

How am I referred?

Referrals into the service are made by your GP, medical consultant, other health professionals, Social Worker or external agencies.

Management of Long Term Conditions

We support and encourage you to manage your neurological condition.

Missed appointments

Please let us know as soon as possible if an appointment needs to be cancelled.

Feedback

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

Alternatively, you can contact our Customer Services Team by phoning 01752 435201.

What people have said...

“You have helped me in more ways than you can imagine. Emotionally I have found the old me. Physically it will always be a challenge, but you have all taught me how to deal with this.”

“So informative and I have learnt so much. Would always recommend the Therapy Team. I am in a much better place. Thank you so much.”

“Great help, have improved my quality of life no end.”

Contact details

Address:

Local Care Centre
200 Mount Gould Road
Plymouth
PL4 7QD

Tel: 01752 434810 (08.00—17.00)

Email: Livewell.cnrtreferrals@nhs.net



Livewell Southwest



@livewellsw



Community Neuro Rehab Team (CNRT)

Patient information leaflet

(Reviewed: February 2025)

Who are we?

The Community Neuro Rehab Team (CNRT) provides advice, support and treatment to people who have:

- Acquired brain injury
- Stroke
- Other neurological conditions

Our aim is to help with improving independence and quality of life.

Members of the team

- Rehabilitation Consultant
- Physiotherapists
- Occupational Therapists
- Speech & Language Therapists
- Neuro Rehabilitation Assistants
- Stroke Specialist Nurses
- Psychological Wellbeing Practitioner
- Referral Coordinator
- Team Administrator

How long will I be seen for?

There are different therapy pathways, which affect how long and how often you will be seen. The best pathway for your needs will be chosen. This could be:

- High intensity
- Lower intensity
- Group
- One off assessment

Unless you have a one off assessment you will be seen for a block of therapy usually lasting lasting for up to six weeks.

What can I expect?

We will meet with you so that we can understand:

- What you can do
- What you struggle with
- What your needs are
- How all this is affecting your life
- What you would like to be able to do
- We will discuss options of support and rehabilitation
- We will encourage you to set your own goals and work towards them in small steps
- We will discuss and agree a treatment plan with you

Where will I be seen?

You may be seen in different places:

- Home
- Leisure or community facilities
- Work
- Education or healthcare settings

What type of treatment is right for me?

We offer different types of treatment, these could include:

- One-to-one sessions
- Groups for upper limb and balance
- Follow-up support for those following a head injury
- Vocational rehabilitation
- Fatigue management programmes
- Consultant clinic appointments
- Intrathecal Baclofen Pump clinic
- Facial therapy clinic
- Functional Electrical Stimulation (FES) service

Goals

We will work with you to set your own short and long term goals, so we know what you are aiming for.

Goals will depend on what you want to be able to do, from making a cup of tea to returning to work.

How will my progress be reviewed?

Your therapist will check in with you regularly to discuss how you are getting on.