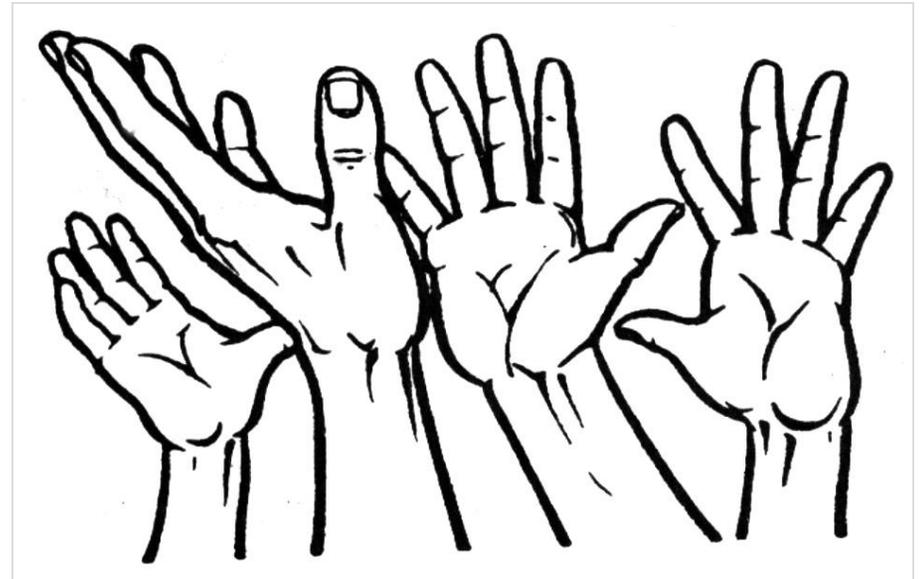


**COMMUNITY NEURO
REHABILITATION TEAM (CNRT)**

ARM AND HAND GROUP



What is the Arm and Hand group?

It is a group which aims to improve your hand and arm function.

The group is for adults who have an arm and/or hand weakness or difficulty which affects the ability to do everyday tasks due to a neurological condition.

The group is run as a 6 week course and is held at Richmond Rehabilitation Unit for an hour once a week. Your therapist in the group will also recommend activities to practice at home.

What are the aims of the group?

- To work with you to improve your ability to use your arm and hand
- To increase your independence with everyday activities
- To provide education and advice on using and taking care of your arm and hand
- To encourage peer support and social interaction

What can I expect from the group sessions?

The group consists of an education session on a variety of topics, a stretching programme and lots of tasks to practice catered to your individual ability.

In the first session, we will carry out some assessments of your arm and hand with you to see which task practice is best for you and again at the end of the course to see how you have progressed.

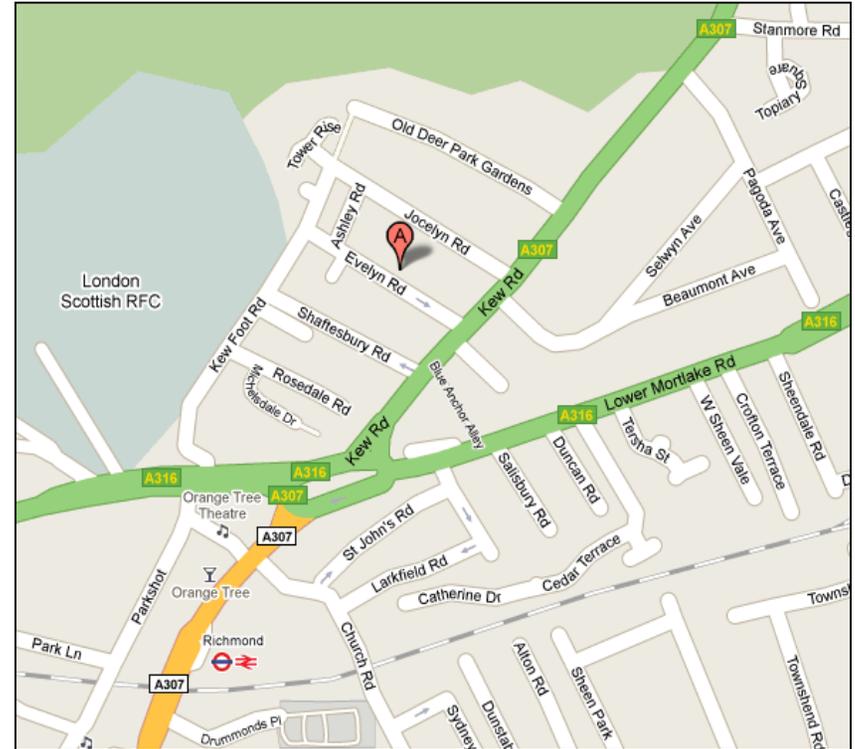
What do I need to do now?

Please complete the questionnaire enclosed in your invite letter and bring it to the first session. It will help us see which areas you want to work on during the course.

Please note that we are unable to provide transport for the group.

We hope you are able to attend the Arm and Hand group. If for any reason you are unable to attend a group session or the course please contact us as soon as possible.

We look forward to working with you. If you have any questions please feel free to contact us.



Community Neuro Rehabilitation Team

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