

FREE
Services
IN
BIRMINGHAM

NICE

Road to Wellness

Specialist rehabilitation services
for adults with neurological conditions

For more information,
contact Mrs Sandford on **0121 442 5564** or email
NSandford@conductive-education.org.uk



Centre for Movement Disorders
Registered charity no: 295873



★ 6 DIRECTIONS TOWARDS WELLNESS ★



- Physical activity focussed on improving your skills
- Emotional resilience to deal with the ups and downs of the condition
- A new direction of self-control, determination and potential
- Knowledge and understanding of how to regain control over your condition
- A new pathway to optimal living
- Social support amongst others who understand your condition and are in a similar situation



★ FREE SERVICES AVAILABLE ★

All these services are funded by the charitable arm of NICE

INTRODUCTORY COURSES

Positive Parkinson's Programme
(12 group sessions: max 5 people)

New Steps to Stroke Recovery
(12 group sessions: max 5 people)

Neuro-movement Course
for people with MS
(12 group sessions: max 5 people)

ADVANCED COURSES

Falls Prevention for People with Parkinson's
(6 group sessions: max 5 people)

Mirror Box Therapy for Stroke Survivors
(6 group sessions: max 5 people)

Balance and Advance Walking
for People with MS
(4 group sessions: max 5 people)

NICE Speech Development for People
with Parkinson's
(3 group sessions: max 5 people)



★ MAINTENANCE PROGRAMME* ★

After you have completed your free sessions you may wish to continue on your journey. The maintenance programme will help you to sustain your level of activity, build on your progress to date, and work to prevent secondary problems as a result of your movement challenges.

NICE offers a range of flexible services to meet your needs. All sessions are held in small diagnosis specific groups where programmes are tailored to meet your individual needs. The frequency of attendance may depend on your need at a given time and, during your pathway, may change.

The most frequent attendance is fortnightly. This offers you an opportunity to tackle challenges at an early stage or continue to build on your achievements to date.

It provides you with a secure environment to know that you are managing your condition in an optimal way and that expert advice and help is on hand on a regular basis. This provision also helps you work at a preventative level as your movements are regularly observed, assessed and monitored with advice given as needed.

Monthly sessions are also available for people who are living a very active lifestyle, still at work and/or able to manage their condition with minimal input. These sessions will help you sustain this level of activity and provide you with tailored advice when needed.

*Maintenance programmes are subject to a fee which is subsidised by the charitable arm of NICE



0121 449 1569 | foundation@conductive-education.org.uk
www.conductive-education.org.uk

Cannon Hill House, Russell Road, Moseley, Birmingham B13 8RD

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