

## Services we offer:

### Hydrotherapy

Our service users will have access to our hydrotherapy pool which is situated a 5-minute drive from Clarendon Neuro Rehab Service. Hydrotherapy is the use of water (temperature controlled) in the treatment of different neurological conditions which involves carrying out exercises tailored to the client's goals and needs. This is facilitated and performed by the Physiotherapist using specific techniques to help relieve pain, strengthen muscles, increase circulation, improve function and to decrease muscle spasms. This is an integral part of our Rehabilitation programme. Our physiotherapists are trained and experienced in supporting you in the pool, they will ensure you feel comfortable with being in the water and be able to adjust the exercises to maximize the benefit.



### Rehab Clinic

For general rehabilitation review led by rehab consultant to tailor a individual used rehabilitation treatment in the outpatient services that would include PT, OT, SLT.

### Spasticity Management

Our consultant specializes and is experienced with spasticity management treatment.

### Gym

We have an on-site gym that we use to carry out physiotherapy / occupational therapy sessions accessing different exercise equipment. We have a seating corner in the gym where families and relatives can sit down if they wish to join the therapy session.

### Postural Management

Our experienced Physios provide training to staff regarding bed positioning and seating. We work collaboratively with private organizations specializing in sleep systems and specialist seating to offer and provide the best treatment possible to maintain postural alignment and prevent postural deformity.



**MANZOOR YOUSAF**  
Managing Director

*'Together we can build a better care space'*

Hello Fellows, I am the Managing Director of the Clarendon Neuro Rehabilitation Service here in the Nottingham City and I would like to welcome you all to our Rehab centre.

My main focus is to make sure every service user experiences a high-quality standard care with the fundamentals of an ethics where addressing the needs of each service user as a personalized approach is a priority in our practice.

We all are here to make this Neuro Rehab Centre a safer and better care space for you.



**CONNIE UAZEUA**  
Deputy Manager

*'Let's Strengthen Better Health Care Systems'*

With all my heart and soul, I welcome you all to the Clarendon Neuro Rehabilitation Centre – to have a dynamic experience of care with love and affection.

## Our Team

I am the deputy manager, specialist in Brain Injury and Neurology Rehabilitation with over 17 years of experience working at acute care units, rehabilitation centres, and outpatient clinics, with a diverse skill set encompassing general nursing, midwifery, mental health nursing, and a master's degree in infection control.



**DR. PIERA SANTULLO**  
Consultant in Rehabilitation Medicine  
*'Let us help to RESTORE your full HEALTH'*

**Welcome to Clarendon Neuro-Rehabilitation Centre.** Here we are a team of rehabilitation specialists for adults with a neurological condition to help them regain their physical, social and psychological potential.

As a multi-disciplinary team of specialists, we will work inter-connected with person centered approach alongside you and your loved ones in setting meaningful, realistic and achievable goals to help restoring your full HEALTH.



**DR. PEDRO AREIAS GRILLO**  
Consultant Clinical Psychologist in Adult Neuropsychology  
*'Lets Transform with Mindful Moments'*

**Clarendon Neuro Rehabilitation Centre – Clinical Psychology Team welcomes to you all to its service!**

Our dynamic team of experts ensure to provide the best care for the mental health and wellbeing of you and your loved ones, providing them support to re-establish and sustain their psychosocial wellness with their best possible capacities.



**EDEN AKIATAN**  
Lead Physiotherapist  
*'Optimizing Potential to have a Quality of Life'*

Hi, I'm Eden. I will be helping you work on your rehabilitation goals to reach your maximum potentials. I have the duty of candor to be fair and honest to you and your loved ones by providing a calm atmosphere where you feel safe, values and listened to.



# Clarendon Neuro Rehabilitation Service

**'Restore, Recover, Revive'**

Trade Name of: **Good Shepherd 4 You Ltd**



## Our History

Good Shepherd 4 You Ltd is registered with the Care Quality Commission (CQC) as Clarendon Court Nursing Home to provide personal care services with nursing (CHN), and Rehabilitation Services (RHS). The name "Clarendon Neuro Rehabilitation Service" has been adopted and used after the Rehabilitation Service type was added to its CQC registration for other businesses and service users with clarity to understand the nature of service and care provided within this facility. However, the service is run and managed by the CQC-registered Clarendon Court Nursing Home management team itself.

Telephone: 0115 704 4404

15 Clumber Avenue, Sherwood Rise, Nottingham, NG5 1AG  
www.goodshepherd4you.com info@goodshepherd4you.com

Managed by: **Clarendon Court Nursing Home**

Company No: 14273303, Registered in England and Wales

## Our Vision:

We aim to restore, recover and revive the functional ability of our service users, encouraging safe, resilient, and independent living, optimizing their potential to reintegrate into the community to live a quality of life.

## Our Mission:

To provide high-quality specialist assessment, treatment, and care to individuals from the age of 18 and above who are suffering from brain injury and other neurological conditions. We create a dynamic, person-centred innovative organization working collaboratively with you.

## Our Core Values:

### Dignity and Respect:

We promise dignified person-centred care. Our core values evolve around respect, kindness and equality.

### Commitment:

We are committed to delivering a safe, effective and supportive environment for our service users to achieve their maximum potential throughout their rehabilitation journey.

### Quality:

As a health care provider, the quality of service is an essential aspect of our care. We ensure the service delivered to our service users is sustained and maintained as per Health care standards, NICE guidelines and regulatory body code of professional conduct.

All the clinical and non-clinical staff are well-equipped with knowledge and skills to maintain the highest standards of quality services.



## Clarendon Neuro Rehab Service

Clarendon Neuro Rehab Service is dedicated to offering personal care services to service users with nursing CHN care needs, as well as provides intensive rehabilitation whether requires permanent or respite placement for people with physical and cognitive impairments and/or neuropsychiatric disorders resulting from a brain injury due to trauma and/or medical, surgical, and other neurological conditions.



Our team of specialist staff includes qualified nurses (RMN, RGN), Physiotherapists, Occupational Therapists, Speech and Language Therapists, Clinical Psychologists, onsite Assistant Psychologist, Community Social Workers, and a Neuro Rehabilitation Medicine Consultant who is the Clinical Chair the Lead Consultant for safe delivery of the service. Our staff are experienced with specialized training to work with people with complex neurological conditions and with challenging behaviour. We support our staff in accessing up-to-date CPD(Continuing Professional Development) courses and training to help them grow professionally. Our therapy staff provides



in-service training to all staff such as postural management, Sleep System, Splinting, and Specialist Seating by working collaboratively with private organizations and providers.

A weekly local GP unit round is scheduled to monitor and understand the complex care needs of our service users and to support them well in time for their steady recovery process.

## Intensive Rehabilitation

Our service has a full MDT (Multi-disciplinary Team) comprising a Rehabilitation Consultant, Clinical Psychologist, Physiotherapist, Occupational Therapist, Speech and Language Therapist, Assistant Psychologist, Rehabilitation Assistants, and well-experienced dedicated Rehabilitation Nurses and Rehab support workers who provide 24-hour care daily. The therapy team provides specialist treatment and management to each client five days a week (Monday- Friday) and providing person- centred exercise programme handed over to the trained rehab support workers to facilitate during the weekend. Each specialism has its role in helping client's rehabilitation and recovery maximising their potential to encourage them to be as independent as possible and supporting them when going back home with their family. Our team works collaboratively with NHS and other private healthcare agencies to support our client's rehabilitation and discharge planning and integration into the community.

## Step down service

We aim and believe in the full recovery of our service users to the best of their ability. Our step-down service is designed to have detailed assessments and recommendations of our client's physiopsychological needs before their safe reintegration into the community and/or social care following intensive rehabilitation to promote their independence.

This enablement service focuses on clients' independence as possible with their activities of daily living and works on improving their cognitive ability to ensure safety when going back to the community. The service is closely monitored by our specialist multidisciplinary team.



## Health Care Digital Innovation

### Person Centered Software

Our company provides technology-driven platforms to its service users and employees involved in social care by building an ecosystem of care, to nurture, support and empower everyone in social care, helping to drive outstanding care outcomes. This brings out the quality of life of not only the ones being cared for, but we believe and have extended it to the people providing the care.

