

## Need help with your Neuro condition?

### Talk to us



### Our mission

The provision and continuance of a therapy centre to support people with Neuro conditions 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](mailto:contact@ryanneurotherapy.org)



Registered Charity No. 1044584



## Managing Neuro Conditions through exercise



[www.ryanneurotherapy.org](http://www.ryanneurotherapy.org)

**020 8660 1181**

## Being diagnosed with a Neuro condition such as MS, Parkinson's, or recovering from a stroke can be overwhelming, but we're here to 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 £337k 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.

Please call our Centre Manager with any questions and to arrange a visit.

## Attending the Centre

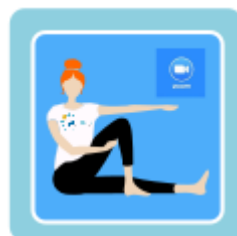
We are open to members on **Monday to Thursday** each week.

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 and 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 and 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, Occupational Therapy and Neuro related issues.
- **A social and friendly environment.**



**We're helping people with Neuro conditions maintain active lives**