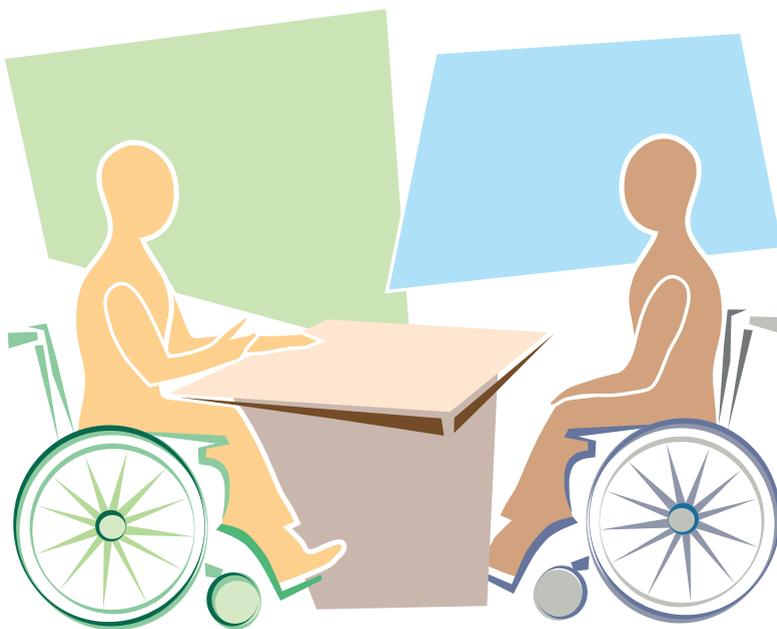


# Peer support, services and activities for inpatients

**i** Information for patients  
Spinal Cord Injuries



**PROUD TO MAKE A DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



## Introduction

This leaflet is for Spinal Cord Injury (SCI) inpatients in the Princess Royal Spinal Cord Injuries Centre.

Within this leaflet you will find information about:

1. Peer support
2. Additional support services
3. Activities at the centre

If you have any questions about these activities, please do speak to the service or activity organiser.

Alternatively, feel free to get in touch with the Activities Coordinator, Sarah Coates:

- **0114 271 5663**
- **Sarah.Coates14@nhs.net**

# 1. Peer Support Services

## Aspire

Independent Living Advisor from Aspire, Alex, visits the centre most Thursdays to provide practical advice to patients about living with a spinal cord injury (SCI).

Aspire's Assistive Technology Advisors run weekly sessions in the Occupational Therapy Department, where they provide instruction on how to use assistive technology devices and voice directed software.

**For information about the services provided by Aspire, for inpatients and after your discharge from hospital, ask your Occupational Therapist or contact Aspire on:**

- **020 8420 6731** Independent Living
- **020 8420 6732** Assistive Technology
- **[www.aspire.org.uk](http://www.aspire.org.uk)**

## Back Up Trust

Back Up visit the centre every six weeks to deliver Wheelchair Skills training to new wheelchair users and run a 'Wheelchair Skills Extra' trip into the city centre to practise these new skills.

Back Up provide many services led by people with SCI. These include: mentoring for people with SCI and their family members, residential courses and support going back to work, school or college.

For information on Back Up's services within the centre and after your discharge from hospital, ask your Occupational Therapist, visit Back Up's website or contact their Outreach & Support Team:

- **020 8875 1805**
- **[www.backuptrust.org.uk](http://www.backuptrust.org.uk)**

## Spinal Injuries Association (SIA)

SIA's Support Network Coordinators (SNCs) visit fortnightly to offer practical advice and face-to-face support to newly injured people and their families on all aspects of SCI. Having a SCI themselves SNCs can talk from personal experience.

SIA provide life-long support post-discharge in the community. They also have Vocational Clinics in the centre supporting people with a SCI who want to get back to work, school or college.

The SNC responsible for the Princess Royal is:

- **Chris Etches:** (East Midlands) 07964 457962

You can contact SIA via their free Advice Line or visit their website:

- **0800 980 0501**
- **[www.spinal.co.uk](http://www.spinal.co.uk)**

## WheelPower

Alex Jewitt, a Physical Activity Advisor from WheelPower, visits on Tuesdays to speak with patients and assist with the Physiotherapy Team's sports session. Alex is also a former patient of the centre and long term wheelchair user.

Alex provides an advisory service and general information and advice on sports and other physical activity. This includes supporting the provision of sport activity for patients within the centre, advising patients on keeping active and being healthy after discharge from hospital.

- **Alex Jewitt:** 01296 395 995
- **[Alex.jewitt@wheelpower.org.uk](mailto:Alex.jewitt@wheelpower.org.uk)**
- **[www.wheelpower.org.uk](http://www.wheelpower.org.uk)**

## 2. Other services

### Welfare Rights Advice Service

The on-site Welfare Rights Advice Service is run by Citizens Advice Sheffield. The service can help with a variety of issues including benefits, debt, housing and employment. Appointments are available in the centre or by telephone on Wednesdays, 10:00am to 4:30pm. To make an appointment, please ask a member of the ward staff or therapy team.

**For more information on Citizens Advice Sheffield visit:**

- [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### SCI Information Sessions for Patients and Visitors

The Patient Education sessions cover different topics on SCI over a rolling nine week period and are designed to be useful and informative. The sessions will be listed on your individual timetable.

The Therapy Education talks focus on the therapy journey for inpatients and specialist talks from people with experience of living with SCI. Therapy Talks take place in the Occupational Therapy Department or Dining Room, and will be listed on your individual timetable.

### Psychology Service

There is a Psychology Service available for inpatients on wards Osborn 1 and 3. A member of the Psychology team will meet with you during your first few weeks on the ward to talk about how you are doing. This is an opportunity to speak about any concerns you may have. Following this discussion you may be offered further psychology sessions during your stay. You have a choice as to whether you accept or decline psychology input.

## 3. Activities

Therapeutic recreational activities contribute towards your rehabilitation whilst staying in the centre. There are many benefits to taking part in activities including:

- Meeting other people who are recently SCI injured
- Practicing fine hand movements or grip
- Relaxation
- Finding new hobbies

Various activities happen throughout the week that you can take part in, these include a gardening group, art club and bingo. These groups are advertised on posters in the centre and are listed on your individual timetable.

Most activities are open to inpatients on Osborn 1, 2 and 3. Sometimes visitors and outpatients can attend too, please check with the person running the activity.

Free Wi-Fi and multi-channel television is available in the centre and there is a selection of board games, puzzles, DVDs and books for you to use. These are located in the Osborn dining room and lounge area.

## Events

Events happen throughout the year, such as our Summer BBQ in August and Christmas Party in December. The staff on your ward will tell you about upcoming events. Take a look at the 'What's On' noticeboard near to the lifts.

## Where can I find further information?

If you would like to talk about other ways you can fill your free time during your stay or for more information, please contact the Activities Coordinator on the number below, or ask the ward staff to request a visit to you on the ward.

Activities Coordinator

- **0114 271 5663**
- **Sarah.Coates14@nhs.net**



**Sheffield  
Hospitals  
Charity**

To help support your local hospitals visit  
**[sheffieldhospitalscharity.org.uk](https://sheffieldhospitalscharity.org.uk)**

Registered Charity No. 1165762



**Yes I donate**  
ORGAN DONATION

**Alternative formats can be available on request.  
Please email: [sth.alternativeformats@nhs.net](mailto:sth.alternativeformats@nhs.net)**

**© Sheffield Teaching Hospitals NHS Foundation Trust 2022**

Re-use of all or any part of this document is governed by copyright and the "Re-use of Public Sector Information Regulations 2005" SI 2005 No. 1515. Information on re-use can be obtained from the Information Governance Department, Sheffield Teaching Hospitals. Email [sth.infogov@nhs.net](mailto:sth.infogov@nhs.net)