

## Enfield Community Brain Injury Service

We provide specialist, **community based** therapy services for adults (18 plus) with a **non-progressive acquired brain injury** except a stroke.

### How we can help

Examples of the work that our team can carry out with you include:

- Helping you and your family / carers to understand your brain injury
- Helping you to feel more confident and independent in looking after yourself
- Improving your mobility indoors and outside
- Helping you to develop and use strategies to help with memory difficulties
- Helping you to develop and use strategies to manage fatigue
- Supporting you to engage in leisure activities you enjoy



### Our referral process

Referrals to the service must meet certain **criteria** to be accepted for an assessment. To find out more information about this criteria, please contact the team.

#### **WHAT HAPPENS NEXT?**

If you meet the referral criteria, you will be invited for an **assessment** at the Brain Injury Clinic at the Evergreen Surgery in Edmonton to establish your needs, and together we will work with you and your family / carers to identify your **goals**.

If you are unable to attend the Clinic, we may be able to arrange an assessment at your home.

You will then be provided with either a course of **therapy** to work towards your goals or be **signposted** to other organisations that may be better suited to your needs.

## Contact & further information

Laura Jacobs: [laura.jacobs@nhs.net](mailto:laura.jacobs@nhs.net)

Community Brain Injury Service Therapy Team: 0207 7497790

## Our team

### **OCCUPATIONAL THERAPY**

Helps people to do the things they want to do, as independently as they are able to. These could be daily activities that many of us take for granted, from grocery shopping or brushing our teeth, to more complex activities such as organising a weekly routine, succeeding in studies or work, or maintaining a healthy social life.



### **PHYSIOTHERAPY**

Helps people to engage in physical activities to improve movement, mobility and feelings of wellbeing. Advice and exercises will be provided based on your goals whether they are to improve your strength and balance, or to manage symptoms such as pain or dizziness.

### **PSYCHOLOGICAL THERAPIES**

Helps you to understand and manage changes to your identity, roles, behaviour or personality that have happened as a result of your brain injury.

### **REHABILITATION ASSISTANT**

Assists you to carry out treatment programmes prescribed by the therapists, to help in achieving your goals.

## Travelling to the Clinic

### **ADDRESS**

Evergreen Surgery  
Evergreen Primary Care Centre  
1 Smythe Close  
Edmonton  
N9 0TW

### **BY CAR**

There is no free parking for the clinic.  
There is a drop off bay outside the clinic.  
There is paid car parking in St George's car park 3 minutes walk away from the clinic.

### **BY BUS**

Buses stop within 5 minutes walk of the clinic.  
102 144 149 192 259 279 349 491

