

## 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)

## 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.

## Feedback about our service

We're always looking for ways to improve our service. Please feel free to share your views/suggestion at any time with any member of our team. Contact us at:

CNRT - North  
Rose Wing  
Horsham Hospital  
Hurst Road  
Horsham RH12 2DR

Telephone: **01403 227000 ext. 7347**  
Email: [sc-tr.cnrtnorth@nhs.net](mailto:sc-tr.cnrtnorth@nhs.net)



## Community Neurological Rehabilitation Team (CNRT) Crawley, Horsham and Mid Sussex

Supporting you to positively manage life with a  
neurological condition

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**Information leaflet for patients/carers**

Telephone: **01403 227000 ext. 7347**  
Email: [sc-tr.cnrtnorth@nhs.net](mailto:sc-tr.cnrtnorth@nhs.net)

## About our team

The Community Neurological Rehabilitation Team (CNRT) provides specialist therapy and support for people at home, who live 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). We will help you to plan your goals in our regular review meetings.

We can support you to return to every day, meaningful activities including personal care (washing, dressing and meal preparation) exercise (walking, swimming, going to the gym) and social activities. We will liaise with your GP as required.

**We work 8.30am – 4.30pm, Monday to Saturday.**



## Who we care for

The service is for people aged 18+ in Crawley, Horsham and Mid Sussex who are registered with a local GP who meet the following criteria:

- Had an acute stroke (not TIA) or subarachnoid haemorrhage within the last 12 months (confirmed by CT or MRI scan) and who have not previously received a period of intervention for their brain injury from us.
- Had a single acquired brain injury within the past 12 months who have not previously received a period of intervention from us.
- Have a long term neurological condition that includes:
  - Multiple Sclerosis (MS) – both new diagnosis or an acute significant change in function.
  - Parkinson's disease – both new diagnosis or an acute significant change in function.
  - Motor Neurone Disease.
  - Progressive Supra-nuclear Palsy.
  - Multiple Systems Atrophy.

## Rehabilitation/what we do

Rehabilitation will take place in your home or in the community. You decide what you want to achieve (your goals/aims).

### Examples of rehabilitation may include:

- Supporting emotional adjustment.
- Increasing independence.
- Provision of equipment.
- Increasing mobility.
- Finding ways to improve communication.
- Providing information about your condition.
- Supporting issues around diet/nutrition.
- Supporting self-management and signposting to other agencies.

On discharge you may be referred to other services, if appropriate, e.g. aphasia support service, outpatient physiotherapy.

## Who's in our team and what they do

### Administrators

Will ensure your query is referred to an appropriate member of our team in a timely fashion.

### 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 on-going psychological support.

## **Dietitian**

Assess, diagnose and treat diet and nutrition problems. Our dietitian can offer practical guidance to enable people to make appropriate lifestyle and food choices.

## **Nurse specialist**

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 in your home, the community and returning 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 has access to dedicated adult social care for support and advice.

## **Speech and language therapists**

Help with communication and/or swallowing problems following neurological change.

## **Affiliated specialists**

### **Multiple Sclerosis nurse specialists**

Provide information, support and advice about the condition from time of diagnosis with on-going support. They aim to provide a greater understanding of the condition and support people to reach their goals of self-management.

### **Motor Neurone Disease (MND) nurse specialist**

Access to specialist support for patients with MND, in the community, to improve health outcomes, quality of life and support people in managing their own condition.

## **Useful contacts**

### **Equipment**

#### **Community Equipment Service (CES)**

0845 1272931

[enquiries@westsussex.nrs-uk.net](mailto:enquiries@westsussex.nrs-uk.net)

#### **Wheelchair Service – provided by Sussex Community NHS Trust**

01403 227000 ext. 7160

[sc-tr.wheelchairservicehorsham@nhs.net](mailto:sc-tr.wheelchairservicehorsham@nhs.net)

### **Transport**

#### **Bluebird Community Bus – Mid Sussex**

01444 471919

[www.bluebirdcommunitypartnership.co.uk](http://www.bluebirdcommunitypartnership.co.uk)

#### **Community Minibus Association – Billingshurst**

01403 787696

### **Dial-a-Ride**

*Crawley* – door to door transport if difficulty on public transport  
01293 544985  
enquiry@crawleyct.org.uk

### *Horsham*

01403 754206 / 01403 268848

### **Money and benefits advice**

**Children and family centres**  
01243 777807

### **Citizens Advice Bureau**

0844 477 1171

### **Job Centre Plus**

0345 604 3719

### **Support for carers**

**Carers Health Team – provided by Sussex Community NHS Trust**  
01403 227000 ext. 7613 / 7686  
www.sussexcommunity.nhs.uk/carers

### **Carers Support**

0300 028 8888  
info@carerssupport.org.uk

## **Other contacts**

### **Blue Badge Scheme – West Sussex County Council**

01243 777653  
blue.badges@westsussex.gov.uk  
www.westsussex.gov.uk

### **Crossroads – South Central**

01903 790270  
admin@crossroadscare-sc.org  
www.crossroadscare-sc.org

### **Horsham Community Link Alarm Service**

01403 215230  
community.link@horsham.gov.uk

### **Life Line – Crawley Borough Council**

01293 438468  
lifeline@crawley.gov.uk

### **Social Care Services Directory – West Sussex County Council**

www.westsussex.gov.uk/living/social\_care\_and\_health/a-z\_of\_social\_care\_services.aspx  
01243 777100

### **Speakability**

080 8808 9572 (Helpline - Monday to Friday, 10am - 4pm)  
speakability@speakability.org.uk

NB: All information correct at time of printing.