

Covid-19 Response Grants 2020

Neuro Central



Who are Neuro Central?

Neuro Central offers support to people with neurological conditions, who are mainly, but not exclusively in the 50+ age group in Central Scotland and their carers and families. The organisation aims to reduce social isolation amongst their members, and to advance their health through the provision of a comprehensive well-being programme. They provide a social space in Stirling where people come together in a friendly and relaxed environment to gain peer support from others with lived experience of neurological conditions. They also offer complimentary therapies, mindfulness sessions and exercise classes which are supported by specialist neuro physiotherapists. To help them deliver these services Neuro Central also works closely with NHS neurological services and promotes links with groups supporting individuals with neurological conditions.



How was the grant used?

- The grant awarded to Neuro Central allowed them to provide 12 x 1 hour weekly relaxation classes to service users via Zoom.
- The organisation recorded a session and uploaded it to their website, so that members can view the session at any time and relax whenever they need to do so.

What had to change due to Covid-19?

- Since lock down Neuro Central have contacted their members by phone to ascertain if they have any particular problems such as getting food supplies or accessing outdoors for exercise and fresh air. As a result of the information gathered, they now run bi-monthly meetings, Neuro Physio, Relaxation and Counselling Sessions online.



People enjoying the weekly Zoom relaxation class

What difference has the grant made?

- The online relaxation classes benefited approximately 20 members. Accessing these sessions was described as a life line to members. Many felt isolated and anxious through lockdown and being able to de-stress has benefited individual members greatly.
- By being able to continue to offer bi-monthly meetings on-line, members were able to regularly join up for a chat with their peers, which helped many who would be otherwise socially isolated, thus improving their mental health and well being.
- The funds received allowed Neuro Central to keep connected to their members at a very trying time and for individuals to gain on-going peer support. Many were dealing with added stress due to Covid-19 restrictions and being able to run the relaxation sessions via Zoom was a great coping mechanism for people.

‘These sessions are very valuable for re-enforcing the practices of mindfulness and also for keeping in touch with the group.’

(Neuro Central Member)

‘Just to thank Neuro Central for the relaxation sessions. The advice and knowledge provided through these sessions made a huge difference in my life, both in terms of relaxation and in the form of pain management. Thank you again and long may they continue.’

(Neuro Central Member)

‘We would very much like to thank the Health Promotion Team within Forth Valley for helping Neuro Central members through a very difficult time.’

(Neuro Central Staff Member)

‘Lovely to see everyone and I had a great night’s sleep again as usual after the session. Thank you again.’

(Neuro Central Member)

