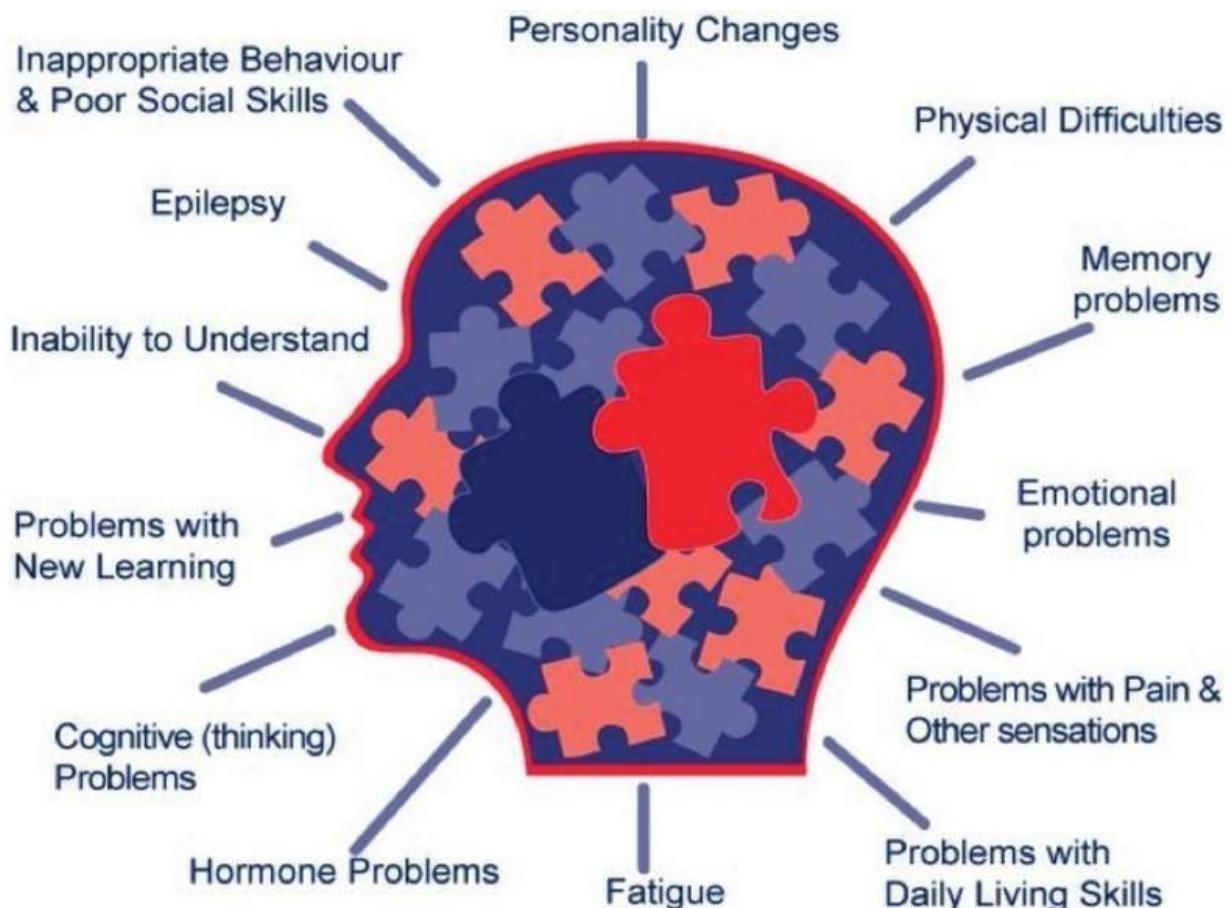
“Going to BASIC is the best things that could have ever happened to us. Before visiting BASIC I really believed that my husband would never walk again. His achievement is unbelievable. The confidence and belief that staff have given him as well as the treatment [virtual reality] to use his legs again is just amazing. They have worked magic. Words cannot express our gratitude to them”

Client Feedback 2019/20

ANNUAL REPORT 2019/20

BASIC - Brain And Spinal Injury Centre exists to maximise recovery and improve the quality of life for people with acquired brain and spinal injury and those with long-term neurological conditions. We are here to support people and their families through our services, provided from our Centre in Salford, Greater Manchester.

- One-to-one assessments and Goal Setting
- Brain injury Information and Education
- Virtual Reality Rehabilitation
- Power Assisted Exercise
- Cognitive Training
- Mental Health services
- Vocational Rehabilitation
- Advice on Diet and Nutrition
- Complementary Therapies
- Training Courses & Workshops
- Work Placements
- Volunteering
- Social activities



BASIC's approach has been determined by our service users, by asking them what was missing on their return home from hospital and what they needed to maximise their recovery following brain or spinal injury. Our model has proved extremely successful in transforming lives because:

- We focus on good outcomes that are set by our clients and driven by their goals
- We centre on clients' needs and not on their diagnosis
- We facilitate peer support
- We include vocational outcomes when funding permits
- We provide an active and enabling process
- We respond to changes in people's needs
- We integrate specialist and generalist services
- We provide hope for the future

"BASIC is inspirational and supportive, the people are lovely and understanding"

Client Feedback
2019/20

Impact 2019/20

579 clients accessing our services

122 new service users

Evaluation questionnaires at six and twelve months:



"I look forward to attending the gym at BASIC as I feel much better when I do. It has given me a boost that I needed as I was in a lot of pain and very depressed before I attended. I am a lot more mobile and not miserable anymore, I have met some nice people since attending which have helped boost my self-esteem"

Client Feedback 2019/20



Accelerating physical and cognitive recovery with state-of-the-art virtual reality rehabilitation



CAREN

"I have gone from not confidently standing, walking with a walker and having severe anxiety to being able to walk independently and standing."

The machinery and physio input have massively improved my progress. All my goals have improved and continue to positively impact on my life"

"It has improved my walking, confidence and hope for the future. BASIC has really helped with my recovery. I am now back at work one day a week"

"a great machine I would recommend it to anyone... It has helped me with balance, concentration and walking... Fantastic place and staff, we need more like it"



C-Mill



DynSTABLE

Learning new skills in training workshops

“The best thing about the group was meeting others who have the same problems, Interesting talks from doctors, nurses and psychologists and knowing that a staff member from BASIC is there if you need to talk”

Improving the chance of a return to work

“It is good to know there are like-minded people around who know a little of what it’s like to live with a Traumatic Brain Injury. I’ve started a new job as a sous chef, making sandwiches and salads, I sometimes get things wrong, but I keep trying”

Reducing mental health problems

“I feel like a different person. I am eternally grateful. I might not have been here but for this service. I didn’t think at the start that it would work – EMDR 100% definitely works”

Improving memory management

“I have made new friends and learned ways to overcome short term memory loss. I look forward to Wednesday sessions and accept that recovery time varies, some days are better than others. I appreciate the staff’s time, information handouts and sense of humour!”

Supportive work placements within the Centre

“My physical stamina, balance and confidence have greatly improved and I feel ready to make the next step forward towards my ultimate goal of returning to some kind of paid employment. I am now currently applying for jobs in the community where I can use his new-found skills and confidence I gained at BASIC”



Funding Highlights

New journeys start here

The start of a new outdoor therapy project. Three-year funding was approved by the Booths Charities to help us transform our overgrown garden into an outdoor therapy area over the next three years.



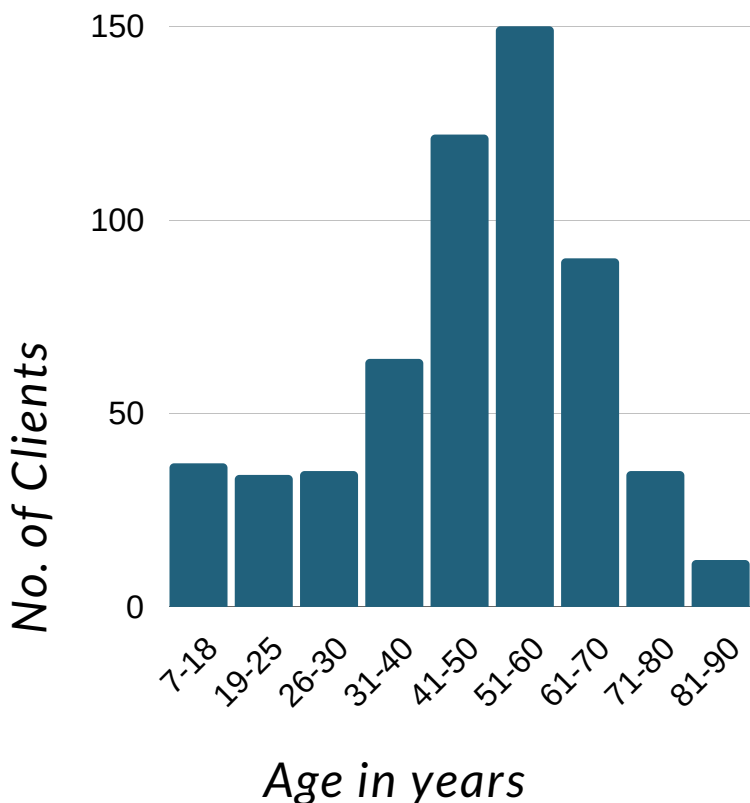
Expanding our reach to those with acquired brain and spinal injury. We were successful in attracting funding to provide virtual reality rehabilitation for children and young people, military veterans and those with balance problems at risk of falls.

Re-launching our community café. A three-year National Lottery Community Funding grant enabled us to appoint two new staff to re-launch our community café in September 2019.

“Yours was a very strong report detailing life changing outcomes for children and young people with brain injury. It contained an impressive amount of case studies which clearly show the difference you make in children and young people's lives during and after your project's intervention. I was especially taken with the more nuanced aspects of the intervention, such as providing favourite music to accompany some sessions. It was also great to hear updates on the young people you included in last year's report”

BBC Children in Need

Client age groups 2019/20

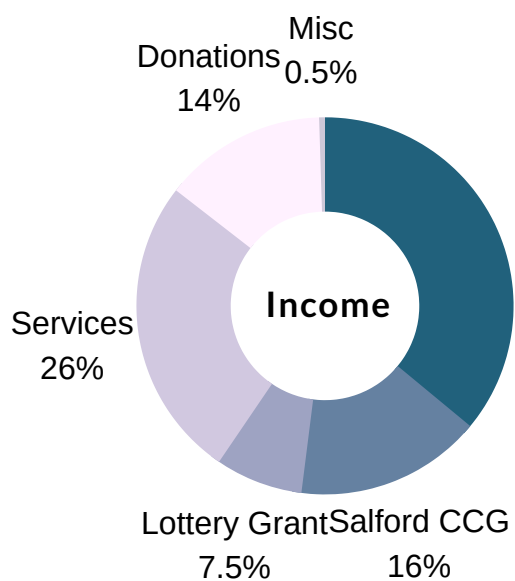


We are still seeing clients across the age spectrum with a focus on the upper middle ages.

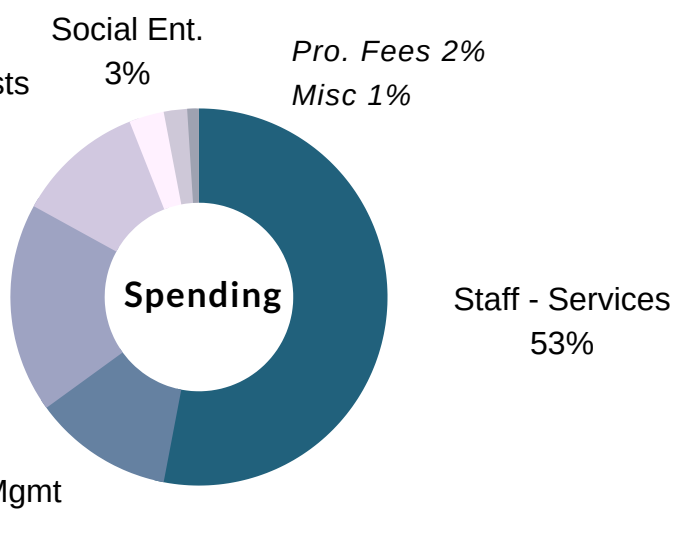
Our main sources of income remained grants from Charitable Trusts, and the trade income we receive from client services. This continues to be supported by generous public donations, alongside health and community funding from Salford Clinical Commissioning Group and the BIG Lottery.

Our service delivery team and associated service costs continue to be the main outgoing, followed by Centre and service support staff.

2020/21 is set to be a challenging year with the impact of covid hitting nearly all sectors. For us the main damage is to our earned income which will see overall income down around 20%. We are extremely grateful for all support at this time.



Charitable Trusts
36%



Finances 19/20



BASIC
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21st Century Rehabilitation