



**Transverse
Myelitis**

S O C I E T Y

**Poole/Bournemouth
Transverse Myelitis
Support Group**

Welcome Pack

Poole/Bournemouth Transverse Myelitis Support Group

Gives Support to people, family and friends with Transverse Myelitis and related Neurological Disorders.

Area covered between Hampshire, Dorset, and Wiltshire, Somerset

Charity Number. 1108179

Link for Web Site –

<http://www.myelitis.org.uk/Poole/index.htm>

Support Group Venue

St George's Church Hall, Oakdale, Poole DORSET, BH15 3EU

The Group meets quarterly on a Saturday between 2-4pm. They are held on the last Saturday of January, April, July and October.

See map in pack or for more help please contact either:

Group Leader/Chair Lance Harris - 01202 515216 or lv.harris@hotmail.com

Or Barbara Houston (Secretary) 01425 673173 or
barbs@houston19.freeserve.co.uk

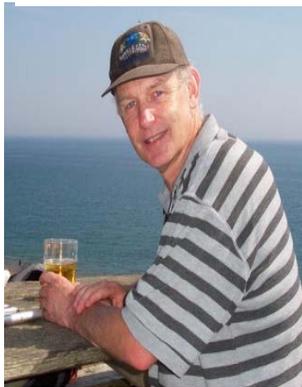
Welcome Pack is updated and regulated by the TM Support Group Committee – Jan 2012



Lance Harris
Group Leader/Chair



Teresa Bryant
Committee Member



Frank Devine
Treasurer



Barbara Sadler
Hospitality

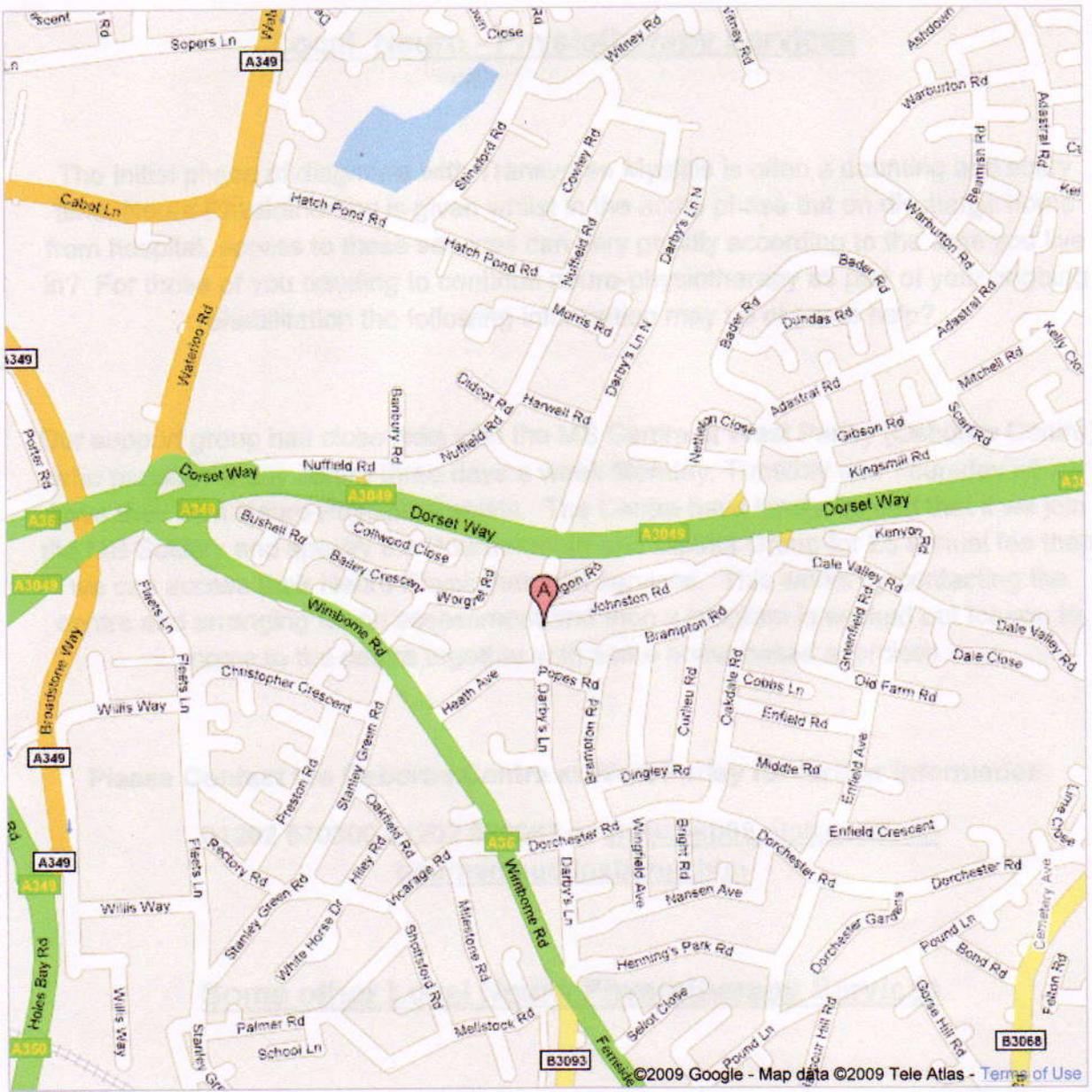
**Poole and
Bournemouth
Transverse
Myelitis
Support Group
The Committee**



Barbara Houston
Secretary



Yvonne Trapp
Information
Coordinator



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Local Neuro - Physiotherapy Services

The initial phase of diagnosis with Transverse Myelitis is often a daunting and scary time. Neuro Physiotherapy is given whilst in the acute phase but on discharge home from hospital, access to these services can vary greatly according to the area you live in? For those of you needing to continue neuro-physiotherapy as part of your ongoing rehabilitation the following information may be of some help?

Our support group has close links with the MS Centre at West Parley (Osborne Centre) who provides a day centre three days a week Monday, Tuesday and Thursday which have their own Neuro Physiotherapists. The Centre have kindly agreed that if we join the MS Society and specify the Bournemouth and District Group for £5 annual fee then we can access their Neuro Physiotherapist services. This works by contacting the centre and arranging for an assessment and then a program is worked out for you to come to the centre together with some home based exercises.

Please Contact the Osborne Centre at West Parley for further information:

01202 570300 01202 579262 or www.osb05.plus.com/ms-bournemouth/osborne.htm

Some other Local Neuro Physiotherapy Services

Phil Howard – Broadstone Leisure Centre – 07789 908174, assessment free and then charges £25 per hour. He is also a dietician.

Neurotherapy LTD www.neurotherapy.co.uk – Dorset, Hants, Somerset, Wilts and Berks. Gerry Harlow – 07940 412344. £60 per hour.

BWT www.bwtphysio.co.uk - Poole. 01202 749514. Neuro assessment £42,
Home visit £84.

Hobbs Rehabilitation www.hobbsrehabilitation.co.uk – Winchester. 01962 779796
Assessment £90; treatment 1hr £80; Home visit within 10 miles £100

Physio2u www.physio2u.co.uk – Royal College of Physiotherapists, search for local
neuro physiotherapists.

Physio Direct – Bournemouth 01202 704036

LB Healthcare – www.lbhealthcare.co.uk – Fareham and Southampton. 01489 569888.
Initial consultation 1hr £64; follow up 1 hr £64; follow up 45 mins £46.

Website to search for neuro-physiotherapists www.acpin.net (check when you find one
that they are a NEURO Physio as some may not be or have not heard of Transverse
Myelitis).

On With The Show

Written by a Patient with Transverse Myelitis two months after
diagnosis

Can people see how I feel
Do they know this smile's not real?
I try so hard to hide inside
Push aside the pain and show my pride
People think I'm made of stone
But the truth is I feel alone
I don't know what to think about everything
I'm scared of what the future may bring
I feel like my life has hit its all time low
And there's so many things I need to know
Like what comes after the sadness? Is it rage?
How long can I hide in my cage?
Do people realize that they stare?
And that they don't see me, just my chair
And how long will it take for everyone to see,
That if they take a second look, I'm still me
So I put back on my smile and let my doubts go
I accept that this is my life, so on with the show.