



A centre for neurological wellbeing
and physical recovery



About The Brightwell



At The Brightwell, we are dedicated to enhancing the lives of individuals living with chronic, neurological conditions. Since the charity began in 1985, our mission has been to empower our members by providing access to a warm, friendly, non-clinical environment that fosters independence, symptom management, and overall wellbeing.

We offer a range of specialised therapies, including Hyperbaric Oxygen Therapy and Neuro-physiotherapy, all delivered by a dedicated team of experts. There are also plenty of social events at The Brightwell, and numerous ways people can get involved in fundraising and volunteering activities. We are committed to developing an accessible, compassionate and collaborative community.

We support those living with conditions such as:



DIABETES
ALZHEIMERS
TRAUMATIC BRAIN INJURY
LONG COVID
FATIGUE
ULCER
FIBROMYALGIA
PARKINSON'S
STROKE
COPD
PTSD
LYMES
CEREBRAL PALSY
SPORTS INJURIES
WOUND HEALING
MIGRAINE
M.E.
BURNS
SCLEROSIS
CONCUSSION
TINNITUS
CANCER
CHRONIC PAIN
MULTIPLE SCLEROSIS

What Our Members Say



Therapies at the Brightwell have stopped my falls. They must save the NHS so much money!

I love the Centre, it has been the most helpful thing I do for my rare neuro illness.



All wonderful, welcoming, friendly and professional. A safe reassuring space.



It is the only place where I can get regular therapy for my neuro-condition

Oxygen Therapy

“Oxygen therapy has helped with slowing down the progress of my MS.”



We have a Hyperbaric Oxygen Therapy Chamber run by a team of experienced Oxygen Operators. During Oxygen Therapy, individuals will be breathing 95% oxygen at up to 2 ATA, therefore increasing the uptake of oxygen in their blood.



The body's tissues need oxygen to function and adding more oxygen can help damaged tissue to heal. At pressure, it can enhance tissue function and help to fight infections. Increased oxygen can also improve white blood cell function, encourage growth of new blood vessels, and reduce inflammation and swelling. We can also help those with short-term injuries or health complaints that may benefit from accelerated tissue or wound healing. For further information, please visit: www.thebrightwell.org.uk/oxygen-therapy

Neuro-Physiotherapy

“It’s the only physio service I have encountered in 25 years of being diagnosed...”



The Brightwell has a fully equipped Physiotherapy Department with a range of specialist equipment run by our qualified Physiotherapists and Rehabilitation Therapists.

Activities include one-to-one physiotherapy sessions, group sessions, and exercise classes. Online classes are also available. We also have an in-house FES Clinic.



For further information about how to begin therapy with us, please visit: <https://www.thebrightwell.org.uk/join-us>

Specialist Clinics

MASSAGE
1-2-1 COUNSELLING
SPECIALIST CLINICS
CITIZENS ADVICE
BLADDER & BOWEL
ACUPUNCTURE
COUNSELLING
REFLEXOLOGY
FOOT CARE
NUTRITION
AROMATHERAPY



As well as offering our core services, the Brightwell also provides access to a variety of specialist clinics, to further enhance our members' health and wellbeing. These include a range of complementary health and wellbeing services such as massage, acupuncture and reflexology, as well as counselling and advisory services.

The Brightwell Café

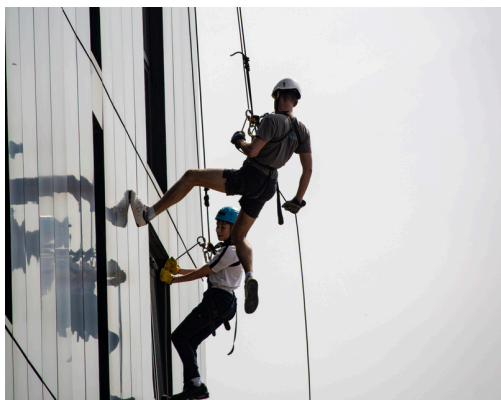
We're delighted to have our own café here at The Brightwell. The café is open to everyone visiting The Brightwell as well as those from the local area. Members, their families and carers can enjoy food and drink around appointment times, and we offer a range of great value light bites and sweet treats.



The café can also provide buffets for office lunches or be booked for group events. To find out more, please visit: www.thebrightwell.org.uk/the-brightwell-cafe.

Support Us

The Brightwell depends completely on donations from Member Contributions and Fundraising activities. Fundraising can be from personal or corporate donations, supporters taking part in one of our events, or from individuals remembering us in their Will.



We're exceptionally grateful for any support received. If you would like to find out more about how you can help us, please call or email us and we will be delighted to help.

Find out more at: www.thebrightwell.org.uk/fundraising

Volunteering

Volunteers are the lifeblood of our success here at The Brightwell. If you're looking for a way to give back to your local community or looking for a new challenge, becoming a volunteer at The Brightwell might be just the opportunity you're looking for! To find out more visit:

www.thebrightwell.org.uk/volunteer.





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The West of England Multiple Sclerosis Therapy Centre Limited

Registered Charity Number 801155

The Brightwell Neurological Support Centre Limited

Registered Charity Number 1109459

The Bristol Therapy Centre Limited

Registered Company Number 0819674

