

## Get the best from your NHS

Our patient advice and liaison service (PALS) can help patients, families and carers with questions, comments or concerns about NHS services. If you need advice about our services, facilities or staff, or would like to make a comment, please contact PALS at:

**Service Experience Team**  
Sussex Community NHS Trust  
FREEPOST (BR117)  
Elm Grove  
Brighton BN2 3EW

**Telephone:** 01273 242292  
**Email:** [sc-tr.serviceexperience@nhs.net](mailto:sc-tr.serviceexperience@nhs.net)  
**Website:** [www.sussexcommunity.nhs.uk/pals](http://www.sussexcommunity.nhs.uk/pals)

## Feedback about our service

We are always looking for ways to improve our service. Please feel free to share your views/suggestions at any time, with your keyworker or any member of our team. Contact us at:

**CNRT**  
D3, Dyke Building  
Brighton General Hospital  
Elm Grove  
Brighton BN2 3EW

**Telephone:** 01273 242271  
**Email:** [sc-tr.cnrtbrightonandhove@nhs.net](mailto:sc-tr.cnrtbrightonandhove@nhs.net)

## Other formats

Please ask any member of the team caring for you if you need this information in large print, Braille, easy read, audio tape or email.

Please ask any member of the team if you need help to understand this information in a language that is not English.



# Community Neurological Rehabilitation Team Brighton & Hove (CNRT)

Information leaflet for patients/carers

**Telephone:** 01273 242271  
**Email:** [sc-tr.cnrtbrightonandhove@nhs.net](mailto:sc-tr.cnrtbrightonandhove@nhs.net)

## About our team

The Community Neurological Rehabilitation Team, also known as CNRT, provides specialist therapy and support for people at home, living with a neurological condition.

We provide a co-ordinated service with specialist staff who will support your recovery, optimise your abilities and improve your quality of life, including your families and/or your carers.

Rehabilitation involves support in setting and working towards what you want to achieve (your goals/aims).

Your keyworker will help you to plan your goals in our regular review meetings.

We can support you to participate again in returning to every day, meaningful activities such as exercise (walking, swimming, going to the gym) and social activities.

We will liaise with your GP as required.

## Appointments

Visits take place Monday to Friday between 8.30am and 4.30pm.

## Who's in our team

### Administrators

Our administrators will ensure your query is referred to an appropriate member of our team in a timely manner.

### Clinical psychologist

Provide assessment and intervention for changes in mood, behaviour, personality and cognition following acquired brain injury, as well as supporting people in accessing the most appropriate service for ongoing psychological support.

### Dietitian

Assesses, diagnoses and treats diet and nutrition problems. Our dietitian can offer practical guidance to enable people to make appropriate lifestyle and food choices.

### Neurological rehabilitation nurse specialists

Provide nursing support for people with neurological changes, to provide holistic care for patients in their own homes.

### Occupational therapists

Assess and treat physical and cognitive problems and issue equipment as appropriate. Provide support with readjustment to everyday activities, including: participation in the home, community and return to work.

### Physiotherapists

Assess, treat and manage movement problems which result from a neurological injury.

### Rehabilitation support workers

Will support you to work on your therapy rehabilitation programmes, as prescribed by the therapists working with you.

### Social worker

The team is able to access support and advice from adult social care as appropriate.

### Speech and language therapists

Can help with communication and/or swallowing problems following neurological change.

## Affiliated specialists

### Multiple sclerosis specialists

Provide information, support and advice about the condition from time of diagnosis onwards to anyone who may be affected by MS. They aim to provide a greater understanding of the condition, and support people to reach their goals of self- management.

### Parkinson's disease nurse specialist

Has access to specialist support for patients with Parkinson's, in the community, to improve health outcomes and quality of life for people and support patients in managing their own condition.

### Aphasia befriending service

Offers help and support to those people with communication difficulties following stroke. If you would like a befriender, then a volunteer who has had a stroke and aphasia could visit you at home. Your speech and language therapist will be able to provide you with more information on this service.

## A smoke-free environment

Please consider our staff when they visit you at home:

- Please do not smoke or let anyone else smoke near them.
- Whenever possible, ask other smokers to go outside to smoke.

## Help to stop smoking

If you would like help to stop smoking, please contact our stop smoking service.

01273 267397

sc-tr.stopsmokingservice@nhs.net

www.nhs.uk/smokefree

## Useful contacts

### Brain and Spine Foundation

0808 808 1000

www.brainandspine.org.uk

### CONNECT – charity for people with aphasia

020 7367 0840

www.ukconnect.org

### Different Strokes – National (support for under 65s with stroke)

0845 130 7172

www.differentstrokes.co.uk

### Headway

0808 800 2244

www.headway.org.uk

### Samaritans

08457 909090

www.samaritans.org

### Speakability – Brighton

Please speak to your key worker for further details

### Stroke Association – National

0303 303 3100

www.stroke.org.uk

### Stroke Clubs

Please speak to your key worker for further details.

## Money and benefits advice

**Brighton Unemployed Centre Families Project Welfare**  
Rights service – confidential helpline  
01273 676171

**Brighton & Hove City Council Benefits Service**  
01273 292000

**Citizens Advice Bureau**  
0845 1203710

**Job Centre Plus**  
01273 647400

**St Luke's Advice Centre**  
01273 549203

## Other contacts

**AJ Mobility – wheelchair repairs**  
01323 847250  
[www.ajmobility.co.uk](http://www.ajmobility.co.uk)

**Back Care Advice Service**  
01273 696011 ext. 3310

**Car Badges Scheme, Brighton & Hove City Council**  
01273 296270  
[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

**Care Link Lifeline, Brighton & Hove City Council**  
01273 673105  
[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

**Carers Centre – Brighton and Hove**  
01273 746222 07704 409155 (text)  
[www.thecarerscentre.org](http://www.thecarerscentre.org)

**Carers UK – National**  
0808 808 7777  
[www.carersuk.org](http://www.carersuk.org)

**Crossroads – Brighton & Hove**  
01273 234021  
[www.crossroadscare-esbh.org.uk](http://www.crossroadscare-esbh.org.uk)  
Email: [hoffice@crossroadscare-esbh.org.uk](mailto:hoffice@crossroadscare-esbh.org.uk)

**Daily Living Centre**  
01273 296132 / 296133  
Textphone: 01273 725421  
Email: [dlc@brighton-hove.gov.uk](mailto:dlc@brighton-hove.gov.uk)

**EasyLink Community Bus – Brighton & Hove**  
01273 677559 – door to door transport if have difficulty on buses  
[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)

**Fed (Centre for Independent Living)**  
01273 296747  
[www.thefedonline.org.uk](http://www.thefedonline.org.uk)

**Health Promotion Directory, Brighton & Hove City Council**  
[www.brighton-hove.gov.uk/content/health-and-social-care/health](http://www.brighton-hove.gov.uk/content/health-and-social-care/health)

**ICES Equipment Service**  
01273 295707

**Social Care and Health Services – Access Point**  
01273 295555  
Textphone: 01273 296388  
[www.brighton-hove.gov.uk](http://www.brighton-hove.gov.uk)  
Email: [accesspoint@brighton-hove.gov.uk](mailto:accesspoint@brighton-hove.gov.uk)

**Sussex Community Trust Wheelchair Service**  
01273 242156 / 242157