the brightwell

a centre for neurological wellbeing & physical recovery

Bradbury House
Wheatfield Drive
Bradley Stoke
Bristol, BS32 9DB

01454 201 686
hello@thebrightwell.org.uk
www.thebrightwell.org.uk

COVID-19 Safety measures

So that we continue to minimise the risks of COVID - 19 for you and the team at the Centre everyone must wear a fitted face mask, or visor, while moving around the building, unless you are exempt due to a medical condition or are under the age of 11 years old.

If you are attending oxygen therapy this can be the mask that you wear during your session. If you don't have your own oxygen mask you should wear a protective face covering until you have collected a sterilised oxygen mask from the chamber operators.

For those attending physio you can wear any fitted face covering you feel comfortable in and we will provide you with a sterilised, full face visor to wear during your session.

If you arrive at the Centre without a face mask, we have single use masks that you can buy, from reception, for £1.

Our social spaces are now available for members to enjoy and between 11 am and 1 pm we will have 'Meet & Greet' volunteers here to serve hot drinks and water, the kitchen will remain closed to everyone except staff and volunteers.

Our updated protocols can be found on our website thebrightwell.org.uk/covid

When you arrive at The Brightwell please follow these three simple steps

MASK

People are required to wear a protective mask, or visor, when in the Centre.

SANITISE

Upon entering use the hand sanitiser provided and follow social distancing guidelines.

RECEPTION

Report to reception to answer a couple of quick questions.

THANK YOU

Your support is helping to keep all of us safe

the brightwell

a centre for neurological wellbeing & physical recovery

the brightwell
a centre for neurological wellbeing & physical recovery

a partnership of

The West of England MS Therapy Centre

BRISTOL THERAPY CENTRE

The Brightwell is a partnership of the following organisations that support people with neurological conditions:
The West of England MS Therapy Centre Limited - Charity No 80115
The Bristol Therapy Centre Ltd - Company No 08193674
Joint Registered Offices at Bradbury House, Wheatfield Drive, Bradley Stoke, Bristol BS32 9DB

The West of England Multiple Sclerosis (MS) Therapy Centre
has been caring for people with MS, and their families, for 35 years.

Founded in Nailsea in 1985 we moved to a larger, fully accessible building in Bradley Stoke in 2012. Our new home allows us to provide therapies and vital support to people living with all types of neurological conditions in a friendly and professional environment.

OUR AIM

Is to provide a strong and effective community, devoted to the care and support of people with neurological conditions, their families and carers in the greater Bristol area.

We achieve this by offering therapies, services and support, all designed to improve our members quality of life, in a purpose built, modern therapy centre.

THE BRIGHTWELL IS

- A relaxed, happy and caring space, where people can share their experiences, build friendships and access support when it is needed.
- An accessible building providing therapies and support services by qualified professionals.
- A place where the members, volunteers and staff are the cornerstones of a thriving and vibrant community.
- A hub for self-help and positivity.

Chairman of Trustees:

Paul Spaven was elected chair of The West of England MS Therapy Centre in 2019

The Centre's Oxygen Coordinator and Senior Operator:

Angela Ball

Chief Executive Officer:

Doro Pasantes

BECOMING A MEMBER

Anyone with a neurological condition can join the Centre by paying a small annual subscription.

We fundraise to subsidise therapies for our members and this helps to keep the suggested contribution from members low.

The Brightwell consists of 2 partner organisations; The West of England MS Therapy Centre and The Bristol Therapy Centre Ltd. People can access oxygen and physiotherapy through the latter if they have a non-neurological condition, an injury or some forms of cancer.

Any profits from The Bristol Therapy Centre Ltd. are used to fund The West of England MS Therapy Centre and reduce costs for our members.

There are over 600 types of neurological conditions, which are broadly categorised as:

Sudden onset conditions

e.g. Stroke, brain or spinal cord injury

Intermittent and unpredictable conditions

e.g. Fibromyalgia, ME, migraines, or the early stages of multiple sclerosis

Progressive conditions

e.g. motor neurone disease, Parkinson's disease, or later stages of multiple sclerosis

Stable neurological conditions

e.g. post-polio syndrome, or cerebral palsy in adults

SOURCE: NHS England

WHAT IS A NEUROLOGICAL CONDITION?

A neurological condition occurs when there is damage to the nervous system. This is often caused by an injury or an illness.

This kind of damage can affect the spinal cord, nerves, brain and muscles.

A neurological condition ***can affect anyone*** of any age and any ethnicity, it can also affect people at any time in their lives.

Some conditions are incurable, some last a lifetime whilst others can be life-threatening.

SOURCE: NHS England

"I joined the Centre in May 2018 and the difference it has made to my life I just can't believe. You get ***all the help and support needed***, both physically and mentally, everyone is so friendly; it makes me feel I am part of a very special family."

Valerie

OXYGEN THERAPY AT THE BRIGHTWELL

WHAT IS OXYGEN THERAPY?

The air you normally breath consists of 21% oxygen, 78% nitrogen and the remaining 1% is comprised of carbon dioxide and noble gases.

Oxygen therapy is breathing higher dose oxygen, over 98%, inside a pressurised chamber.

You experience atmospheric pressure everyday and the extra pressure you will feel is small, no more than what you feel in a commercial aeroplane.

HOW DOES IT WORK?

Oxygen is often taken for granted but it has a massive effect on the healing process. The cells in our body use oxygen to transfer the energy stored in food to a usable form.

With a neurological condition like Multiple Sclerosis, where your **immune system is attacking your own central nervous** system, much of that energy is consumed by this struggle leaving other cells lacking the energy needed to heal and regenerate.

Breathing a higher concentration of oxygen can give these cells the extra boost they need. The additional benefit of being at pressure forces your blood to absorb more oxygen.

Recent clinical trials have suggested that oxygen therapy is also of benefit in **reducing inflammation and pain perception**. Wahl, Bidstrup, Werner Et.al., in the *Journal of Pain Research,* showed that just one session of oxygen therapy provided anti-inflammatory and analgesic effects.

WHAT HAPPENS DURING AN OXYGEN SESSION?

Oxygen therapy is simple and non-invasive, you'll be seated in a purpose built chamber and to maintain some social distancing the chamber is limited to just five people. You can either enter the Centre wearing your own oxygen mask or a protective face covering. Once in the chamber you will attach your own supply and exhaust pipes to your oxygen mask. The entire time you are in the chamber you will be on a separate air supply to everyone else. The session is conducted in three stages;

COMPRESSION

After the chamber door is closed there will be some noise as air is added and the pressure increased. It will get warmer and you will feel a fullness in your ears, similar to when an aeroplane descends. You may need to equalise your ears to avoid any discomfort.

BREATHING OXYGEN

You'll start breathing higher dose oxygen as soon as the chamber door is closed and you'll receive oxygen for 1 hour. Of this time 45 minutes will be at pressure.

All you need to do is breathe normally.

DECOMPRESSION

Your operator will let you know that the session is complete .

The chamber will then be depressurised which may again require you to equalise your ears.

You will continue to wear your mask but you will be breathing normal air.

HOW TO GET THE MOST FROM YOUR OXYGEN THERAPY

Before you begin oxygen therapy expect to commit to an initial course of between 15 to 20 sessions, this will usually consist of 1 session per day, over the course of 5 days for 3 or 4 weeks.

Your first sessions will start at the lowest pressure, P2, working up to the highest level at a pace you feel comfortable with.

Occasionally it isn't feasible to attend every day and in those instances we will work with you to organise as many sessions, as close together as possible, to help maximise the potential effectiveness of your therapy.

When you are in the chamber wear comfortable, loose fitting clothes. Some of our members find it beneficial to wear layers as the chamber can become quite warm during the course of a session.

When the pressure increases in the chamber you will need to equalise your ears just as you would do on an aeroplane. There are a number of ways to do this;

- Swallow; this is usually the most effective method
- Blowing your nose, while holding it and your mouth closed
- Move your jaw from side to side, then forward and back
- Try to force a yawn
- Taking sips of water; you will need to bring a plastic bottle of still water with you

Don't worry if you can't clear your ears at first, let the operator know straight away and they will slow, or stop, the pressurisation. There will always be an operator available to help.

As you are wearing your mask for the entirety of the session it will be difficult to talk and the noise will make it tricky to hear. Most people, during the session, listen to something through their headphones or read a book to keep themselves entertained.

You can bring your mobile phone, tablet or laptop into the chamber and there is free Wi-Fi, however we'd recommend you download any programmes you'd like to watch beforehand.

If you have any questions, Angela, or any other team member will be happy to help.

KEY TO PRESSURES		
P 2	1.5 ata	
P 3	1.75 ata	
P 4	2 ata	
Normal atmospheric pressure = 1 ata (atmospheres absolute)		

Timetable valid from 6th September 2021, please check for current timings

	09:00	10:30	12:00	13:30	15:00
MONDAY	P 3	P 3	P 4	P 2	P 4
TUESDAY	P 2	P 4	P 3	P 4	P 4
WEDNESDAY	P 4	P 3	P 3	P 4	P 2
THURSDAY	P 4	P 2	P 3	P 4	P 3
FRIDAY	P 2	P 4	P 3	P 3	P 4

IMPORTANT INFORMATION ABOUT OXYGEN THERAPY

Under proper supervision the risks of oxygen therapy are very minimal. The most common side effect is ear pain and users are monitored closely for this. Other side effects may include;

- **Otic Barotrauma (pain in the ears or sinuses):** Some people may experience pain in their ears or sinuses. If you are not able to equalize your ears or sinuses, the pressurisation will be slowed or halted, and suitable remedies will be advised. **Please note** - should you be suffering from a cold or other condition affecting your sinuses, you are advised for your own comfort, to avoid coming for oxygen therapy until the condition has cleared up. This will also help to ensure that Centre members with compromised immune systems are not put at risk

- **Serous Otitis**: Fluid in the ears sometimes accumulates because of breathing high concentrations of oxygen. It may occasionally feel like having a "pillow over the ear." This disappears soon after therapy ceases and can often be eased with decongestants.

- **Visual Changes: blurring, worsening of near-sightedness [myopia], temporary improvement in far-sightedness [presbyopia]:** After 20 or more oxygen sessions, especially for those over 40 years old, some people may experience a change in their vision. This is usually temporary, and, in most people, vision returns to its pre-therapy level about six weeks after the cessation of therapy. It is not advisable to get a new prescription for glasses or contact lenses until at least eight weeks after your final oxygen session.

- **Cataracts:** Individuals with cataracts have, very occasionally, had a maturing or ripening of the cataract(s).

- **Cerebral Air Embolism and Pneumothorax:** Whenever there is a rapid change in ambient pressure, there is the possibility of rupture of the lungs with escape of air into the arteries or into the chest cavity outside the lungs. This can only occur if the normal passage of air out of the lungs is blocked during decompression. The rate of decompression in our oxygen sessions is very slow to avoid this possibility. It is important that you breathe normally during treatment and do not hold your breath.

- **Fatigue:** Some people may subjectively feel fatigue following therapy, but this is not a consistent finding.

Allergies

Some oxygen masks, hoods or the seals used at the Centre may contain latex or other allergic materials. If you have any allergies please advise a member of the oxygen team and we will source a suitable alternative.

Consent

When you sign the membership form on page 32 you agree the following;

> 'I have read and understood the potential side-effects of oxygen therapy. I will abide by any instructions given by the chamber operator prior to and during the session to ensure that the therapy is safe and comfortable for both myself and other members.'

MORE THERAPIES, CLINICS & SERVICES AT THE BRIGHTWELL

Many members routinely benefit, physically and mentally, from the use of complimentary therapies. Therapists based here are subsidised by the charity so are cheaper than those in private practice. Each therapist is happy to talk to you about what they do and the desired outcomes. Our therapists are fully trained, and certified, in their field and all continue to carry out extensive Covid - 19 Risk Assessments before treating any of our members.

COVID-19

Clinics and therapies are offering staggered appointments to allow for enhanced cleaning between sessions.

To ensure appointments don't overrun it would be of great benefit if you could aim to arrive at least 15 minutes before any appointment.

Thank you in advance.

PHYSICAL THERAPIES

ACUPUNCTURE

REFLEXOLOGY

AROMATHERAPY

SPORTS MASSAGE

FOOT HEALTH

HYPNOTHERAPY

CLINCS & SUPPORT

BLADDER & BOWEL CONFIDENCE

BOTOX FOR SPASTICITY CLINIC
(NHS run clinic, appointments by referral)

AAA CLINIC
(NHS run clinic, appointments by referral)

EMPLOYMENT & BENEFITS ADVICE

MS NURSE
(North Somerset residents)

TALKING THERAPIES

MINDFULNESS

COUNSELLING

These are available at the Centre or we can arrange for a one-to-one Zoom appointment

SOCIAL

Current circumstances have impacted how we socialise at the Centre. So, just for the moment, we have closed the little kitchen area, however, you are now welcome to meet up with other members either in the therapy garden or our social area, please remember to wear a face mask when standing or moving around. As a little bonus, between 11 am and 1 pm, we will have some lovely volunteers here to make hot drinks.

The Brightwell community can also be found online where members discuss everything from life to gardening, they share their baking skills or just swap terrible jokes in 'Brightwell Chat' our very own, private, facebook group.

PHYSIOTHERAPY AT THE BRIGHTWELL

Each of our physiotherapists are members of the Chartered Society of Physiotherapy and registered with the Health & Care Professions Council, as well as being members of the Association of Physiotherapists with a Special Interest in Neurology. The department also benefits from the support of a brilliant and dedicated team of physio assistants.

TYPES OF PHYSIOTHERAPY

- **Individual treatment sessions**
  - By appointment
  - Can be weekly/fortnightly/monthly or as needed
  - With agreed aims and goals

Anyone attending individual treatments will have to wear a fitted face mask, we will provide a sterilised visor for you to wear as required for the duration of your session.

- **Exercise classes**
  - Aim to maintain and improve:
    - Normal patterns of movement
    - Balance and co-ordination
    - General fitness
  - Encourages group interaction
  - Finishes with guided relaxation
- **Group physiotherapy**
  - More individual support from a therapist
  - Exercises tailored to the groups collective needs: e.g. upper arm strength, balance

Before undertaking any kind of physiotherapy, whether virtual or physical, all members first have to complete a consent form. We would prefer you visit our website to complete this thebrightwell.org.uk/consent.

When this and the subjective assessment are completed one of the team will contact you to arrange a virtual assessment, this will be followed by a face to face assessment.

THE AIMS OF PHYSIOTHERAPY

- **Prevent or reduce**
  - Muscle spasms
  - Ataxia
  - Secondary problems
- **Maintain and Improve**
  - Joint mobility
  - Muscle power
  - Balance and co-ordination
  - Normal patterns of movement
  - Function
  - General Fitness
- **Provide general advice and support when individuals need it most**

SOME OF OUR GYM EQUIPMENT

- Tilt table
- Passive/Active exercise bikes
- Parallel bars
- Standing /walking frames including the Evolve-Shadow and Easyglide 6000
- Balance master
- Balance trainer
- Cross trainer
- Vibro - Gym
- Exercise with oxygen therapy
- Boccia equipment

the brightwell

a centre for neurological wellbeing & physical recovery

The Brightwell
Bradbury House
Wheatfield Drive
Bradley Stoke
Bristol, BS32 9DB

01454 201 686

hello@thebrightwell.org.uk
www.thebrightwell.org.uk

Follow us on social media

@MSTC_Bristol

@MSTCBristol

mstherapybristol