



Care and  
Rehabilitation  
Centre



Expert neuro  
rehabilitation  
and specialist  
nursing care

# About QEF



Queen Elizabeth's Foundation for Disabled People (QEF) is a disability charity that works with almost 10,000 disabled people a year across the UK.

Our specialist services provide practical advice and life-changing expertise, that enable disabled people to achieve their potential, so each person can live as independently as possible.

Our teams work together to support clients across all areas of QEF. For example clients at the Care and Rehabilitation Centre (CRC) benefit from QEF's Mobility experts, providing free mobility assessments and wheelchair passports.

## Our services include:

QEF

### Care and Rehabilitation Centre

Neuro rehabilitation and specialist nursing care to help people rebuild their lives after an acquired brain injury, stroke or incomplete spinal injury as well as care for complex neurological conditions

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### Mobility Services

Driving assessments, driving lessons, mobility assessments and QEF's Tryb4uFly assessments; supporting people to be as independently mobile as possible

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### MERU

Provides long and short term loans of mobility equipment. This includes Bugzi, a mini powered wheelchair for young disabled children, provided by our partner charity MERU

QEF

### The Grange Kent

Provides residential and supported living services for up to 25 people with learning disabilities, enabling people to live rich and fulfilled lives

There are lots of different ways you can support our work.

Find out more at [www.qef.org.uk/get-involved/](http://www.qef.org.uk/get-involved/)

# QEF Care and Rehabilitation Centre

QEF has over 40 years experience providing expert neuro rehabilitation, supporting people to regain their quality of life following an acquired neurological injury or illness.

Our specialist Care and Rehabilitation Centre was specifically built to support up to 48 residential clients and opened in 2020. Our expert, multi-disciplinary team of specialist therapists, nurses and support workers provide each person with an individualised therapy and care plan and 24-hour nursing care.

We work with the NHS, case managers, personal injury solicitors, and local authorities, providing neuro rehabilitation for adults with physical, cognitive and/or communication disabilities which may also include mild to moderate behavioural problems.



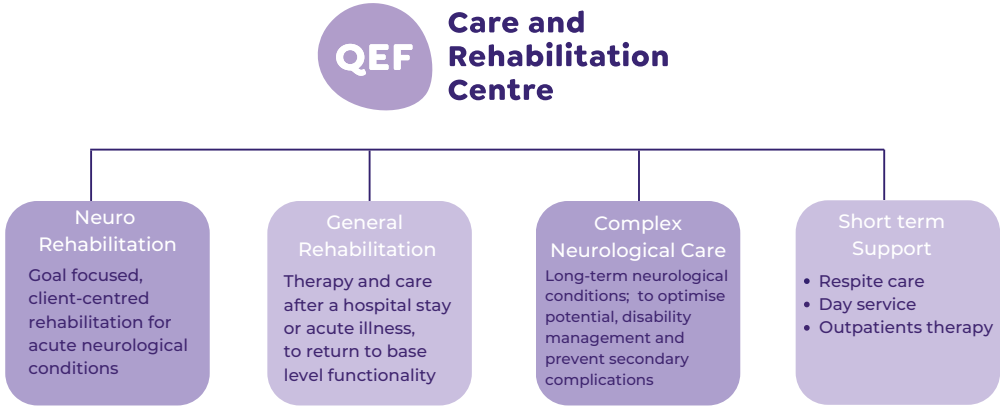
HRH The Countess of Wessex officially opened the Care and Rehabilitation Centre on 24th June 2021

“QEF is a lovely, peaceful setting. There are spacious, private rooms with fully accessible bathrooms. The therapy team are caring and knowledgeable. The centre has a great therapy gym and excellent equipment to promote independence and rehabilitation. I would be happy to send one of my own family members to QEF.”

Kerryn Kelly, Wandsworth Neuronavigator

# Distinct client pathways

QEF's Care and Rehabilitation Centre provides 4 distinct client pathways, that enable people to rebuild key skills and achieve their potential.



## Life-changing support from a multi-disciplinary team

Our specialist services are delivered by a highly experienced multi-disciplinary team of healthcare professionals, including:

**Consultant in rehabilitation medicine**

**GP**

**Specialist nurses and Support workers**

**Physiotherapists**

**Speech and language therapists**

**Occupational therapists**

**Clinical psychologists**

**Dietician**

We also offer therapeutic art, music and a wide variety of recreational activities. These include relaxation, discussion groups, gardening, cooking groups, and a wide range of external trips, adding

extra value and quality to each person's rehabilitation.

By setting individual goals for development and enabling people to achieve them, each person will be supported to maximise their independence and achieve their potential.



# A specialist centre

The Care and Rehabilitation Centre (CRC) is a modern and comfortable centre of expertise that has been purpose built for QEF.

## Bedrooms

Each bedroom is light and spacious and has:

- overhead tracking hoist system
- ensuite wetroom
- comfortable furniture
- specialist beds
- Accessible technology that can easily control the blinds, lights, room temperature, music and TV

Rooms with kitchenettes are also available.

## Therapy facilities

The therapy areas are clearly separated from accommodation and include a large physiotherapy gym, additional rooms for occupational therapy, speech and language and psychology which includes the use of an interactive room.

There is also a training kitchen where clients can regain cooking and baking skills and a laundry facility to help clients regain daily living skills.

## Technology Assisted Therapy

The gym includes innovative Tyromotion technology for clients use during and outside therapy sessions to intensify and reinforce their progress.

## Communal Areas

There are 2 spacious dining rooms that are also used for activities and clubs such as music and art groups.

There is a client lounge for relaxation and additional space to meet friends and family. The CRC is surrounded by relaxing country side and our grounds are accessible for outdoor activities.

Free on site parking is available for all visitors.



## Hear from our clients

# Neil's Story

"I started to feel unwell and I couldn't shake it off. Then I had pins and needles in my feet and hands, which progressed to my legs and I was having difficulty walking.

When I woke up I couldn't move my face – it was numb and tingly and I had blurred vision. I got up and my legs gave way. I deteriorated quickly and eventually it almost completely paralysed me. In 4 days I went from a well-functioning adult to a baby.

They diagnosed Guillain-Barre Syndrome (GBS) which attacks all the nerve endings. I was bed ridden for 5-6 weeks and had a drug that aims to restart your immune system.

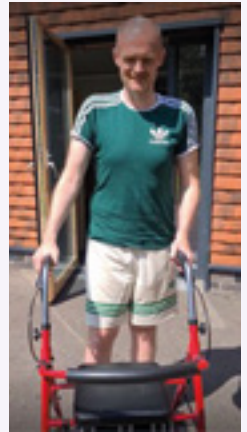
The bit I hated most was that my eye lids wouldn't close. So I had to have eye drops every hour and when I went to sleep I looked like the exorcist!

Being transferred to QEF was a blessing - I had to learn how to use my limbs again and I needed 24 hr care –

everything had to be done for me. All my food had to be mushy as I couldn't chew anything. It was very nerve racking.

At QEF there is always a sense of goal and achievement, but also reality and honesty. You don't realise how important the small goals are - they each build to the next step. It's a really emotional journey. With a click of a finger it's a complete life change and there is a lot of fear with that. But you get support with that here. It's not about getting better, it's about getting to a position where you are an independent person – it just might look a bit different. That's really important to me.

I've made a lot of progression in a short time as my body reacted well to the physio. **In 10 weeks I've gone from bed ridden and hoisted to nearly complete independence"**





# Alex's Story

"I'd had terrible headaches for several months. I knew there was something really wrong when I was working from home; I went downstairs and luckily I got to the front door and shouted for help. A neighbour came over and an ambulance was called and then I collapsed. I could feel the right side of my body starting to shut down – it was surreal, everything went in slow motion. I'd had a stroke and was at East Surrey Hospital for five and a half weeks.

When I got into my physio at QEF my whole right hand side was affected – I couldn't stand or move my right arm. I was part of the Bobath course that QEF ran which was a game changer for me. It focused on my core, my balance, perception etc. By working on core strength and balance I gradually got to the point where I could stand. It was amazing. As my physio was on the course I continued to benefit from this expertise.

I have a lot more control and strength in my right arm now but I've learned to write with my left hand too. I've practised this so much the change is remarkable.

I've been diagnosed with apraxia, so when I speak out loud sometimes it comes out really slowly. I've been practising by reading out loud but I can't speak as quickly as I read anymore.

**My progress is massive – I can stand normally and walk, although it is still a little bit slow, and the use of my right arm has really improved. I can take myself to the toilet as long as I'm careful – I'm feeling much more independent.** My right leg is really heavy but I am determined to get upstairs at home, so I have been practicing this with my physio in the gym. The more I do it the better it will get!



# Referral to our service

## Admission Criteria:

We accept clients with agreed funding who meet the following criteria:

- Males and females with Acquired Brain Injury, neurological illness, stroke or incomplete spinal injury
- Aged from 18+
- Medically stable
- Have the potential to benefit from and the ability to participate in rehabilitation programmes

To discuss a client referral email [neurorehab@qef.org.uk](mailto:neurorehab@qef.org.uk) or call 01372 84 11 11

## Contact us

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Tel: 01372 84 11 11

[www.qef.org.uk](http://www.qef.org.uk)

We are 5 mins from M25 (Jct 9) and a short drive from Leatherhead and Stoke D'Abernon train stations.

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