



**Gloucestershire Hospitals**  
NHS Foundation Trust

# **The Gloucestershire Brain Injury Team**



# **Introduction**

This leaflet gives you information about the therapists working within the Gloucestershire Brain Injury Team and how they help people to achieve their best possible recovery.

## **The physiotherapists help patients to:**

- maintain joint movement and muscle strength
- improve their balance and co-ordination
- improve mobility by providing walking aids if appropriate

## **The occupational therapists help by:**

- assessing postural management, providing seating, bed positioning and splints if applicable
- assessing and supporting patients with returning to activities of daily living
- assessing and supporting patients with returning to work
- providing a Fatigue Management Service

## **The speech and language therapists help patients with:**

- eating and swallowing difficulties
- communication
- speech
- reading and writing

## **The therapy technicians help by:**

- supporting the team therapists
- carrying out therapy intervention in a support capacity
- liaising with Headway Gloucestershire

## **The psychologists help patients to:**

- understand what has happened
- understand and manage difficulties with memory, concentration or other 'thinking' skills
- deal with emotional consequences and any behaviour changes
- cope with life changes

The Gloucestershire Brain Injury Team continues to work with patients after discharge to help with their further recovery.

The team also work closely with Headway Gloucestershire, a charity which provides support and enablement services (Monday to Friday service) for people who have had a brain injury. Some people attend Headway while they are still inpatients and continue visiting there after discharge.

## **Contact information**

If you have any questions you can contact a member of the team on the number below.

## **Gloucestershire Brain Injury Team**

Gloucestershire Hospitals NHS Foundation Trust

Tel: 0300 422 5139 (answerphone)

Monday to Friday, 8:30am to 4:30pm

Email: [ghn-tr.brain.injury@nhs.net](mailto:ghn-tr.brain.injury@nhs.net)

The answerphone is checked at regular intervals each working day.

## **The team members consist of:**

Team manager

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Clinical psychologist

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Speech and language therapist

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Occupational therapist

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Physiotherapist

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Therapy technician

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## Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

### Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

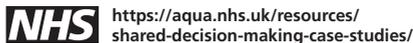
1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

**\*Ask 3 Questions** is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial.

Patient Education and Counselling, 2011;84: 379-85



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