

Need help with your Neuro condition?

Talk to us



Our mission

The provision and continuance of a therapy centre to support people with Neuro condition by delivering physio & other therapies as may be beneficial to their health & welfare in a caring, friendly & supportive environment.

Our values

The welfare & dignity of our members is extremely important & this is reflected in everything we do. We will always seek to develop & adapt to their continuing needs. We are inclusive, everyone is welcome & nobody is discriminated against. We maintain confidentiality at all times.

Who we are

Our therapists are fully qualified members of the relevant professional bodies to ensure they meet (or exceed) agreed standards and are fully insured to practice.

How to find us

Parking isn't a problem - we have a car park & there is plenty of on-road parking. The 463 bus stops right outside & Dial-a-Ride regularly visit the Centre & can be used if you live within a 5 mile radius.



**Bradbury House, Lloyd Avenue
Coulsdon, CR5 2QS**

To access our services please call the Centre Manager to arrange an initial appointment.

Telephone: 020 8660 1181

E-mail: contact@ryanneurotherapy.org



Registered Charity No. 1044584



Managing Neuro Conditions through exercise



www.ryanneurotherapy.org

020 8660 1181

Being diagnosed with a Neuro condition can be a devastating experience but we can help

Research shows that targeted exercise & physiotherapy can aid greatly with the symptoms, improving gait, balance, mobility & fatigue.

At the Ryan Neuro Therapy Centre we have **specialist physiotherapists** who can assess your needs then advise & treat neuro related issues.

Our **expert led classes** are especially designed to meet the needs of people living with a Neuro condition. We focus on improving & maintaining flexibility, strength, balance, posture & mobility. **Exercise is also key in managing other symptoms such as fatigue.**

We also have an on-site gym which members can use & where physiotherapists are available to give guidance & support.

We recognise the importance of socialising & that sufferers can feel isolated, so we build 30 minute breaks into each session for members to relax & chat between classes as well as before & after.

The Ryan Neuro Therapy Centre is a small, self-funded charity & we rely entirely on fundraising & donations to provide the £240k we need each year to run the Centre.

We ask that members make a monthly donation towards costs & will be happy to discuss this with you to agree an affordable amount.

Our fundraising events are great fun & provide an additional opportunity to socialise with like-minded people.

Call our Centre Manager with any questions & to arrange a visit.

Attending the Centre

We are open to members on **Monday, Wednesday & Thursday** each week. Morning sessions start at **10am & finish at 12 noon**. Afternoon sessions run from **12.30pm to 2.30pm**. There are also **two zoom classes on a Tuesday**. Each session consists of 45 minutes in a class & 45 minutes in the Gym with a 30 minute break for refreshments.



What we offer

- **Classes for all abilities:**
Balance, Pilates, Seated Yoga, Floor, Active, Seated Neuro Active & Zoom Pilates.
- **Access to our gym**
with physiotherapists available to help at all times.
- **Tilt table**
For those who need assistance to stand.
- **1 to 1 physiotherapy sessions**
At no additional charge -where appropriate.
- **Additional subsidised therapies**
Eg. Reiki, Massage, Beauty treatments.
- **Help and Support**
Advice on benefits & MS related issues.
- **A social & friendly environment**



We're helping people with Neuro conditions maintain active lives