

# Headway Glasgow Directory of Brain Injury Services



Headway Glasgow  
Affiliated to headway-the brain injury association

the brain injury association

## Acknowledgment...

Headway Glasgow wants to acknowledge the great work and resources that that Irwin Mitchell Scotland LLP have put in to update and publish 3<sup>rd</sup> Edition of our Directory of Services. They have worked to check all the details from the previous edition and identify new services for inclusion, which is not a small task in itself. We particularly want to thank Lorraine Smart, Elaine Russell and Chloe Wilson. Thanks also to each of the services who updated their details for the project.

An online version of this document will be held at [www.headwayglasgow.org](http://www.headwayglasgow.org) which should also list if any changes take place.

Simon Glen

Headway Glasgow

December 2013

## National Helplines

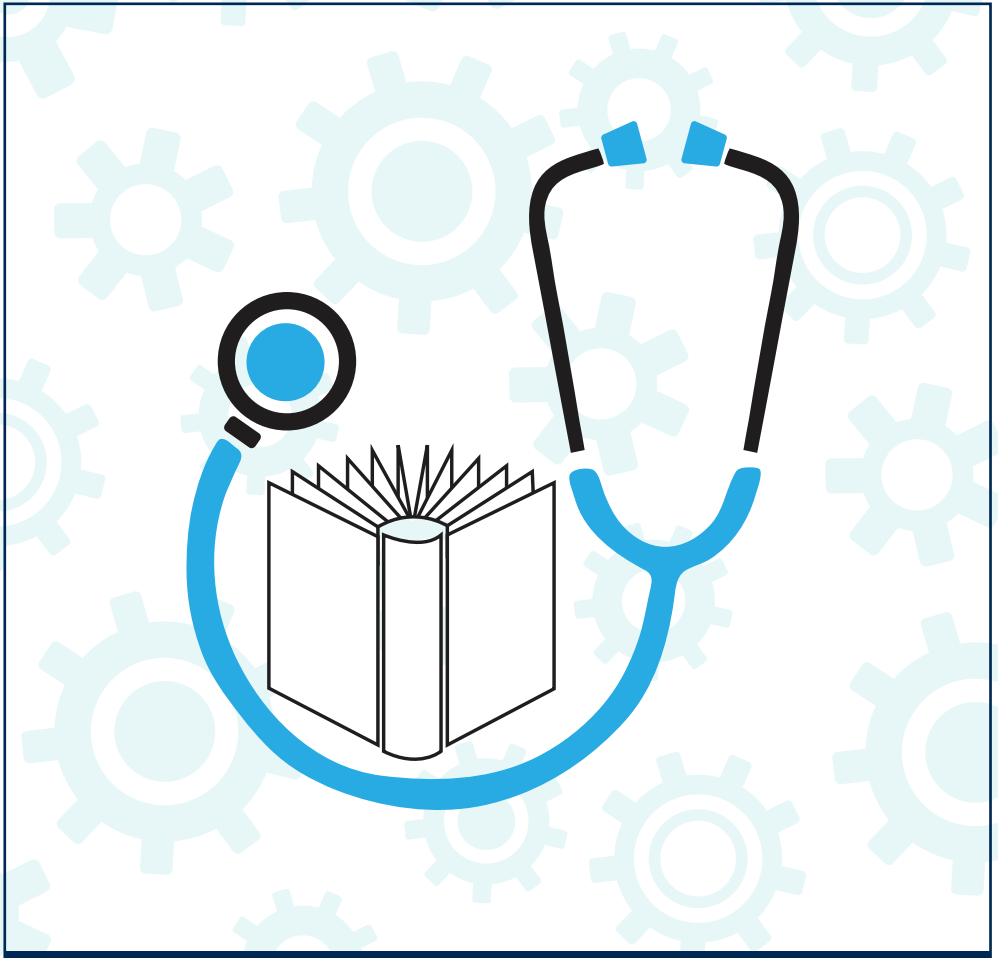
<b>SPECIFIC CONDITIONS</b>	
Afasic UK Helpline	0845 3 55 55 77
Alzheimer Scotland	0808 808 3000
Brain and Spinal Injury Charity(BASIC)	0870 750 0000
British Tinnitus Association	0800 018 0527
Brain and Spine Foundation	0808 808 1000
Chest Heart and Stroke Line	0845 077 6000
Child Brain Injury Trust	0303 303 2248
Dementia Helpline	0808 808 3000
Different Strokes	0845 130 7172
Encephalitis Society	01653 699599
Epilepsy Scotland	0808 800 2200
Headway the brain injury association	0808 800 2244
HemiHelp Hemiplegia helpline	0845 123 2372
MenScot (Meningitis Association Scotland)	0141 554 6680
Royal National Institute for Deaf People	0808 808 0123 txt 0808 808 9000
SAMH Scottish Association for Mental Health	0800 917 3466
Speakability	0808 808 9572
The Meningitis Trust	0808 801 0388
The Pain Association	0800 783 6059
The Stroke Association	0303 3033 100
<b>GENERAL SUPPORT LINES</b>	
Breathing Space	0800 838 587
Childline Scotland	0800 11 11 11
Cruse Bereavement Care	0844 477 9400
Cerebra	0800 328 11 59
SANE	0845 767 8000
Scottish Domestic Abuse Helpline	0800 027 1234
Sudden Trauma Information Service Helpline	0845 367 0998
The Samaritans	0141 248 4888
<b>GENERAL INFORMATION AND ADVICE</b>	
CAB	0141 552 5556
Carers Information and Support Line	0141 353 6504
Contact a Family	0808 808 3555
Enquire	0845 123 2303
Mental Welfare Commission	0800 389 6809
NHS 24	08454 24 24 24
SAFFA Forces Help	0800 731 4880
Scottish Recovery Network (SRN)	0141 240 7790
Shelter (Housing Advice)	0808 800 4444
<b>SUPPORT FOR PROFESSIONALS</b>	
British Association of Brain Injury Case Managers (BABICM)	07002 222 426

# Headway Glasgow Directory of Brain Injury Services 2013

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# **Hospital Based Services for people with Brain Injury**

Acquired Brain Injury (ABI) Liaison Service  
NHS Greater Glasgow and Clyde

**Aims**

To support and advise clinical, nursing and allied health professionals, patients and carers in the safe and effective management of in-patients with ABI.

**Main Activities and Services**

- Open referral system from hospital staff via phone or email.
- Weekly visits to all 6 general hospital sites in Greater Glasgow (Glasgow Royal Infirmary, Stobhill Hospital, Southern General Hospital, Victoria Infirmary, Western Infirmary Glasgow, Gartnavel General Hospital).
- A signposting service for education and training needs; current issues; discharge planning; rehabilitation options.  
Data collection re service uptake; service provision; patient location, condition and journey.

**Location and Contact Details**

Community Treatment for Brain Injury (CTCBI)  
70 Commercial Road  
Gorbals  
Glasgow, G5 0QZ  
Tel: 0141 300 6313  
Fax: 0141 300 6316  
Email: [claire.o'brien@ggc.scot.nhs.uk](mailto:claire.o'brien@ggc.scot.nhs.uk)  
[pamela.brawley@ggc.scot.nhs.uk](mailto:pamela.brawley@ggc.scot.nhs.uk)

**Opening Hours**

8.30 – 4.30pm Mon, Tue, Thurs, Fri

How to access services

Phone, email

**Cost**

No charges

**Who is this service open to?**

Anyone aged 16 and above. Greater Glasgow catchment area in-patients. Patient, family, carer, all staff involved in the care of an individual with an acquired brain injury.

**Graham Anderson House  
Brain Injury Rehabilitation Trust**

**Aims**

- To provide an intensive neurobehavioural assessment and rehabilitation service for people with challenging behaviour and/or complex needs after an acquired brain injury.

**Main Activities and Services**

- Graham Anderson House is a new 25-bed independent hospital for people with a non-progressive acquired brain injury and challenging behaviour and/or complex needs.
- Developed and run by the Brain Injury Rehabilitation Trust (a division of The Disabilities Trust) it provides a high quality intensive neurobehavioural assessment and rehabilitation service for individuals with severe cognitive, physical and/or emotional problems following acquired brain injury.

**Location and Contact Details**

Graham Anderson House  
1161 Springburn Road  
Glasgow  
G21 1UU  
Email: gahadmin@thedtgroup.org  
Tel: 0141 404 6060  
Fax: 0141 557 3536

**Opening Hours**

This is a 24 hour facility. The office is open:  
Monday to Friday 9-5pm

**How to access services**

Referrals are made through the NHS. Referrals are also considered from Insurance and Case Management Services.

**Cost**

The costs for NHS patients may be met by the Health Board. Other referrals are considered individually.

**Who is this service open to?**

People with acquired brain injury and complex needs or challenging behaviour aged between 16-65, although referrals for older people are considered if there is an identified clinical need.

**The Huntercombe Services - Murdostoun Brain Injury Rehabilitation Centre**

**Aims**

To provide a comprehensive assessment and rehabilitation Inpatient and Outpatient programme for adults who have an acquired brain injury to enable people to achieve their full potential and be re-integrated into the community. A programme is also provided for people who are minimally responsive.

**Main Activities and Services**

- The multi disciplinary team comprises Occupational Therapy, Physiotherapy, Speech and Language Therapy, Neuropsychology and Nursing.
- Each patient undergoes a minimum two week assessment period, at the end of which our team meets with the patient, their family and any other professionals currently involved in their care to discuss their problems. Goals are agreed with the patients and reviewed in 8 weeks.
- The length of the rehabilitation programme is determined by individual needs.
- Our rehabilitation programme consists of individual and group sessions, and much of our work targets problems with daily living skills, memory, anger and anxiety management, behavioural problems, planning and social skills. Physical, mobility and fitness issues are dealt with by the physiotherapists Future planning, such as educational/vocational needs, recreational and leisure needs are also addressed. Counselling and supporting the patient and their family is central to the success of the programme and our staff combine a person-centred, positive approach with a depth of skills in this area.

<b>Location and Contact Details</b>	<b>Opening Hours</b>
<p>The Huntercombe Services – Murdostoun Brain Injury Rehabilitation Centre Murdostoun Castle Bonkle, Newmains, Wishaw ML2 9BY</p> <p>Tel: 01698384055 Fax: 01698386099</p> <p>Email: huntercombe.murdostoun.birc@fshc.co.uk</p> <p>Website: www.huntercombe.com</p>	<p>This is a 24 hour facility. The office is open: Monday to Friday 9-5pm</p> <p><b>How to access services</b></p> <p>Referrals are made through the NHS in Greater Glasgow and Clyde. Referrals are also considered from Insurance and Legal firms and case management organisations.</p>
<b>Cost</b>	<b>Who is this service open to?</b>
<p>The costs for NHS patients are met by the Health Board. Other referrals are considered individually.</p>	<p>People aged 16 and over with Moderate to Severe Brain Injury</p>



Larkfield Unit	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>Assessment and Rehabilitation for Medicine for the Elderly, Psychiatry of Old Age and Physically Disabled (patients age range 16-65).</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>The Larkfield Unit comprises of two day hospitals, one for Medicine for the Elderly and one for Old Age Psychiatry, two Medicine for the Elderly Rehabilitation and Assessment wards, an Old Age Psychiatry Assessment ward, a Physically Disabled Unit and a Continuing Care/ Supportive Care Ward.</li> <li>The Larkfield Unit accepts patients from Acute Hospital services at Inverclyde but also from various hospitals as appropriate and occasional admissions from general practice.</li> <li>Hospital referrals are usually seen within 3 working days and admitted whenever a bed is available, waiting time ranging from 1 day to three weeks.</li> <li>Average length of stay in rehab wards is 2-4 weeks.</li> <li>There is a Fast Track Assessment Service within the Day Hospital for Medicine for the Elderly which is jointly funded by Health and Social Services. Patients are normally seen within 24/48 hours for a medical review by the Staff Grade doctor there.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Inverclyde Royal Hospital Larkfield Road PA16 0XN	Monday to Friday 8am to 4pm (Day hospital) Wards open as per visiting times.
Tel: 01475 505045	<b>How to access services</b>
	Referrals made to Geriatric consultants, Physically Disabled Consultant and Old Age Psychiatry Consultant via GP or Acute services Consultant.
<b>Cost</b>	<b>Who is this service open to?</b>
None	All patients from 65 onwards within the Medicine for the Elderly and Psychiatry unit, and 16-65 for those referred to Physically Disabled Unit. Primarily for patients who reside within the Inverclyde catchment area.

Physically Disabled Rehabilitation Unit (PDRU)	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>PDRU provides a comprehensive assessment and rehabilitation service to people with primarily physical disability, as a result of acquired brain injury or neurological condition.</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>The multi disciplinary team comprises medical staff, Physiotherapy, Occupational Therapy, Speech and Language Therapy, Neuropsychology and Nursing.</li> <li>Each patient will work with the team to devise a specific program of therapy and goals to work towards whilst in the unit.</li> <li>Average length of stay is 4 – 6 weeks but can vary depending upon patient need.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Southern General Hospital, 1345 Govan Road Glasgow, G51 4TF	24 Hour unit, but office opens 9.00-4.30pm
Tel: 0141 201 2663 Fax: 0141 201 1294 Email: pdru@sgh.scot.nhs.uk	<b>How to access services</b> Referrals should be made in writing directly to PDRU via NHS GGC.
<b>Cost</b>	<b>Who is this service open to?</b>
This is an NHS service so the NHS covers the costs.	People with a primarily physical disability, resulting from acquired brain injury or neurological condition in the West of Scotland.

The Robert Fergusson Unit Scottish Neurobehavioural Rehabilitation Service	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>The Robert Fergusson Unit is a very specialist National service, which provides comprehensive multidisciplinary assessment and rehabilitation for patients with complex problems following Acquired Brain Injury.</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>The Unit specialises in the assessment and treatment of significant behavioural problems and other neuropsychiatric disorders, which may be sequelae of Acquired Brain Injury.</li> <li>The multidisciplinary team also assess and treat other common sequelae of Acquired Brain Injury, including neurological, psychological, physical, cognitive and communication difficulties.</li> <li>The medical team consists of two Consultant Neuropsychiatrists (one of whom has specialist training in Drug/Alcohol Addiction) and an Associate Specialist in Neuropsychiatry.</li> <li>The multidisciplinary team includes clinical psychology, speech &amp; language therapy, occupational therapy, physiotherapy, social work and a skilled nursing team.</li> <li>The Unit is an inpatient service, which has 19 beds and accepts both male and female patients.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Robert Fergusson Unit, Royal Edinburgh Hospital Morningside Terrace, Edinburgh EH10 5HF Telephone: 0131 537 6000 (main hospital switchboard) All referrals/enquiries should be directed to Dr Lorna Langrell (Clinical Manager) Tel: 0131 5376810 / 5376857	This is a 24 hour unit, but the office hours are 8.30am-4.30pm
	<b>How to access services</b>
	The referral to use this service would come from within the NHS. Most of the referrals to the service come from within Scotland but some referrals are also accepted from England and Ireland.
<b>Cost</b>	<b>Who is this service open to?</b>
Funding for this specialist service comes from each referring NHS Health Board and is agreed on a case by case basis.	People with a brain injury and behavioural problems in the UK.



# **Community Based Services for people with Brain Injury**

## Alcohol Related Brain Damage Team

### Aims

To support people with Alcohol Related Brain Damage, and to assess people who are at risk of ARBD, and address all aspects of the person's functioning along with various team members who may be involved in this, utilising their individual and discipline's skills.

### Main Activities and Services

- Assessment
- Rehabilitation
- Carers Support
- Education and Training
- Harm Reduction and General Advice
- Professions represented in the Team: nursing staff, occupational therapy, clinical psychology, psychiatry, social care officers.

### Location and Contact Details

Grant Brand, Team Leader  
Alcohol Related Brain Damage Team  
Glasgow Addiction Services  
86 Millbrae Road  
Langside  
Glasgow G42 9DM  
Phone - 0141 276 2299  
Fax - 0141 276 2296  
[www.glasgow.gov.uk/glasgowaddictionservices](http://www.glasgow.gov.uk/glasgowaddictionservices)

### Opening Hours

Monday- Friday: 8:45am-5.00pm  
(Office Hours)

### How to access services

Phone us for advice. In some cases referral may need to be made via another service or your GP.

### Cost

No Charge

### Who is this service open to?

The team will deal with individuals who have been diagnosed by a psychiatrist as having alcohol related brain damage (Korsakoff Syndrome).  
We can offer advice and support in cases where individuals may be deemed to be at risk due to poor diet and heavy alcohol consumption.

## Brain Injury Awareness Campaign (BrainIAC)

### Aims

Brain IAC aims to represent the interests of acquired brain injury service users and carers in the West of Scotland in raising awareness, campaigning and promoting equal opportunities in relation to acquired brain injury.

### Main Activities and Services

- Services are patchy in Glasgow and in Scotland. Some people have access to good services while others don't. There is a postcode lottery. Services need to improve for everyone. There is no agreed format for involving service users' opinions specifically on brain injury services. People don't have enough chances to think about the big picture because they have a lot of things going on for them personally - like rehabilitation and getting back to work.
- Brain IAC meets monthly, but more frequently as our activities require. It gives people a regular opportunity to meet and talk. We write up reports on people's shared experiences, try to ensure that the people who make decisions see these reports. We will take part in consultation processes - locally and nationally. We also set up occasional events to bring more people together. We try to involve as many people as possible in our activities.

You can get a flavour of what's happening with Brain IAC by looking at our blog at: <http://brainiac-brainaware.blogspot.com/>

<b>Location and Contact Details</b>	<b>Opening Hours</b>
The meeting venue can vary. For full details contact Helen Moran, Chairperson on:  0774 253 2094  Email: serviceuserforum@gmail.com	Not Applicable- contact us for details.
	<b>How to access services</b>
	Just contact us by phone or email.
<b>Cost</b>	<b>Who is this service open to?</b>
None.	This group is open to anyone who has had a brain injury and/or their carer(s).  It is open to anyone who uses any service; also those people who don't use any service, but are interested in the effects of brain injury.

## Brain Injury Experience Network (BIEN) Group

### Aims

- User led group which focuses on the common bond between service users (i.e. Brain injury) and the common difficulties they each face in everyday life.
- To improve the quality of life and quality of service for people with brain injuries.
- To increase awareness and understanding about brain injury amongst the public and professionals.

### Main Activities and Services

- Offers a supportive and safe environment for people to talk about their individual experiences. There is a wide age group that attends the meetings with the ages ranging from 19-66 years old.
- BIEN has organised various activities for its members: day trips, contributing to conferences, contributing to a self-help information booklet; "The Journey", drama performance, educational workshops, training sessions and linking up with other groups.
- BIEN's DVD 'Getting Your head around Brain Injury' is available from their contact address and excerpts are on Youtube: search for 'BIENgroup See Me'

### Location and Contact Details

**BIEN Secretary:**  
 Mr Steven Cochran  
 C/O  
 West Dunbartonshire CHCP  
 6-14 Bridge Street  
 Dumbarton G82 1NT

Tel: 01389 737020  
 If telephoning ask to speak to a member of the Brain Injury Team.

Email: enquiries.braininjuries@west-dunbarton.gov.uk

### Opening Hours

Meets on 3<sup>rd</sup> Wednesday of every month in Dumbarton

### How to access services

Self referral

Use the contact details provided.

### Cost

Free (£1/per meeting for tea and coffee).

### Who is this service open to?

Adults living in West Dunbartonshire Council area who have an Acquired Brain Injury.

The Brain Tumour Charity	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>• The Brain Tumour Charity is the UK's largest dedicated brain tumour charity. We fund scientific and clinical research into brain tumours and offer support and information to those affected, whilst raising awareness and influencing policy.</li> <li>• To provide support and information to people who have a brain tumour and their carers.</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>• A support group in Glasgow for anyone affected by a brain tumour, meeting on the first Tuesday of every month at the address below.</li> <li>• We include: discussions, opportunities to share knowledge and experience, friendly support, outings to places of interest.</li> <li>• Refreshments will be provided and reasonable travel expenses can be reimbursed.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Maggie's Cancer Caring Centre Gartnavel (next to the Beatson West of Scotland Cancer Centre at Gartnavel) Gartnavel General Hospital 1053 Great Western Road Glasgow G12 0YN  Website: <a href="http://www.thebraintumourcharity.org">www.thebraintumourcharity.org</a>  Gus Ironside - 07827 595855 Fiona Murdoch - 0141 330 3311	First Tuesday of every month 1:30pm – 3:00pm. See website for meeting dates.
	<b>How to access services</b>
	Phone us.
<b>Cost</b>	<b>Who is this service open to?</b>
No charge.	Patients, families, friends and carers of anyone diagnosed with a brain tumour.



**British Acoustic Neuroma Association (BANA)****Aims**

- Assist and support people who have been diagnosed as having or who have been treated for Acoustic Neuroma (Vestibular Schwannoma), and other related conditions and others affected by such conditions

**Main Activities and Services**

- Local Support group currently 40 members.
- Provides the opportunity to talk about problems and exchange information.
- Speakers normally arranged for meetings, talk about related issues.

**Location and Contact Details**

For meeting information, contact:

The British Acoustic Neuroma Association  
Oak House B  
Ransom Wood Business Park  
Southwell Road West  
Mansfield  
Nottinghamshire  
NG21 0HJ

Tel: 01623 632143

Freephone: 0800 652 3143

e-mail: [admin@bana-uk.com](mailto:admin@bana-uk.com)

website: [www.bana-uk.com](http://www.bana-uk.com)

**Opening Hours**

Varies

**How to access services**

Information on meetings is available in the members' section of the website. However, membership is not required to attend the meeting. Please call the head office number for information on meeting date/time.

**Cost**

£18 per year for membership with BANA

**Who is this service open to?**

Everyone

## Campsie House Neurodisability Centre

### Aims

- The centre specialises in meeting the needs of adults with complex neurological conditions who have low, medium or high nursing dependency needs.

### Main Activities and Services

- We tailor our programmes specifically to meet the needs of each individual to enable them to achieve their personal goals, reduce disability and improve their quality of life.
- We provide care for adults (18 years and over) with a brain injury or neurodisability who require either continuing, short-term or respite care.
- We have experience in dealing with a variety of neurodisabilities including Acquired Brain Injury, Multiple Sclerosis, Motor Neurone Disease and Huntington's Disease.
- We aim to create an environment in Campsie House that is homely, welcoming, comfortable and safe and which facilitates a positive attitude to independence.
- We also recognise the benefits to clients of family involvement and we welcome and encourage relatives and friends to be part of life in the centre.
- We believe that our clients should lead as normal a life as possible and for this reason we have dedicated activities co-ordinators within the centre, who organise a programme of activities within the centre and external trips such as visits to the cinema.

### Location and Contact Details

Campsie House Neurodisability Centre  
Canal Street  
Kirkintilloch  
G66 1QY  
Tel: 0141 775 3756  
Fax: 0141 775 4254  
Email : [campsie.house@fshc.co.uk](mailto:campsie.house@fshc.co.uk)  
website: [www.huntercombe.com](http://www.huntercombe.com)

### Opening Hours

24 hour care facility. Clients can enjoy visits from friends and clients at any time.

### How to access services

Referrals through social work.  
Following referral there will be a pre-admission assessment either at the place where the client is cared for, or at our Centre.

### Cost

Clients accepted for admission will have funding provided by the appropriate statutory or private organisation.

### Who is this service open to

18years and over who are medically stable.

## Cerebral Palsy, Stroke, Acquired Brain Injury National Football Team

### Aims

- To allow players with Cerebral Palsy / Stroke / Acquired Brain Injury to have the opportunity to access international football through the Cerebral Palsy International Sports and Recreation Association (CP-ISRA). The Scotland CP/S/ABI team is currently ranked 6th in the World.

### Main Activities and Services

- A seven-a-side version of the game is used, utilising a smaller playing area and reduced sized goals.
- In Scotland, a CP/S/ABI national football squad has had a regular programme of coaching and competition opportunities for a number of years now. Selected players receive tactical and technical coaching together with being provided with an individual training programme.
- Competitive Opportunities include:
  - World Championships
  - European Championships
  - Home Nations Tournament
  - Invitational Competitions
  - International Friendlies
- In addition to international programmes we also provide participation level activities.

### Location and Contact Details

For more information, please contact:  
Stuart Sharp  
Football Development  
Hampden Park  
Glasgow  
G42 9AY  
Tel: 0141 616 6077  
Email: : stuart.sharp@scottishfa.co.uk  
Web: www.scottishfa.co.uk

Training sessions are held at:  
Forthbank Stadium  
Astroturf pitches  
Stirling  
FK7 7UJ

### Opening Hours

Training sessions run from 10.00am – 12.00pm.  
Office hours: Monday – Friday 9.00am – 5.00pm.

### How to access services

To attend National Squad training sessions please contact Stuart Sharp on the number provided.

### Cost

None

### Who is this service open to?

Ambulant players, aged 9 – Adult, with physical disabilities(non wheelchair users/assisted walking aids)

## Community Rehabilitation Service

### Aims

NHSGGC's Rehabilitation Service brings together:

- Supported Discharge (DART, IRIS, MATCH)
- Community Physical Disability Team
- Community Older People's Teams

### Main Activities and Services

To provide services to:

- Patients at risk of deterioration in function if immediate ongoing rehabilitation is not provided
- Patients who can benefit from early supported discharge having ongoing nursing and rehabilitative needs, which can be met at home as an alternative to remaining in hospital
- Patients who can be included as an alternative to hospital admission when no need identified for inpatient intervention
- Patients who have had an acute episode of illness/injury which requires rapid access to equipment or homecare, that is otherwise unavailable to support them returning/staying at home

### Location and Contact Details

#### North East Sector

Tel: 0141 201 3210

(The single point of access is answered in two offices please call the SPOA if you wish to fax anything and we shall provide the correct number)

#### North West Sector:

Tel: 0141 201 7205

Fax: 0141 232 9250

#### South Sector:

Tel: 0141 232 7174

Fax: 0141 232 7116

### How to access services

Referrals to the service will be received to a Single Point of Access- Contact us.

### Who is this service open to?

- The patient will be aged 16 years and above
- The patient is medically fit for discharge
- The patient can consent to involvement in treatment
- The patient lives in Glasgow City or admitted to a Glasgow Hospital facility for community intervention

### Opening Hours

8.30am – 5pm Monday to Friday

### Cost

None

## Community Treatment Centre for Brain Injury

### Aims

- The purpose of the centre is to help people who have experienced brain injury, where possible, to re-establish their pre-injury roles at home and in their community. This includes assisting people to establish or re-establish relationships with family and friends and to engage in meaningful and productive activity in home, education or work settings.

### Main Activities and Services

The assessment and treatment of:

- Cognitive impairment (i.e. problems with attention, concentration, memory, problem solving, decision making, planning and initiation)
- Psychological changes (i.e. anxiety, depression, post traumatic stress disorder, anger)
- Communication and social skills (i.e. verbal, non-verbal, writing, reading, numeracy and socialisation)
- Assist individuals to re-engage in activities of daily living, or return to employment or study.

### Location and Contact Details

70 Commercial Road

Gorbals

Glasgow

G5 0QZ

Phone: 0141 300 6313

Fax: 0141 300 6316

Email: [pamela.brawley@ggc.scot.nhs.uk](mailto:pamela.brawley@ggc.scot.nhs.uk)

Web: <http://www.nhsggc.org.uk/ctcbi>

### Opening Hours

Monday to Friday 8.30am- 4.30pm

### How to access services

There is an open referral system followed by professional assessment. Contact us directly. People can also be referred by their GP or other health/social work staff.

### Cost

None. Charge-free service under NHS provision.

### Who is this service open to?

Reside within the Greater Glasgow NHS Board boundaries; aged between 16-65 years who have a non-progressive neurological condition, and whose difficulties are primarily related to cognitive, psychological, and/or behavioural impairment rather than physical impairment. Other restrictions may apply.

## Different Strokes

### Aims

To provide activity groups for younger people who have had a stroke.

### Main Activities and Services

- Different Strokes is a national charity run by and for young stroke survivors (pre retirement although this is not strict)
- The charity is based in Milton Keynes and publishes a regular newsletter, runs young stroke groups, and offers information, support and advice for the younger person including fitness, employment issues, further education and training schemes, counselling, rights and benefits etc.
- In Glasgow a regular exercise group runs in Castlemilk.

### Location and Contact Details

Group meets in Castlemilk Sports Centre.

Contact: Kathleen Molloy

Tel: 0141 569 3200

Email: glasgow@differentstrokes.co.uk

Website: www.differentstrokes.co.uk

### Opening Hours

Opening Hours: Fitness Class from 2-3pm then coffee & chat every Sunday (for half an hour)

### How to access services

Contact Kathleen Molloy  
0141 569 3200

### Cost

£2 per class (if a carer wishes to participate, they pay £1).

### Who is this service open to?

People who have had a stroke and pre retirement age ( this is not strict)

**Disability Resource Centre (Renfrewshire)****Aims**

- Renfrewshire Council's Physical Disability Day Services promotes rehabilitation and enablement opportunities, supporting people to live independently in the community.

**Main Activities and Services**

We provide a range of services to Renfrewshire residents with a physical or sensory impairment aged 16-65 years, including:

- information and advice
- group work
- social care
- support to self manage long term health conditions
- healthy eating and stress management
- inclusive sports, arts and access to education and training
- volunteering and employability
- support to advocacy and counselling services
- equality awareness
- Buddy Up - volunteers provide additional assistance to new applicants
- consultation and involvement
- Healthy Heart Garden, sensory garden and wild wood area.

**Location and Contact Details**

Physical Disability Day Services

Disability Resource Centre

74 Love Street

Paisley

PA3 2EA

Phone: 0141 848 1123

Fax: 0141 842 1075

Email: [sw@renfrewshire.gov.uk](mailto:sw@renfrewshire.gov.uk)

**Referral service:**

Adult Service Request Team - ASeRT

Tel: 0141 207 7878

Fax: 0141 886 3460

Text / SMS: 07958 010325

Email: [sw@renfrewshire.gov.uk](mailto:sw@renfrewshire.gov.uk)

**Opening Hours**

Monday – Thursday: 9.00am - 4.15pm

Friday: 9.00am - 3.00pm.

**How to access services**

Contact ASeRT, you can self refer or another person can apply on your behalf e.g. family member/carer, G.P., social worker or occupational therapist.

**Cost**

None.

**Who is this service open to?**

Any adult aged 16-65 with a physical disability or sensory impairment

## East Renfrewshire Head Injury Service

### Aims

- The East Renfrewshire Head Injury Service is a specialist assessment and care management service which provides information, advice and support to people between 16 and 65 years old you have sustained an acquired brain injury and their carers.

### Main Activities and Services

Service Provision includes:

- Undertaking Single Shared Assessments to plan appropriate levels of support required
- Providing information and advice in dealing with physical, cognitive and emotional effects of brain injury
- Support to access specialist brain injury services
- Assistance with vocational and employment issues
- Accessing homecare and respite services
- Support with housing issues
- Income maximization
- Assistance to access day opportunities
- Carers Support
- The service can also provide direct practical and emotional support following hospital discharge and also support people who have had an acquired brain injury some time ago but are still experiencing difficulties.

### Location and Contact Details

Nicola Cranie  
 Head Injury Officer CHCP HQ  
 1 Burnfield Avenue  
 Giffnock  
 G46 7TL  
  
 Tel: 0141 577 8484  
 Fax: 0141 577 8603  
 Email:  
 nicola.cranie@eastrenfrewshire.gov.uk

### Opening Hours

Monday – Thursday: 8.45am-4.45pm  
 Friday: 8.45am – 3.55pm

### How to access services

In Postcode areas G44, G46, G76, G77  
 phone: 0141 577 4000

In Postcode area G78 phone:  
 0141 577 8400

### Cost

None

### Who is this service open to?

People in East Renfrewshire Council area with an acquired brain injury (aged 16-65) and their carers.



## Epilepsy Connections

### Aims

- Epilepsy Connections provides information and support to people with epilepsy, their families, friends and carers and to anyone with a professional interest in epilepsy including health, social work and housing staff; employers; teachers/lecturers; sports and leisure staff.

### Main Activities and Services

- Fieldwork service
- Schools project
- Befriending service – over 18s
- Ethnic Minorities project
- Mainstreaming project – over 18s
- Counselling service
- Volunteering
- Events for children and adults
- Training and Education Programmes (for anyone with a personal or professional interest in epilepsy).

### Location and Contact Details

Epilepsy Connections  
100 Wellington Street  
Glasgow  
G2 6HD

Tel 0141 248 4125  
Fax 0141 248 5887  
Email: [info@epilepsyconnections.org.uk](mailto:info@epilepsyconnections.org.uk)  
Website: [www.epilepsyconnections.org.uk](http://www.epilepsyconnections.org.uk)

### Opening Hours

9.00am – 5.00pm Monday to Friday

### How to access services

Open referral system

### Cost

None.  
  
However, Training and Education Programmes are priced per programme.  
  
Contact the office for details.

### Who is this service open to?

People with epilepsy, their families, friends and carers and the professionals who work with them.

## Fernan Street Service

### Aims

- To offer a wide range of support, information and advice to assist service users to realise their full potential, to promote independence and increase the quality of life and level of social inclusion of service users.

### Main Activities and Services

- Fernan Street Service is a purpose built Care Home for people with physical disabilities provided by Glasgow City Council. As well as providing accommodation the service also provides care and support for short breaks and respite care.
- The service offers individual support on an outreach basis as well as a range of groups and workshops which take place in the resource centre and at other accessible community venues.
- We offer support with; increased independence at home; getting about outside; personal care; developing skills; accessing local services and resources; increasing social and recreational opportunities; providing information and advice on disability related issues; access to employment; and accessing educational opportunities.

### Location and Contact Details

Fernan Street Service  
Greenfield Park Care Home  
Glasgow  
G32 6BX

Phone: 0141 763 0907  
Email:  
stephen.mcginley@sw.glasgow.gov.uk

### Opening Hours

Monday to Friday 9am -5pm

### How to access services

Referral by phone, self referral,  
Other Agencies, Doctor, Physiotherapist,  
Hospital, Social Worker.

### Cost

None

### Who is this service open to?

Adults (16-65) from the City of  
Glasgow Council area with a disability who  
have specific knowledge of the effects of  
brain injury.

## Headway Glasgow

### Aims

- To promote understanding of all aspects of acquired brain injury, and to provide information, support and services to people with brain injury, their families and carers.

### Main Activities and Services

- Information on brain injury and its consequences
- Information on services people with brain injury can access.
- Talks and training on brain injury.
- Peer support
- Benefits information and advice
- Social groups
- Art group
- Support and discussion groups
- Writing Group
- Outings and Meals
- Consultations

### Location and Contact Details

The Renfield Centre  
Renfield Saint Stephen's Church  
260 Bath Street  
Glasgow G2 4JP

Tel: 0141 332 8878  
Email: [info@headwayglasgow.org](mailto:info@headwayglasgow.org)  
Website: [www.headwayglasgow.org](http://www.headwayglasgow.org)

### Opening Hours

9.15am-5.15pm Monday to Friday  
Group Times vary.

### How to access services

Contact us to arrange an initial meeting or find out about any aspect of the service.

### Cost

None/ Donation

### Who is this service open to?

People with an acquired brain injury (over 18), families and carers.

## The Huntercombe Services - Murdostoun Neurodisability Centre

### Aims

- To provide assessment , lower intensity rehabilitation and continuing care for adults who have an acquired brain injury or neurological condition.
- To enable individuals to achieve their full potential and where appropriate to re-integrate individuals into their community.
- To provide long term care for individuals with complex neurological conditions who have low, medium or high nursing dependency needs.

### Main Activities and Services

- The multi disciplinary team comprises Nursing , Occupational Therapy, Physiotherapy, Speech & Language Therapy and Rehabilitation Assistants.
- Each patient undergoes an assessment period, following this a goal orientated rehabilitation plan and individual care plan will be developed in conjunction with the individual and family (where appropriate).
- We tailor our rehabilitation programmes specifically to meet the needs of each individual to enable them to achieve their personal goals, reduce disability and improve their quality of life.
- We can provide care for adults (18 years and over) with a brain injury or neurodisability who require either continuing, short-term or respite care.
- We have a dedicated activities coordinator within our centre, who, in conjunction with the Occupational Therapist, organises a programme of activities within the centre and external trips according to assessed needs and personal interests.

### Location and Contact Details

Huntercombe Services – Murdostoun  
Neurodisability Centre  
Murdostoun Castle  
Bonkle, Newmains, Wishaw  
ML2 9BY

Tel: 01698385240  
Fax: 01698 382606

Email:  
huntercombe.murdostoun.ndc@fshc.co.uk  
Website: www.huntercombe.com

### Opening Hours

This is a 24 hour facility. The administration office is open: Monday to Friday 9-5pm. Visitors are welcome at any time.

### How to access services

Referrals are made either through the individual's local Health Board or Social Work Department. Once a referral has been accepted there will be a pre- admission assessment in their existing care facility or at the Neurodisability Centre.

### Cost

Clients accepted for admission will have funding provided by the appropriate statutory or private organisation.

### Who is this service open to?

Any adult aged 18-65 who has a neurological disability including but not limited to Acquired Brain Injury, Huntington's Disease, Multiple Sclerosis and are medically stable.

## Lighthouse Services – Epilepsy Scotland

### Aims

- To provide high quality individual and group support services to enable service users to maximise the choice and control they have over their life

### Main Activities and Services

Lighthouse Services offer an Activity Project, Support Service and Outreach Service. We support service users with:

- Decision making and personal planning
- Social inclusion in the areas of employment, education, leisure and recreation, and social and personal relationships
- Independent living and the transition towards it
- Personal development
- Accessing a range of supported group activities such as music, indoor sports and arts & crafts.

### Location and Contact Details

Lighthouse Services  
Epilepsy Scotland  
48 Govan Road  
Glasgow  
G51 1JL

Tel: 0141 419 4911  
Fax: 0141 419 1709  
Email: [enquiries@epilepsyscotland.org.uk](mailto:enquiries@epilepsyscotland.org.uk)  
Website: [www.epilepsyscotland.org.uk](http://www.epilepsyscotland.org.uk)

### Opening Hours

Activity Project is open on Tuesday and Thursday from 10am to 3.30pm

Support service is available 24 hours a day, 365 days a year.

Outreach Service is open every day, excluding public holidays, from 8am to 12 midnight.

### How to access services

Anyone can make a referral to the service, including self referral.

### Cost

Activity Project £33.50 per day  
Support Service £15.25 per hour  
Outreach Service £18.50 per hour

The majority of people who use our services will have an Individual Budget as part of their Self Directed Support package and will use this to pay for the support they receive.

### Who is this service open to?

The service is open to anyone with a disability, including acquired brain injury, physical disability, mental health needs and learning disabilities.

Service users do not need to have epilepsy to access our services.

**NHS Lanarkshire Community Brain Injury Team****Aims**

Our service provides assessment, rehabilitation, support and advice to people following brain injury. This can take place in hospital, at home, at work, in school or in the local community.

**Main Activities and Services**

- Cognitive assessment and rehabilitation
- Physical assessment and rehabilitation
- Neuropsychology assessment and rehabilitation
- Vocational assessment and rehabilitation
- Speech and Language assessment and rehabilitation
- Life skills assessment and rehabilitation
- Brain Injury education for patients and carers
- SMART (Sensory Motor Assessment and Rehabilitation Technique) for patients in vegetative / minimally conscious states.

**Location and Contact Details**

Law House  
Airdrie Road  
Carluke  
ML8 5EP  
Tel No: 01698 377 864  
Fax No: 01698 377 782

Jane-Marie Stobie  
Team Co-ordinator  
01698 377 864  
Christine McLellan  
Team Secretary  
01698 377 864

**Opening Hours**

0830a.m – 1630p.m

**How to access services**

Referrals are accepted from AHPs, Nurses, GPs and Consultants by completing the referral form.

**Cost****Who is this service open to?****Referral Criteria:**

- Aged 16 and over
- Brain injury confirmed by CT/ MRI in the last 6 months
- Medically Stable
- Resides within NHS Lanarkshire Boundary
- Consents to intervention.

Other referrals are considered on a case by case basis. Please call to discuss.

## Momentum Skills' Brain Injury Rehabilitation: The Pathways Programme

### Aims

- Momentum Skills' brain injury service in Glasgow provides community and vocational rehabilitation to individuals with an acquired brain injury. Our training programme includes interpersonal skills, awareness of disability and its impact on employment.

### Main Activities and Services

- Confidence-building
- Memory strategies
- Brain Injury awareness
- Concentration
- Job search
- Work placement
- Interview skills
- Assertiveness
- I.T. skills
- Counseling
- Cognitive rehabilitation

### Location and Contact Details

The Pathways Programme  
Suite 36  
Central Chambers  
93 Hope Street  
Glasgow  
G2 6LD

Telephone: 0141 333 0567  
Fax: 0141 333 1678

Email:  
tower77@momentumskills.org  
Website:  
www.momentumuk.org.uk

### Opening Hours

8-4pm Monday to Thursday  
8-3pm Friday

### How to access services

Open Referral System.

Contact the Pathways Team on 0141 333 0567  
or email [jjapp@momentumskills.org](mailto:jjapp@momentumskills.org)

### Cost

No Charge for people living within Glasgow City Council Area- contact for details about this.  
(It can also be funded via local authority, NHS, employer or insurance company).

### Who is this service open to?

Anyone with an acquired brain injury seeking support to return to voluntary work, training or employment.

Quarrier's Glasgow Supported Living Initiative (Glasgow SLI)	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>To provide a person centered support service to people with an acquired brain injury.</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>Person centered support</li> <li>Provide care at home</li> <li>Provide housing support</li> <li>Provide community support</li> <li>Involve the people we support in recruitment and selection of their own staff</li> <li>Empower the people we support in recruitment and selection of their own staff</li> <li>Empower the people we support through building confidence and listening to them</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
23D/E Netherton Road Annie'sland Business Park Glasgow G13 1EU	Management Hours 9.00am – 5.00pm Monday to Friday
Tel: 0141 959 2476 Fax: 0141 950 6425	<b>How to access services</b>
Email: heather.cowan@quarriers.org.uk Website: www.quarriers.org.uk	Through Social Work, Health, Care Management or individual referral.
<b>Cost</b>	<b>Who is this service open to?</b>
Funding by an agreed care package	Persons with acquired brain injury who have funding approval. This service operates in the Glasgow area, however, Quarriers provide services across Scotland and in parts of England.



## Renfrewshire Head Injury Service

### Aims

- To provide direct practical advice and support to the person and their families and carers to help them overcome the short and long term effects of their acquired brain injury.

### Main Activities and Services

- Work with individuals one to one at home & in the community
- Work with carers & families one to one or in groups
- Various social & support groups available
- Support to develop independent living skills
- Support to stay in work or get back to work
- Access education & other learning opportunities

### Location and Contact Details

Renfrewshire Head Injury Service  
Spinners Gate,  
Maxwellton Road,  
Paisley,  
Renfrewshire,  
PA1 2RH

Tel: 0141 848 1701

Email: [headinjuryservice@quarriers.org.uk](mailto:headinjuryservice@quarriers.org.uk)  
Website: [www.quarriers.org.uk](http://www.quarriers.org.uk)

### Opening Hours

Monday to Friday: 9:00am-5:00pm

### How to access services

Contact us on 0141 848 1701

### Cost

This service is funded by Renfrewshire Council and there is no charge for Renfrewshire clients.

### Who is this service open to?

Adults (17-64) and carers living in the Renfrewshire Council area who have sustained an acquired brain injury.

## Scottish Head Injury Forum (SHIF)

### Aims

- To support people with an acquired brain injury, their families and carers through the provision of education and information
- To increase knowledge of the effects of acquired brain injury amongst professionals, policy makers, providers and purchasers

### Main Activities and Services

- SHIF is a registered Scottish Charity, founded in 1993. It is a national umbrella organisation representing the interests of survivors of brain injuries, their families, and those who work with them.
- The main focus of SHIF's work has been education, and each year it organises three one-day conferences aimed at a largely non-specialist audience of health, local authority, and third sector professionals who work with brain injured people and their families as part of a wider remit.

### Location and Contact Details

SHIF Administrator  
c/o Centre for Brain Injury Rehabilitation  
Royal Victoria Hospital  
Jedburgh Road  
Dundee  
DD2 1SP

Tel: 01382 423196

Email [info@shif.org.uk](mailto:info@shif.org.uk)

Website: [www.shif.org.uk](http://www.shif.org.uk)

### Opening Hours

N/A

### How to access services

Join our mailing list and/or become a member of SHIF.

Members get reduced rates at the 3 conferences that we hold each year.

Membership is January to December

Contact us by e-mail

### Cost

Costs of attending a conference vary.

### Who is this service open to?

The conferences are open to all but they are aimed at a largely non-specialist audience of health, local authority, and third sector professionals who work with brain injured people and their families as part of a wider remit.

<b>Sealladh</b>	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>• A holistic visual rehabilitation programme for adults who have acquired a brain injury and are experiencing sight difficulties.</li> </ul>	
<b>Main activities and services</b>	
<ul style="list-style-type: none"> <li>• Static scanning training to enhance independence in mobility, communication, and activities of daily living.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Visibility 2 Queens Crescent Glasgow G4 9BW  Tel: 0141 332 4632 Fax: 0141 353 2981  Email: info@visabilty.org.uk Website: www.visibility.org.uk	Office hours: Monday – Friday: 8.30am-4.30pm
	<b>How to Access Services</b>
	Referrals can be made through a health or social care professional or direct to Visibility.
<b>Cost</b>	<b>Who is this service open to?</b>
None	This service is open to people living within the West of Scotland with visual impairment after acquired brain injury.

**Sense Scotland****Aims**

- Sense Scotland has been working for over 25 years with children and adults who have communication support needs because of deafblindness, sensory impairment, learning and physical disabilities.
- Working closely with people, often on a one-to-one basis, we aim to find out what their aspirations are and how they want to live their lives. Our advisers work together with individuals, families, carers and other professionals to ensure people receive the most appropriate support.

**Main Activities and Services**

- Advisory service
- Arts services and projects
- Health activities and projects
- Outdoor activities and projects
- Services for Adults such as day support, holidays, community living and residential respite
- Services for Children such as day support, holidays, out-and-about and residential respite
- Parent Enabler Project which provides support to families who live within NHS Greater Glasgow area and care for children up to the age of 19 who have communication support needs because of deafblindness, sensory impairment, learning and physical disabilities.

**Location and Contact Details**

Advisory Department  
 Sense Scotland  
 43 Middlesex Street  
 Kinning Park  
 Glasgow  
 G41 1EE  
 Tel: +44 (0)141 429 0294  
 Fax: +44 (0)141 429 0295  
 Text: +44 (0)141 418 7170  
 Web: [www.sensescotland.org.uk](http://www.sensescotland.org.uk)  
 Email: [info@sensescotland.org.uk](mailto:info@sensescotland.org.uk)

**Opening Hours**

Varies for each service

**How to access services**

By referral or contact them directly

**Cost**

None

**Who is this service open to?**

Clients must have significant communication difficulties, sensory impairments, physical or learning disabilities

## South Lanarkshire Council Brain Injury Service

### Aims

The main remit is assessment and intervention for;

- Cognitive impairment (memory difficulties, attention deficits, poor executive skills)
- Functional difficulties at home or in the community, as a result of brain injury.

### Main Activities and Services

Intervention can therefore focus on;

- Support with cognitive skills (for example – learning cognitive strategies)
- Support in returning to independent life skills around the home or in the community
- Information and advice about brain injury for the person and their carers
- Vocational support and advice for returning to work
- Accessing local support groups and activities
- A counselling approach to support emotional needs following injury

### Location and Contact Details

Larkhall Local Office  
Claude Street,  
Larkhall  
ML9 2BU

Tel: 01698 884656  
Fax: 01698 307504

Email:  
james.restrick@southlanarkshire.gov.uk  
Website: www.southlanarkshire.gov.uk

### Opening Hours

Monday to Thursday: 8.45am – 4.45pm  
Friday: 8.45am – 4.15pm

### How to access services

Open referral system, including self referral.

### Cost

None

### Who is this service open to?

Inclusion Criteria

- Adults with traumatic or acquired brain injury (non-progressive conditions)
- Living within the South Lanarkshire Council area
- Medically stable

<b>Stroke Clubs</b>	
<b>Chest Heart &amp; Stroke Scotland</b>	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>To bring together people who have had a stroke in a relaxed and friendly environment.</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>Stroke Group members enjoy a range of games and activities with the opportunity to meet other people who are in a similar situation. Most groups organise occasional outings and events.</li> <li>Community Stroke Service groups provide a structured programme of relevant communication bases activities, supported by our Speech &amp; Language Therapist Trainers, providing encouragement, motivation and an opportunity to practice communication skills in a supportive environment. An outreach (home- visiting) service may also be available.</li> <li>A Personal Support Grant for up to £2000 is available for equipment, white goods (eg. A washing machine or fridge), or towards the cost of a holiday.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
There are stroke groups held in various locations throughout the city. Contact the Chest Heart & Stroke Scotland	Varies Advice Line Nurses: 9.30am – 4.00pm Monday-Friday
ADVICE LINE NURSES: 0845 077 6000 Text: CHSS plus message to: 07766404142 Email: <a href="mailto:advice@chss.org.uk">advice@chss.org.uk</a>	<b>How to access services</b>
<b>Glasgow Regional Office</b> 103 Clarkston Road Glasgow G44 3BL Telephone 0141 633 1666	Contact the nurses and they will refer you into the groups or outreach services.
<b>Cost</b>	<b>Who is this service open to?</b>
None	People who have had a stroke.

## West Dunbartonshire Acquired Brain Injury Service

### Aims

- To provide a service to adults over the age of 16 whom are living within the West Dunbartonshire area and where Acquired Brain Injury is the primary issue affecting their quality of life. This community based service provides care management, assessment, support, education and advice.

### Main Activities and Services

- Assessment and Care Management to individuals where Brain Injury is the primary issue in their life.
- Social rehabilitation and a housing support service to individuals with ABI to help cope with day to day living.
- Information, support and advice to service users, carers and professionals.
- Specialist assessment and goal-based rehabilitation based on ABI Assessment of needs, and delivery of training to assist individuals with daily living e.g. Memory aids techniques.
- Relevant training for other professionals involved in the support of individuals with Acquired Brain Injury.
- The ABI Team consists of an ABI Service Coordinator, Social Worker, Neuropsychologist, Assistant Psychologist and ABI Support Worker.

### Location and Contact Details

West Dunbartonshire CHCP  
6-14 Bridge Street,  
Dumbarton G82 1NT.  
Telephone 01389 737020

Email:  
enquiries.braininjuries@west-  
dunbarton.gov.uk

### Opening Hours

9.00am – 5.00pm Mon to Thursday  
9.00am – 4.00pm Friday

### How to access services

Open Referral system - contact  
Service Co-ordinator on  
01389 737020

### Cost

There may be a cost for some support services

### Who is this service open to?

Adults (16+) with acquired brain  
injury living in the West  
Dunbartonshire Council area.



# **Brain Injury Case Managers**



## A Chance For Life

### Aims

A Chance For Life helps adults and children recover skills lost as a result of brain injury and other disabling conditions.

Our clinical expertise and determination to provide an effective and efficient service gives every client and family the best possible chance of leading a meaningful and rewarding life.

### Main Activities and Services

Services primarily fall in the category of health care, although occupational therapy and case management intervention often encompasses a variety of needs such as social care, physical and mental health, recreation, education and employment.

**Case Management** – We provide a case management report to outline the rehabilitation required for the client along with comprehensive risk assessments, case management plans and if required the direct recruitment and day to day management of support workers.

**Occupational Therapy** – We provide an initial assessment followed by an individualised plan detailing individual goals. Our Occupational Therapists are skilled in assessing for equipment and adaptations, vehicle adaptations and specialised splinting.

**Medico Legal** - Initial Needs Assessments and Care Expert & Expert Occupational Therapy Reports.

**Specialist Training** – Our highly skilled clinicians can provide Medication Administration and Acquired Brain Injury Training.

### Location and Contact Details

We provide services across the North of England Scotland and the Isle of Man. Our head office is located in Penrith, Cumbria.

A Chance for Life Ltd  
5 Hobson Court  
Gillan Way  
Penrith Business Park  
CA11 9GQ  
Tel: 01768 891709  
Email: [admin@achanceforlife.co.uk](mailto:admin@achanceforlife.co.uk)  
Web: [www.achanceforlife.co.uk](http://www.achanceforlife.co.uk)

### Opening Hours

Office Hours are Monday – Friday 9am – 5pm with on call emergency cover Saturday and Sunday 9am – 5pm

### How to access services

Referrals can be made in writing or by emailing our office in Penrith.

### Costs

A full breakdown of our charges are detailed in our terms and conditions.

### Who is this service open to?

Adults and Children who have lost skills as a result of a brain injury or other disabling conditions

<b>Aims</b>	
The aim of Anne Cossar and Associates Ltd Case Management Services is to assist clients with complex needs to live as independently as possible and to have a full and interesting life, within the limits of their abilities.	
<b>Main Activities and Services</b>	
<p>We believe that, for the vast majority of people with complex needs, staying in their own home is the best environment for them to receive support and care and to continue their rehabilitation.</p> <p>To achieve this, our Case Managers (who are all registered Occupational Therapists) work with clients to source and monitor registered Care Providers that can provide appropriately trained and experienced carers, support workers and /or nurses to meet our clients particular needs. Most importantly we assist clients to continue their rehabilitation or maintain their skills and achieve their goals. To do this your Case Manager may recommend, and obtain your agreement to source, additional therapeutic services (for example, physiotherapy, occupational therapy or speech and language therapy).</p> <p>We also ensure clients have support to participate in appropriate activities to enhance their quality of life, whether their be recreational, vocational or educational activity at home or in the community.</p> <p>Anne Cossar and Associates Ltd also provide medico legal reports in connection with litigation claims. Professional videos to support our medico legal reports are also available</p>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Redside Farmhouse North Berwick EH39 5PE  01620 895303  <a href="mailto:ac@annecossar.co.uk">ac@annecossar.co.uk</a> <a href="mailto:admin@annecossar.co.uk">admin@annecossar.co.uk</a>	Office Hours are 9am – 5pm, Monday to Friday but we can provide on call services out of these hours by negotiation.
	<b>How to access services</b>  Clients can self refer or be referred by guardians, solicitors or health professionals.
<b>Costs</b>	<b>Who is this service open to?</b>
Costs on application	Children and adults with cerebral palsy, brain injury, complex orthopaedic injury or spinal injury.

<b>Aims</b>	
To provide community-based rehabilitation in the individual's own home, to help them and their families rebuild their lives after brain injury (and also spinal cord and complex orthopaedic injury).	
<b>Main Activities and Services</b>	
<p>A case manager sets up comprehensive rehabilitation, in the individual's own home, to retrain basic skills, to enable them to overcome memory, temper, and other problems, and to help the individual rebuild his or her life. Sometimes that means gradually getting back to work and social life; and sometimes it means finding new activities and interests. Some people will benefit from a support worker or "buddy" to help them get back into a routine – to improve fitness, and start to get out and about again.</p> <p>For many people, rehabilitation in the community has advantages. They can learn to overcome the problems arising from brain and other injury in their own environment, and that makes long-term readjustment easier.</p> <p>CMS also provides medico-legal assessments, and help, advice, and treatment for occupational health and other services.</p>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
<p>CMS provides services throughout Scotland and the North of England. Our office base is: Case Management Services Ltd, 350A Lanark Road West, Currie, Edinburgh EH14 5RR. Tel: 0131 451 5265 Email: <a href="mailto:maildesk@caseman.co.uk">maildesk@caseman.co.uk</a> Web: <a href="http://www.caseman.co.uk">www.caseman.co.uk</a></p> <p>We have a multi-disciplinary team (incl. neuro-psychologists, occupational therapists, physio-therapists, nurses, social workers, and rehab assistants) in various locations from Inverness to Leeds.</p>	The office is open Monday-Friday 9am-5pm
	<b>How to access services</b>
	Referrals may come via legal and insurance firms, occupational health departments, and NHS/social work. You can contact us to discuss possible referral routes.
<b>Costs</b>	<b>Who is this service open to?</b>
Funding is usually arranged by the referrer (see "how to access services")	Adults and children following brain injury, and also spinal injury/complex orthopaedic injury.

Case Management Society UK (CMS UK)/British Association of Brain Injury Case Managers (BABICM)

<b>Aims</b>	
<p><b>Case Management Society (CMS UK)</b> is a non-profit association of case managers, committed to the delivery of case management through standards of best practice while promoting the individual and collective development of case management throughout the UK.</p> <p><b>British Association of Brain Injury Case Managers (BABICM)</b> represents the professional interests and concerns of case managers who work with those who have suffered an acquired brain injury or other complex condition which requires co-ordinated rehabilitation, care and support</p>	
<b>Main Activities and Services</b>	
<p>To define and develop a professional framework for Case Managers</p> <p>To establish and regulate professional standards and a code of ethics for quality control and best practice</p> <p>To provide and promote training and education for case managers and others working in the field of brain injury.</p> <p>To establish and maintain a system of accreditation and certification for case managers</p> <p>To provide a network for those working in case management, and to give advice and support.</p>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
<p><b>CMS UK</b> PO Box 293 Sutton SM1 9BH Tel/Fax: 0870 850 5821/ Email: <a href="http://www.cmsuk.org">www.cmsuk.org</a></p> <p><b>BABICM</b> PO Box 199 Bury BL8 9EJ Tel: 07002 222 426/ Email: <a href="mailto:secretary@babicm.org">secretary@babicm.org</a></p>	Not applicable
	<b>How to access services</b>
	Telephone/Email
<b>Costs</b>	<b>Who is this service open to?</b>
Membership fees apply	Case Managers, others working in the field of complex care

**Aims**

We aim to maximise the quality of life of individuals in a community setting whose lives are affected by complex disabilities through the provision of high quality, evidence based services and practices that are both client centred and cost effective. We support our clients through the rehabilitation and litigation processes and beyond, always ensuring that their choices and decisions in all aspects of their lives are explored and enacted wherever possible.

**Main Activities and Services**

**Services for clients:**

Complete co-ordination of care and therapy services · Design and provision of packages of care · Direct recruitment of support workers and/or co-ordination of agency support staff · Support staff payroll management · Planning and implementation of goal centred care and support plans · Advocacy in any circumstance that our clients require · Completion of an annual review, undertaken with our clients by a senior member of our clinical team to ensure the support plan is on track and the services provided are appropriate and of the highest quality

**Services for legal representatives:**

Initial and immediate needs assessments · Costed case management proposals · Reports under the Code of Rehabilitation · Rehabilitation assessments · Equipment and adaptations assessments · Expert witness services · Client account management · Support staff payroll management

<b>Location and Contact Details</b>	<b>Opening Hours</b>
From our office in Edinburgh, we are able to provide services across the whole of Scotland. JS Parker Ltd, 2 <sup>nd</sup> floor, 2 Commercial Street, Edinburgh, EH6 6JA	Monday-Friday 9am-5pm
Tel: 0131 554 8970 Email: enquiries@jspsc.co.uk Web: www.casemanagement.co.uk	<b>How to access services</b> Referrals are generally made by legal representatives, however we accept referrals from social services, from continuing healthcare commissioners, and from individuals. Please contact us if you require further information.
<b>Costs</b>	<b>Who is this service open to?</b>
Funding is generally through medico legal claims and settlements.	Adults and children with brain or spinal injuries; individuals with complex needs.

<b>Tania Brown Ltd</b>	
<b>Aims</b>	
To provide a specialist case management service offering care, community rehabilitation and support for clients with a wide range of disabilities, including brain injury, spinal cord injury and other complex injury.	
<b>Main Activities and Services</b>	
<p>We offer a nationwide service with our consultant therapists and case managers located across the country, all of whom are highly trained and experienced with considerable expertise to work alongside clients and their families following acquired disability.</p> <p>We offer an initial assessment to discuss what the client hopes to achieve within their day to day life. We then work alongside the client and their family to support the client to fulfill these aims, whether that be assisting them to put in place a care or support package (which may include the management of payroll services), returning to work/study, increasing their physical or mental abilities, and improving their involvement in household and/or recreation/leisure activities. We strive to enable people of any age who have acquired severe disabilities to take a rehabilitative approach to maximize their level of independence by providing the highest quality service.</p>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
<p>Tania Brown Ltd provides services across Scotland and England. Our Scottish head office address is:</p> <p>Conference House 152 Morrison Street Edinburgh EH3 8EB</p> <p>Tel: 0131 200 6164 Web: <a href="http://www.taniabrown.com">www.taniabrown.com</a> Email: <a href="mailto:info@taniabrown.com">info@taniabrown.com</a></p>	Monday to Friday 9am to 5pm
	<b>How to access services</b>
	<p>Many referrals to the service come via lawyers or insurers, but also financial guardians. Referrals are also welcome from NHS/social work.</p> <p>Please contact us if you wish to discuss a referral to the service.</p>
<b>Costs</b>	<b>Who is this service open to?</b>
We view each case as having individual needs. Please contact us for a case-specific cost	Adults and children following acquired injury



# **Child Specific Services**

## Action for Children Scotland

### Aims

- To help disabled children, young adults and their families live the lives they choose by providing fun, inclusive and flexible support.
- To ensure all children and young people get the best start in life and achieve their full potential.

### Main Activities and Services

Our disability services provide disabled children and their families with residential and short break care, help families deal with challenging behaviour, provide specialist education and leisure opportunities, and offer innovative programmes such as the Access to IT project, which uses information technology to enhance disabled children's confidence and their educational and social inclusion.

### Location and Contact Details

Action for Children Scotland  
City Park  
368 Alexandra Parade  
Glasgow  
G31 3AU

Telephone: 0141 550 9010  
Email: [ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)  
  
Website:  
<http://www.actionforchildren.org.uk/>

### Opening Hours

N/A

### How to access services

Phone/email us.

### Cost

None.

### Who is this service open to?

Children and young people:

- whose families need support
- who cannot live with their birth families
- who are affected by disability



**Buddies Clubs and Services (Glasgow West Ltd)****Aims**

- To provide play and leisure for children and young people with additional support needs in the north and west of Glasgow.

**Main Activities and Services**

- Supports children with a range of special needs including brain injury
- Provides play and leisure activities
- Provides an after-school club and a Sunday club
- Organises play schemes during school holidays
- Provides a nursery service
- Provides outreach support
- Senior and teen groups

**Location and Contact Details**

Netherton Community Centre  
358 Netherton Road  
Glasgow  
G13 1AX  
Phone: Elaine Whyte 0141 434 0201  
Email: buddies@buddiesglasgow.org.uk

**Opening Hours**

Varies

**How to access services**

By direct contact or referral from education, social work or other caring organisations.

**Cost**

Prices for each service depend on the level of support required. An individual assessment of needs is carried out prior to admission. Please contact us directly for further information.

**Who is this service open to?**

6 weeks – 5 years (nursery service)  
5 years – 35 years (other services)

Child Brain Injury Trust	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>• The Child Brain Injury Trust supports children, young people and families affected by an Acquired Brain Injury. The key areas of support are: to provide information about acquired brain injury to families and professionals, emotional and practical support to the whole family, signposting, advocacy and social opportunities.</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>• Liaising with schools to ensure that the child or young person has a smooth return to school by raising awareness about ABI and offering teacher training.</li> <li>• Liaising and advocating with social work services and providing advocacy for the child and the family.</li> <li>• Provide information and signposting to appropriate services e.g. carers and young carers groups, Child Brain Injury Trust legal helpline and benefit advisors.</li> <li>• Providing social opportunities for families to meet through family events, young peoples' youth groups, siblings holidays, telephone buddying and parents support groups.</li> <li>• Child Brain Injury Trust national helpline: 0303 303 2248</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Glasgow Office: Digg Unit 18 Chapel Street Glasgow, G20 9BD	9am – 4pm Tuesday/Wednesday/Thursday
	<b>How to access services</b>
Tel: 0141 945 4894 Email: <a href="mailto:helpline@cbituk.org">helpline@cbituk.org</a> Website: <a href="http://www.childbraininjurytrust.org.uk">www.childbraininjurytrust.org.uk</a>	By Telephone or E mail
<b>Cost</b>	<b>Who is this service open to?</b>
None	The Child Brain Injury Trust provide support for families throughout Scotland who have a child or young person with an acquired brain injury in the age range 0 – 25 yrs

## The Happy Club

### Aims

- We aim to promote disability/autism, improve health and wellbeing by providing services to meet the needs of our members.

### Main Activities and Services

- We primarily provide activities for children registered at school aged 4 1/2 - 19 years
- Our evening sessions offer a range of activities for our members in a non-judgemental and supportive atmosphere.
- We ensure the services and facilities are accessible to all. Young members can access sports and/or arts activities with qualified tutors, whilst their parents enjoy a period of respite and empathic support.
- Training or information sessions as appropriate, improving the capacity of individuals as well as the organisation itself.
- Siblings or other members of the family are most welcome!

### Location and Contact Details

Correspondence address:  
Suite 18, M8 Business Centre  
259 Summerlee Street  
Queenslie Industrial Estate  
Glasgow  
G33 4DB

Tel: 07536024797

Email: [thehappyclub@btinternet.com](mailto:thehappyclub@btinternet.com)

Meetings take place at:

Our Lady Of Peace Primary School  
343 Hallhill Road  
Glasgow  
G33 4RY

### Opening Hours

Meetings every Tuesday & Thursday 7-9pm  
(Our Lady Of Peace Primary School) – 50  
weeks of the year.

### How to access services

Referrals through education, social work and  
other organisations, or get in touch for more  
information.

### Cost

£1 donation per session

### Who is this service open to?

Children registered at school aged 4 1/2 - 19  
years suffering from a disability



**Other Services  
which may be useful**

## Advocacy Services

### Aims

- To help people to stand up for themselves and to empower people to be heard by others who have power over them, whether this be other individuals or an organization.

### Main Activities and Services

- Currently there are no specific services for people with an acquired brain injury in Glasgow, but you may be able to use another advocacy service if you fit into another category (e.g. if you are an older person or you also have a mental health problem). There are at least 14 different projects in and around Glasgow.
- Advocacy Services are usually provided by independent voluntary organisations. These organisations deliver advocacy in a number of ways including; Professional Advocacy, usually provided by a paid worker, who will work with a number of people. The support they offer is usually focused on specific issues and time limited; Citizen Advocacy, where an unpaid, ordinary person is asked to get to know and represent just one person over a longer period of time and Group/Collective advocacy, where people come together as a group to support each other and tackle shared issues, helped by an advocacy project.

### Location and Contact Details

There are various projects around Glasgow. Contact the number below to find out which service would be the most appropriate for you.

The best contact is to phone the Scottish Independent Advocacy Alliance who will advise you of the most appropriate service for you to contact.

Tel: 0131 260 5380.

Fax: 0131 260 5381

Email: [enquiry@siaa.org.uk](mailto:enquiry@siaa.org.uk)

Website: [www.siaa.org.uk](http://www.siaa.org.uk)

### Opening Hours

Varies

### How to access services

Contact number provided.

### Cost

No charges

### Who is this service open to?

Varies - contact number provided.

## Alzheimer Scotland

### Aims

- Alzheimer Scotland is Scotland's leading dementia charity. We provide services and campaign actively to help people with dementia and their families and carers.

### Main Activities and Services

In Glasgow there are a range of services operating including:

- Home support service and overnight home support
- Housing Support and Care at Home service
- Dementia Advisors
- Forget-me-not Project
- Dementia Café
- Younger Persons Support Service
- Advice and information service
- Carer support group
- Carer education
- Day care

### Location and Contact Details

Services operate throughout Glasgow.  
Contact Glasgow and East Dunbartonshire  
Regional Office for information on any of the  
services:

Alzheimer Scotland  
81 Oxford Street  
Glasgow  
G5 9EP

Tel: 0141 418 3930  
Fax: 0141 418 3945  
Email: [Oxfordstreetreception@Alzscot.org](mailto:Oxfordstreetreception@Alzscot.org)  
Website [www.alzscot.org](http://www.alzscot.org)

### Opening Hours

9.00am – 5.00pm  
Scottish 24 hour Dementia  
Helpline: 0808 808 3000

### How to access services

Contact us.

### Cost

Many but not all of our services are free.  
Please ask.

### Who is this service open to?

People who need support or information  
about dementia.

**Aims**

- We are a volunteer-led humanitarian organisation that helps people in crisis, wherever and wherever they are and operate a variety of different services throughout the East of

**Main Activities and Services**

**Support at home**

- We provide short-term care and support in the home for people after an accident or illness, giving them the confidence to continue their daily lives. This service can be provided following a stay in hospital or to prevent unnecessary hospital admissions.

**Transport Service**

- We provide door-to-door transport for people who cannot get about easily, restoring their freedom and independence.

**Medical Equipment**

- We provide short-term loans of medical equipment, such as wheelchairs, for people with a disability or illness.

**Location and Contact Details**

**West Scotland:**  
 4 Nasmyth Place  
 Hillington  
 Glasgow  
 G52 4PR

Telephone: 0141 891 4000  
 Website: [www.redcross.org.uk](http://www.redcross.org.uk)

**Opening Hours**

N/A

**How to access services**

Please contact us on the details provided.

**Cost**

The Transport Service normally asks for a contribution to costs, based on mileage, but no-one will be refused a service because they cannot pay. Equipment is usually available within 24 hours in an emergency and is loaned free of charge, although a refundable deposit may be requested.

**Who is this service open to?**

People in need.

Citizens Advice Scotland - Citizens Advice Bureau and Citizens Advice Direct

**Aims**

To ensure that individuals do not suffer through lack of knowledge of their rights and responsibilities, or of the services available to them, or to express their needs effectively.

**Main Activities and Services**

Free, confidential and impartial advice and information on a wide range of subjects including:

- benefits and housing
- debt and tax
- consumer issues and work related problems
- Relationships

**Location and Contact Details**

Find your local bureau by searching on the CAS website:  
<http://www.cas.org.uk/bureaux>  
 You can also phone Citizens Advice Direct for advice over the phone on:  
 0808 800 9060

Alternatively, Citizens Advice Scotland provide a website where you can find information yourself:  
<http://www.adviceguide.org.uk/scotland/>

**Opening Hours**

Varies. Check your local bureau for opening times. Main Offices are generally open Monday to Friday with drop in sessions and appointments.

Citizens Advice Direct lines are open Monday to Friday 9am till 8am and Saturday 10am till 2pm.

**How to access services**

Phone to make an appointment or turn up at a drop in session.  
 Some Bureaus also run telephone and email help lines.

**Cost**

None.

**Who is this service open to?**

Some Citizens Advice Bureau are only funded to give advice to people living or working in a certain area (usually the local authority area). Please check with the Bureau that they are able to help you.



## Common Wheel

### Aims

Common Wheel is a Glasgow-based charity and social enterprise which aims to promote and support the recovery of those living with mental ill health. It does this by providing shared, people-centered, creative and technical opportunities from two fully equipped bike workshops and a music base.

### Main Activities and Services

- The Bicycle project provides the opportunity to learn how to build and maintain bicycles. This project is based in Maryhill and Bridgeton.
- The Music project offers access to community music, improvisation and creative self-expression.
- Outcomes evidenced through feedback:
  - Greater self-esteem
  - Reduced loneliness and sense of isolation
  - Improved social functioning and memory
  - Team work skills

### Location and Contact Details

#### Maryhill branch

77 Chapel Street,  
Maryhill,  
Glasgow,  
G20 9BD  
Tel: 0141 946 0777

#### Bridgeton branch

Glasgow Vintage Vehicle Trust  
76-136 Fordneuk Street  
Glasgow  
G40 3AH  
Tel: 0141 550 3854

#### Music Programme

Campbell House  
Gartnavel Royal Hospital  
1055 Great Western Road  
Glasgow  
G12 0XH  
Tel: 0141 211 0668

Email: [fi@commonwheel.org.uk](mailto:fi@commonwheel.org.uk)  
Website: [www.commonwheel.org.uk](http://www.commonwheel.org.uk)

### Opening Hours

Bike Training Times: Tuesday – Thursday  
10am-5pm  
Community Music: Wednesday 2-3pm Track  
Two  
Friday 12.30-1.30 track One Introductory level  
Friday 2-3pm Jammin' Group

### How to access services

Referral by GP, support worker or CPN.  
No self-referrals.  
No drop-in

### Cost

Contact for information

### Who is this service open to?

People with mental ill-health

Cornerstone	
Aims	
<p>Cornerstone is a Scottish charity, social enterprise and provider of care and support services for adults, children and young people with disabilities and other support needs throughout Scotland.</p>	
Main Activities and Services	
<ul style="list-style-type: none"> <li>• Cornerstone enables people with disabilities to enjoy independent and valued lives.</li> <li>• All services are person-centered to meet the needs of each individual.#</li> <li>• Our services includes <ul style="list-style-type: none"> <li>• Adult Placement and Older People’s Services</li> <li>• Children’s and Transition Services</li> <li>• Community Support &amp; Domiciliary Care</li> <li>• Supported Living &amp; Respite Services</li> <li>• Community Justice Services</li> <li>• Mental Health Services</li> <li>• Employment &amp; Training Services</li> <li>• Direct Payments Support Service</li> <li>• Fostering service</li> <li>• Volunteering service</li> </ul> </li> </ul>	
Location and Contact Details	Opening Hours
<p>Kirkhaven Business Centre 120 Sydney Street Glasgow G31 1JF</p> <p>Tel: 0141 550 7580 Fax: 0141 550 7589 Email: <a href="mailto:enquiries@cornerstone.org.uk">enquiries@cornerstone.org.uk</a></p> <p>Website: <a href="http://www.cornerstone.org.uk/">http://www.cornerstone.org.uk/</a></p>	9- 5 Monday to Friday
	<p><b>How to access services</b></p> <p>Phone/email us.</p>
Cost	Who is this service open to?
There may a charge for some services	Adults, children and young people with disabilities and other support needs throughout Scotland.

Enable Scotland	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>• We ensure that people who have learning disabilities have the same choices and opportunities in life as everyone else.</li> </ul>	
<b>Main Activities and Services</b>	
<p>We provide a range of flexible services for adults including:</p> <ul style="list-style-type: none"> <li>• Personal care and independence</li> <li>• Personal support workers</li> <li>• Personalisation</li> <li>• Employment services</li> <li>• Leisure and social activities</li> <li>• Best Buddies Befriending Project</li> <li>• Sex and Relationship Forum and Courses</li> <li>• Support with planning for the future</li> <li>• Links to Midlothian Local Area Coordinators (LAC)</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
INSPIRE House 3 Renshaw Place Eurocentral Lanarkshire ML1 4UF  Tel: 0300 0200 101 Email: <a href="mailto:enabledirect@enable.org.uk">enabledirect@enable.org.uk</a>  Website: <a href="http://www.enable.org.uk/Pages/Enable_Home.aspx">www.enable.org.uk/Pages/Enable_Home.aspx</a>	Monday – Friday 9:00am – 5:00pm
	<b>How to access services</b>
	Contact ENABLE Direct on 0300 0200 101
<b>Cost</b>	<b>Who is this service open to?</b>
Services vary in cost on a case-by-case basis.	Children and adults with Learning Disabilities

## Glasgow Advice and Information Network

### Aims

GAIN is a network of agencies that give free, confidential and impartial debt advice. It includes voluntary agencies, Citizens Advice Bureau, legal, housing and independent money advice agencies.

### Main Activities and Services

- GAIN can give advice on a wide range of financial issues including debt, money management, benefits advice, and housing issues as well as providing free legal advice. The advice we give is impartial, completely confidential and best of all, absolutely free. Please note, others may charge you for such advice, but not GAIN.
- What's more, we'll do nothing without your permission. We can help you to find the best solution for your current situation.
- GAIN provide information on debt, money management, council tax, benefits, housing and legal advice.

### Location and Contact Details

Call on 0808 801 1011

[www.gain4u.org.uk](http://www.gain4u.org.uk)

### Opening Hours

Monday to Friday 10am-8pm

Saturday 10am-2pm

### How to access services

Contact us.

### Cost

None, this service is completely free.

### Who is this service open to?

Anyone living and/or working in Glasgow.

## Glasgow Association for Mental Health

### Aims

- The Association aims to provide high quality support both to those who are experiencing mental health difficulties and to their carers.

### Main Activities and Services

The Association provides the following services:

- Befriending Services
- Carers Support
- Young Carers
- Equalities
- Community Support Services
- Housing Related Services
- Scotia Clubhouse

### Location and Contact Details

Glasgow Association for Mental Health  
St. Andrew's by the Green,  
33 Turnbull Street, Glasgow,  
G1 5PR

Tel: 0141 552 5592

Fax: 0141 552 6625

Email: [info@gamh.org.uk](mailto:info@gamh.org.uk)

Website: [www.gamh.org.uk](http://www.gamh.org.uk)

### Opening Hours

Office Hours:

Monday to Thursday: 9am – 5pm

Friday: 9am – 5pm

### How to access services

Contact us

### Cost

There may be a charge for some services.

### Who is this service open to?

People who experience mental health problems and their carers.

## Glasgow Centre for Inclusive Living

### Aims

To promote inclusive living by assisting disabled people to challenge barriers and make informed choices. We strongly believe that disability is caused by the barriers that people with impairments meet in everyday life. This belief is central to everything that we do.

### Main Activities and Services

- Inclusive Living Solutions (ILS)
- Provides a range of services to disabled people in Glasgow who are managing, or thinking of managing, their own inclusive living support system
- Training Courses (including on disability issues, personal assistant training, and inclusive living)
- Housing information, advice and advocacy
- Employment Training and Opportunities
- Payroll Services

### Location and Contact Details

Glasgow Centre for Inclusive Living  
117 - 127 Brook Street  
Glasgow  
G40 3AP

Tel: 0141 550 4455  
Textphone: 0141 554 6482  
Fax: 0141 550 4858  
  
e-mail: [gcil@gcil.org.uk](mailto:gcil@gcil.org.uk)  
Website: [www.gcil.org.uk](http://www.gcil.org.uk)

### Opening Hours

Monday to Friday 9.00am -5.00pm

### How to access services

Contact us

### Cost

Some services are free, some have a charge.  
Contact us to discuss this.

### Who is this service open to?

Disabled People in Glasgow.

## Glasgow City Council Social Work Services

### Aims

- To be inclusive, supportive and protective.

### Main Activities and Services

- Community Care provide services directly (e.g. residential services, day services); purchase services (e.g. supported accommodation, respite care); and provide a service within health settings (e.g. hospital teams and other health based staff).
- Criminal Justice is responsible for supervising attendance orders, community service orders, intensive probation, etc.
- Children & Families provide services directly to, and purchase services for, vulnerable children, young people and families, including residential, foster care, community and individual services.
- Social Work also has a wider remit to promote social welfare and to this end it provides welfare rights and community development services and works with a wide range of community projects and voluntary organisations.

### Location and Contact Details

If you require information or support from social work please contact Social Care Direct.

Contact details are:

**Phone:** 0141 287 0555

**Email:** [socialcaredirect@glasgow.gov.uk](mailto:socialcaredirect@glasgow.gov.uk)

**Post:** Social Care Direct, Glasgow City Council, PO Box 26845, Glasgow

Out of hours number: 0800 811 505

Website: <http://www.glasgow.gov.uk/>

### Opening Hours

9am – 4.30pm Monday to Thursday

9am – 3.30pm Friday

### How to access services

Contact us.

### Cost

Varies

### Who is this service open to?

Anyone who thinks they may require a service, including carers.

<b>Glasgow Drug Crisis Centre</b>	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>• People with substance misuse issues can get advice and help from the centre 24 hours a day.</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>• The One Stop service will provide on the spot information on a range of issues including legal services, health, housing and harm reduction. They will provide information on services which you can access in your local area.</li> <li>• 24 hour advice information and support</li> <li>• 24 hour assessment</li> <li>• Detoxification and stabilisation</li> <li>• 24 hour needle exchange</li> <li>• GP clinics</li> <li>• One Stop service</li> <li>• Residential unit</li> <li>• Outpatient methadone clinic for those who have left the residential unit</li> <li>• Well woman clinic</li> <li>• Community podiatry</li> <li>• Specialist abscess and ulcer clinic</li> <li>• Expert-run PIED's clinic on a Tuesday evening 6pm – 10pm</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Glasgow Drugs Crisis Centre (GDCC) 123 West Street Glasgow G5 8BA  Tel: 0141 420 6969 Fax: 0141 274 2353 Email: lindagirvan@turningpointscotland.com  Website: www.turningpointscotland.org.uk	The Information Line is open 24 hours
	<b>How to access services</b>
	Contact us on 0141 420 6969
<b>Cost</b>	<b>Who is this service open to?</b>
None	Anyone with substance misuse issues or people who are concerned about this.



## GP General Practitioner Services

### Aims

A general practitioner, or GP, is a medical practitioner who provides primary care and specialises in family medicine. A general practitioner treats acute and chronic illnesses and provides preventive care and health education for all ages and both sexes.

### Main Activities and Services

- GPs are the gatekeepers to the NHS, controlling which patients are referred to hospital or specialist care as well as managing patient care in the community.
- GP practices may have a range of different services which they provide. Contact the number below to get more information about services in your area.
- For out of hours services, or other health advice contact the NHS 24 helpline on 08454 24 24 24

### Location and Contact Details

To find out your nearest GP contact Practitioner Services (Medical) - Glasgow Regional Office on: 0141 300 1300

Or look on the NHS 24 Website: [www.nhs24.com](http://www.nhs24.com)

### Opening Hours:

Varies

### How to access services

To register with a GP, in other words, to be added to the list of patients, simply telephone or visit the practice in the area you reside and ask if you can register with them.

### Cost

NHS services do not usually have a Charge.

### Who is this service open to?

Every permanent UK resident is entitled to have the services of a GP.

Healthy Living Centres	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>• Healthy Living Centres aim to promote healthy activities and improve people's health and wellbeing within the community.</li> </ul>	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>• Information on healthy living</li> <li>• Walking groups</li> <li>• Art groups</li> <li>• Weight management groups</li> <li>• Complimentary therapies</li> <li>• Community café facilities</li> <li>• Healthy eating workshops</li> <li>• Various health events for men and women</li> </ul>	
Services and activities change from time to time, check the website for the most up to date information.	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
The Annexe Healthy Living Centre 9A Stewartville Street Glasgow G11 5PE  Tel: 0141 357 6747 Email: <a href="mailto:info@theannexehlc.org.uk">info@theannexehlc.org.uk</a> Website: <a href="http://www.annexecommunities.org.uk">www.annexecommunities.org.uk</a>  There are also outreach centres throughout Glasgow, details of which are on the website.	10.00am – 9.00pm (varies according to groups)
	<b>How to access services</b>
	Telephone or E mail
<b>Cost</b>	<b>Who is this service open to?</b>
Most costs are met or subsidised	Residents across Glasgow

**Legal Advice****Aims**

To give advice and representation on legal issues including compensation claims and personal injury.

**Main Activities and Services**

- Many lawyers also have other support e.g. on Benefits Advice or on Money Management.
- Headway UK holds a list of lawyers who sign up to their code of conduct in working with people with brain injury and their families. This list can be accessed by contacting Headway UK with the details below.
- The Child Brain Injury Trust have developed a brand new 'Directory of Legal Services' as a guide for those parents seeking legal advocacy for their child and also information to or find out more about what you should consider when looking for a solicitor. The directory also includes information on support services such as counselling etc.

**Location and Contact Details**

Headway Legal Advice  
Find a Solicitor on:  
<https://www.headway.org.uk/legal-advice.aspx>  
or call the helpline: 0808 800 2244

The Child Brain Injury Trust Directory of Services:  
<http://directory.childbraininjurytrust.org.uk/>

**Opening Hours**

Monday- Friday 9.00am-5.00pm

**How to access services**

Contact details as above.

**Cost**

Free initial consultation from solicitors on the Headway list.

**Who is this service open to?**

Anyone in need of legal advice.

## Live Active Exercise Referral Scheme

### Aims

The Live Active Scheme aims to help people who are currently inactive to become regularly physical active.

### Main Activities and Services

Once referred onto the scheme, participants are invited to attend an exercise consultation with an exercise Live Active exercise counsellor in their local leisure centre. You will enroll onto the scheme for up to 12 months where you will:

- Receive individual advice, support and encouragement from an exercise counsellor to help you become and stay regularly physically active
- Have an opportunity to meet other people and try new activities
- Have access to local authority facilities at a discounted price for up to 12 months

The scheme may be appropriate for you if:

- You are not currently regularly physically active but you are thinking about becoming more active.
- You are doing some activity but would like to do more and feel additional advice and support would help you.
- You have been advised to become more active e.g. by your GP Practice nurse or physiotherapist but you really don't know where to start.

### Location and Contact Details

Live Active Referral  
Glasgow Sport Emirates Arena  
1000 London Road  
Glasgow G40 3HY

Telephone: 0141 287 0238  
email:  
liveactive@glasgowlife.org.uk

### Opening Hours

Varies

### How to access services

If you are interested in the exercise referral scheme contact your GP, Practice Nurse or Physiotherapist.

If the scheme is appropriate for you they will complete a referral form allowing you to attend an exercise consultation in your local area.

### Cost

Referral: Free Further Admission at discounted rates for 12 months.

### Who is this service open to?

Anyone in Glasgow City, West and East Dunbartonshire, South Lanarkshire and East Renfrewshire Council Areas, who is referred by their GP, Practice Nurse or Physiotherapist.

Nursing Services	
<b>Aims</b>	
To provide care and facilitate rehabilitation to promote independence	
<b>Main Activities and Services</b>	
<p>The District Nursing Service is part of and is managed by Nurses who deliver care to patients in their own home. The service is for individual patients who are unable to attend the GP practice and will assess, plan and provide the most appropriate nursing care to patients.</p> <p>There are also several Nursing agencies throughout the UK, which provide care and rehabilitation services to clients in their home following a hospital stay. These services are tailored to the needs of the client.</p> <p>Some agencies may provide additional services such as case management, medico legal and expert witness assessments and respite services for carers.</p>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
<p>District Nursing is available in Health Clinics throughout the Glasgow area. For details of district nursing services near you, check the NHS Greater Glasgow &amp; Clyde website <a href="http://www.nhsggc.org.uk">www.nhsggc.org.uk</a></p> <p>The website <a href="http://homecare.co.uk">homecare.co.uk</a> provides a directory of Independent Nursing Agencies and Home Care Groups</p> <p>You can all so call them on 0800 542 3403</p>	Varies
	<b>How to access services</b>
	<p>Referral to district nurses can be made by anyone and will be prioritised by need. Contact Lynda Cowie using the details provided.</p> <p>For independent nursing services, contact details are provided in the directory.</p>
<b>Cost</b>	<b>Who is this service open to?</b>
<p>NHS Services are free.</p> <p>Independent Nursing costs will vary.</p>	<p>People who's ability to cope at home independently and safely is affected by illness, weakness or injury.</p>

## Respite or “Short Break” Services

### Aims

A short break (also known as respite care) is a break from normal routine, designed to be of benefit both to a person with a disability, long term illness or need and to their carer (where they have one) to support their relationship.

### Main Activities and Services

There are several organizations in Scotland, which provide respite services to people in the Glasgow area, these include:

#### Glasgow City Council

Provides various services including short breaks to carers through the “carer pathway” which can be accessed by phoning the carers information and support line or completing a self referral/ assessment form. More details can be found on the Glasgow city council website.

#### Crossroads Caring Scotland

A national charity providing home based respite through short breaks/ longer periods of support for carers and personal care for individuals finding it difficult to live on their own. They also offer befriending, an escorting service, personal care and domestic support.

#### Shared Care Scotland

“Shared Care Scotland works to improve the quality, choice and availability of short breaks (respite care) provision across Scotland. They have a directory of short break services on their website and run a telephone information line for carers, those they care for and professionals.”

### Location and Contact Details

### Opening Hours

#### Glasgow City Council

Carers information and support line:  
0141 353 6504

[www.glasgow.gov.uk](http://www.glasgow.gov.uk)

#### Crossroads Caring Scotland

0141 352 9757

[www.crossroads-scotland.co.uk](http://www.crossroads-scotland.co.uk)

#### Shared Care Scotland

01383 622462 [www.sharedcarescotland.org.uk](http://www.sharedcarescotland.org.uk)

Varies

### How to access services

Contact the numbers provided for information and advice.

### Cost

Varies- sometimes no cost.

### Who is this service open to?

Varies

RNIB Transcription Service	
<b>Aims</b>	
Supporting people with sight loss to live independent lives, make informed decisions, and create a more inclusive society by providing information in accessible formats.	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>• Provides information in multiple formats such as audio, braille, e-files, large print, moon, tactile diagrams.</li> <li>• Visual awareness training with emphasis on making your information accessible.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Centre for Sensory Impaired People 17 Gullane Street Glasgow G11 6AH	Monday – Friday: 9.00am - 5.00pm
Tel: 0141 337 2955 Fax: 0141 357 4025 Email: glasgowtrans@rnib.org.uk	<b>How to access services</b>
	Customers contact us directly by email or phone. Referrals through Social Work or other agencies.
<b>Cost</b>	<b>Who is this service open to?</b>
Free to blind or partially sighted individuals who are registered with the RNIB library.  For Charges for organisations and businesses etc - quotes on request by email	Anyone registered as blind or partially sighted. Organisations/businesses/public bodies etc wishing to make their information accessible.

Scottish Marriage Care	
<b>Aims</b>	
Scottish Marriage Care is a relationship support charity.	
<b>Main Activities and Services</b>	
SMC's relationship counselling service offers:	
<ul style="list-style-type: none"> <li>• Family Counselling giving your family the space to discuss difficult issues, highlight and enhance the positive areas in your family life.</li> <li>• FOCCUS is a special opportunity to take time out from the whirl of wedding preparation to celebrate the strengths and opportunities in your future life together.</li> <li>• Relationship Helpline is a free, confidential and accessible telephone based service offering support to people in Scotland who are experiencing relationship difficulties. Access the helpline by telephone or via our new online webchat service.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
196 Clyde Street Glasgow G1 4JY	Phone lines are open Monday – Thursday 9:00am – 8:00pm Friday 9:00am – 5:00pm
<b>General enquiries</b> Tel: 0141 222 2166 Email: info@scottishmarriagecare.org	Out of hours answering service available.
<b>Appointments</b> Tel: 0845 271 2711 Email: appointments@scottishmarriagecare.org	<b>How to access services</b> For an appointment or further information call 0845 271 2711.
<b>The Relationship Helpline: 0808 802 2088</b>	
<b>Cost</b>	<b>Who is this service open to?</b>
Contact for information	Families, couples, individuals and young people.



Speakability	
<b>Aims</b>	
Speakability aims to support and empower people with Aphasia to overcome the barriers they face.	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>• Supporting people with Aphasia and their carers through its Information Service, national network of Self-Help Groups and programme of activities.</li> <li>• Influencing individuals, organisations and statutory bodies in order to improve services for people living with Aphasia.</li> <li>• Raising funds to support these aims.</li> <li>• There are 8 self help groups across Scotland, including one in Glasgow ( contact the central office for details about these groups)</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
1 Royal Street London SE1 7LL	Helpline available Monday to Friday from 10am - 4pm (answer phone at all other times).
Fax: 020 7928 9542 Tel: 020 7261 9572 (Admin) Tel: 080 8808 9572 (Helpline) Email: <a href="mailto:speakability@speakability.org.uk">speakability@speakability.org.uk</a>	<b>How to access services</b>
Website: <a href="http://www.speakability.org.uk">www.speakability.org.uk</a>	Phone/email us.
<b>Cost</b>	<b>Who is this service open to?</b>
None.	People with Aphasia and their carers.

**Aims**

We help and support those who serve in our Armed Forces and those who used to serve - even if it was only for a single day. We also care for the families of both.

**Main Activities and Services**

Services include:

- Experienced, non-judgmental, friendly and confidential advice.
- Additional Needs & Disability Support, including four holidays each year for children with additional needs and their siblings.
- Practical support and confidential befriending.
- Short stay supported accommodation for families visiting injured relatives at the Defence Rehabilitation Centre, Headley Court.
- A Family Escort Service to assist Service families and their dependants who need assistance travelling to, from and within the UK.
- A Confidential Support Line 0800 731 4880
- Financial assistance for a wide range of needs.
- Help in organising and funding home adaptations or special equipment for the disabled which cannot be obtained from statutory sources.
- Practical and emotional support for those who are lonely, bereaved or ill.
- A Housing Advisory Service for ex- Service personnel.

**Location and Contact Details**

SSAFA Forces Help Office  
Claremont Centre  
Unit 15  
39 Durham Street  
GLASGOW G41 1BS

Tel: 0141 427 2804  
Fax: 0141 419 0588  
Email: [Glasgow@ssafa.org.uk](mailto:Glasgow@ssafa.org.uk)  
Website: <http://www.ssafa.org.uk>

**Opening Hours**

Support Line: 10.30am-10.30pm: 0800 731 4880  
Glasgow Office Hours: Mon - Fri, 9.00am - 12.30pm & 1.30pm - 4.30pm

**How to access services**

Contact us

**Cost**

None

**Who is this service open to?**

Those people who currently serve or have served in the Armed forces.

## The Princess Royal Trust for Carers

### Aims

Our vision is that unpaid carers are recognised, valued and able to maximise their quality of life. We aim to:

- Ensure that carers are able to influence decisions which affect their lives.
- Work effectively with carers' centres and other partners to develop, promote and deliver high quality services for carers.
- Raise awareness of carers and the contribution they make to society.

### Main Activities and Services

Through a network of local carers' centres we can offer a wide range of services for adult and young carers including:

- Provision of information and advice - about issues affecting carers, including benefits, breaks, respite and support services, carer assessment procedures, aids and adaptations, training in issues affecting carers such as moving and handling, dealing with difficult behaviour, etc
- Opportunities for emotional support - providing opportunities for carers to talk through their concerns, both individually and in group or activity sessions, with staff, trained volunteers and other carers who understand their situation, thus helping to alleviate isolation and stress.
- Community consultation - carers need a unified voice in any locality to ensure that they have an impact on decision-making. By working with other agencies and consulting carers, carers' centres can have a strong influence on local policy, planning procedures and outcomes. They can also ensure that the local carers' voice can be linked in to the regional and national decision-making bodies.

### Location and Contact Details

Various centres throughout Glasgow and surrounding areas.

Glasgow Office:  
The Princess Royal Trust for Carers in  
Scotland, part of Carers Trust  
Skypark 3  
Suite 1 / 2  
14/18 Elliott Place  
GLASGOW  
G3 8EP

Tel: 0800-123-2008  
Email: [info@carers.org](mailto:info@carers.org)  
Web: [www.carers.org/](http://www.carers.org/)  
[www.youngcarers.net](http://www.youngcarers.net)

### Opening Hours

Varies

### How to access services

Please contact the main Glasgow office for details of your local services.

### Cost

None

### Who is this service open to?

People looking after a loved-one, who are sick, disabled, suffering from a mental health problem or an addiction.

Visibility	
<b>Aims</b>	
<ul style="list-style-type: none"> <li>• Visibility provides a range of services and opportunities for people who have experienced sight loss.</li> </ul>	
<b>Main activities and services</b>	
<ul style="list-style-type: none"> <li>• Our staff provide information to people with sight loss, their families and friends, students and professionals.</li> <li>• We appreciate the difficulties of knowing what services, aids and equipment, etc. are available and who to contact, so our friendly staff will listen, advise you of your options and give you the contact details. We cannot supply the services or equipment ourselves, but can easily point you in the right direction.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
2 Queens Crescent Glasgow G4 9BW Tel: 0141 332 4632	Monday to Thursday :8.30am -4.30pm Fridays: 8.30am - 4.00pm
	<b>How to Access Services</b>
Information Helpline: 0141 572 0746 Fax: 0141 353 2981 Email: info@visibility.org.uk Website www.visibility.org.uk	Contact us on 0141 332 4632
<b>Cost</b>	<b>Who is this service open to?</b>
None	People who experience sight loss whether this is registered or not.

Volunteer Glasgow	
<b>Aims</b>	
Volunteer Glasgow aims to improve the quality of life for the people of Glasgow by offering opportunities to use and enhance their skills in volunteering, training and personal development.	
<b>Main Activities and Services</b>	
<ul style="list-style-type: none"> <li>• Provide individuals interested in volunteering with the information, training and support they need to enable them to play an active role in volunteering.</li> <li>• Work with other organisations to develop new opportunities for volunteering.</li> <li>• Support individuals, groups and organisations wishing to make a positive contribution to community life and social inclusion.</li> <li>• Provide training and learning opportunities to enable people to develop their skills and talents including the opportunity to undertake an SQA Employability Award while volunteering.</li> <li>• Promote sound policy and practice in volunteering.</li> <li>• Work in neighbourhoods to develop informal care and support services with vulnerable families and individuals.</li> <li>• Work in partnership with charitable trusts, local authorities and other organisations to deliver community care services.</li> <li>• Promote and sustain a commitment to equality of opportunity in all functions and activities.</li> </ul>	
<b>Location and Contact Details</b>	<b>Opening Hours</b>
Volunteer Glasgow 84 Miller Street (4th Floor) Glasgow G1 1DT	Monday to Thursday: 9.30am - 4.30pm Friday: 9.30am – 3.00pm
Tel: 0141 226 3431 Fax: 0141 221 0716 Email: info@volunteerglasgow.org Website: www.volunteerglasgow.org	<b>How to access services</b> Contact us or drop in.
<b>Cost</b>	<b>Who is this service open to?</b>
None. Some organisations will provide you with expenses for volunteering.	Anyone.

## Your Choice Rehabilitation and Enablement

### Aims

- Your Choice is a charity established to improve health and quality of life for adults with long-term physical disabilities, including acquired brain injury.
- Our main aim is to ensure that our users are helped to access all the services, opportunities and therapies they require to help them live to their full potential.

### Main Activities and Services

- Information on public, private and voluntary sector providers
- Advice and ongoing support (by phone and in person)
- Information on how to access self-management courses
- Advice on the provision of therapeutic activities to individuals and other providers
- Information on how to access equipment, therapies and other services from the NHS and independent providers.

### Location and Contact Details

Unit 18  
Chapel Street Estate  
Maryhill  
Glasgow  
G20 9BQ

Web: [www.ycre.org.uk](http://www.ycre.org.uk)  
Email: [info@ycre.org.uk](mailto:info@ycre.org.uk)

Confidential Telephone Advice:  
0141 945 5036

### Opening Hours

Confidential Telephone Advice:  
Monday to Friday 9.15am – 5:00pm  
Drop In:  
Monday  
9.15am – 3.15pm

### How to access services

Referrals through GP's, Healthcare Organisations, North Glasgow Community Health and Care Partnership (CHCP).  
Self referrals are also accepted.

### Cost

There is not cost for the information and advice provided.

### Who is this service open to?

Anyone who is affected by a long term disability.

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We quickly learned when we started work with Headway Glasgow on this Directory of Brain Injury Services that the information we need is not always right at our finger tips. Unless you know exactly what you are looking for, a seemingly simple Google search can turn into a sensory overload of outdated contact details and information. At Irwin Mitchell, we are proud to be working with Headway to provide a means of quick and easy access to all the information you need in one booklet.

A brain injury can unexpectedly alter the course of a person's life in an instant. Where do you begin to look for help, whether patient, family member, healthcare professional or carer, to get assistance to adapt to the sometimes drastic changes to your lives?

It is our hope that this booklet will help to guide you in the right direction. We also hope to provide information to those already living with a brain injury about a diverse range of services which you may not have heard of and which could really help your everyday life.

Irwin Mitchell are widely recognised in the field of head injury litigation. We work with Headway nationally and actively participate in their work to improve life after brain injury. No amount of money can truly compensate for the effects of a brain injury, but through our expertise and services, we aim to provide those affected with the best quality of life possible. Irwin Mitchell's goal is to help those affected to afford and have access to the services they need for rehabilitation, recovery and continued care.

Together with Headway Glasgow, through this booklet and the work we do every day, our aim is simply to improve life after a brain injury.

We worked with headway Glasgow on the original directory in 2011. We understand that it is so important to keep up to date with new, improved and existing services. On this basis, 2014 sees us providing an up to date Directory of Services for the Glasgow area.

**Elaine Russel**  
**Partner**  
**Irwin Mitchell**



the brain injury association

## Headway Glasgow

This booklet is written for people with brain injury, their carers and relatives, and professionals working with in this field. It aims to give a summary of the different services people with a brain injury and their carers can use in the Glasgow area.

Headway Glasgow  
The Renfield Centre  
260 Bath St  
Glasgow  
G2 4JP

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