

You can contact us at:

The Bridges Learning Centre

Crow Wood Lane

Widnes

Cheshire

WA8 3LZ

Telephone: 01744 457 332

We can be contacted Monday to Friday between 09:00 am and 5:00 pm. An answerphone is available outside these hours but please do not leave urgent information on this.

Other Useful contact numbers

NHS Direct: 0845 46 47 **Social Services:** 01744 676600

Samaritans: 0845 790 9090 **Emergency Services:** 999

Do you want this leaflet in another language?

This information can be translated on request or if preferred an interpreter can be arranged for additional information regarding these services please contact the Cheshire and Merseyside Rehabilitation Network on 0151 556 3226



Community Specialist Rehabilitation Service

St Helens and Knowsley

What is the Community Specialist Rehabilitation Service?

The Community Specialist Rehabilitation Service is a community based team that works with you to achieve your rehabilitation goals.

The team consists of:

Physiotherapist	Clinical Psychologist
Occupational Therapist	Psychology Assistant
Vocational Rehabilitation Therapist	Therapy Assistant
Administrative Support	

We are a part of the Cheshire and Merseyside Rehabilitation Network (visit www.cmrehabnetwork.nhs.uk for more information about the network)

Who do we treat?

We work with adults who need specialist rehabilitation in the community as a result of injury or illness; we accept individuals into the service who have identified complex rehabilitation needs.

What areas do we cover?

We provide a service to residents in:

- ◇ St Helens
- ◇ Knowsley

You must be registered with a GP in one of these areas to be accepted for rehabilitation by the service.



The Cheshire and Merseyside Rehabilitation Network are proud to offer a specialist community rehabilitation service. You may be invited by your treating team to complete a '**Patient Story**' where we ask you to share your rehabilitation journey with other patients and our partners. This is voluntary and can be anonymous.

We support development of new clinicians and sometimes have students from local universities working with the team as part of their learning. If a student is working with the team when you are seen we will ask your permission before they accompany the clinician.

'My Team'

Name and Role	Contact



Vocational Rehabilitation Therapist.

Vocational Rehabilitation is an approach that aims to assist you, as part of your rehabilitation process, to return to work and/or education following an injury or illness.



Clinical Psychologists.

The psychologists provide psychological, behavioural and neuropsychological assessment and treatment to support individuals, carers, and their families in

managing and adjusting to both physical and cognitive problems, pain and disability. The work the psychologists do depends on your individual needs and they work alongside other members of the team to optimise potential for rehabilitation and aid people's recovery.

There are many other specialists who may already be working with you, such as speech and language therapist, social worker, district nurse, home care, dietitian and doctors. We will keep in touch with them, with your consent, if they can contribute to your rehabilitation programme.

What happens when a referral has been made to the team?

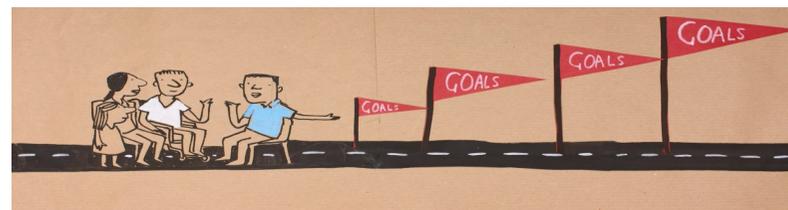
When we receive the referral we will contact your GP to confirm your details.

The referral will then be discussed by the team. If we feel that the referral is appropriate to our service we will contact you to arrange your first appointment which may be at home or in a clinic.

If we feel that you may benefit from a referral to other teams, for example, Social Services we will discuss this with you. Any referrals will only be completed with your knowledge and consent.

Our approach is to work with individuals to set their own goals, and to work towards these using small, realistic steps.

Goals are unique for each person; for some it may be making a cup of tea for themselves, whilst for others, it may be returning to work.



What can I expect?

1st Appointment: During this appointment you can talk about your expectations and learn about the community team. You are welcome to have a friend or family member with you for the appointment if this would be helpful.



Assessment Stage: You will be assessed by members of the team. The information from the assessments will help design your unique rehabilitation programme. The assessment stage may take place over a number of sessions.



Rehabilitation Programme and Treatment: Your treating team will design a rehabilitation programme with you. This will be based on realistic 'goals' you want to achieve. It is important that you follow the advice and recommendations that your treating team gives you to reach your goals.



Review of goals: Your goals will be regularly reviewed to make sure you are on track. Reviewing your goals also helps the team decide whether you would benefit from more therapy or not.



Discharge: It is important to know that at some point you will be discharged from the service. This may be because you have reached all reasonable goals or it may be because there are other things going on in your life that makes it difficult for you to commit to your rehabilitation programme. Your treating team will prepare you for your discharge during your sessions.

The Team

The team consists of different clinicians who will help you achieve your rehabilitation goals. You may not need to see every member of the team. Who you see may change during your rehabilitation programme, depending on your goals and needs. Below is a summary of each team member's role.



Physiotherapists.

Physiotherapists help to restore movement and function when affected by illness or disability. The aim is to enable muscles to function as normally as they can and so help you to live as independently as possible.



Occupational Therapists.

Occupational Therapists work with people at different stages of their injury or illness to help them overcome the effects on their day to day function. They will help you to identify areas of strength and what you find difficult and support you to improve your function or develop different ways of enabling you to complete your day to day activities.