



Calvert Reconnections

Because Rehab won't wait





“ I used to say ‘I live to fight another day’. When I come here I say ‘I live to enjoy another day’ ”

John Gaimster, ABI survivor and Calvert Reconnections advocate





Calvert Reconnections, run by the Lake District Calvert Trust, is a brand new neuro-rehabilitation, residential centre providing ground-breaking rehabilitation programmes for Acquired Brain Injury (ABI) survivors.

Our programme

As the UK's first intensive ABI rehabilitation centre focused on outdoor activities, we are uniquely placed to incorporate social distancing into our programme through activities such as hill walking, fishing, gardening, horse riding, orienteering, cycling, canoeing, sailing, climbing and High Ropes.

There is considerable support from medical research for the notion that outdoor activity is beneficial to brain injury rehabilitation. Our programme strikes a unique balance of combining outdoor activities with the functional skills that are required around activities needed for independent living. And most importantly we make rehabilitation great fun!



Our programme aims to not only improve physical and psychological well-being, but also increase self-confidence and independence.

The team at Calvert Reconnections is highly experienced and qualified in both outdoor activities and clinical practice. Team members include neuro rehab coaches, an occupational therapist, neuro-physiotherapist and a consultant neuropsychologist.

As well as the outdoors, we have access to a variety of specialist indoor facilities and activities including neuro-physio led hydrotherapy, swimming, climbing wall and archery.

Each participant undergoes a referral and admission process which takes into consideration their physical, mental and emotional strengths. Needs and goals are clearly defined in order to design an effective plan from joining us to returning home.

Moving forward

Throughout our programme, achievements, future goals and strategies will be identified as well as options for further support. Everyone involved in the participant's rehabilitation will take part in this process to ensure smooth transition from the Centre to the home / community / work environment. This is an important part of our programme to ensure skills and progress achieved at Calvert Reconnections are maintained and used most effectively in everyday life.

We encourage prospective participants, their family, carers and external support team to visit us here in the Lake District and take a tour of our facilities.



Three reasons we're different

- 1** Physical exercise reinforces the adaptive processes of the brain post injury: helping the brain 'scaffold' to compensate for damage. It also improves people's mental health, outlook and wellbeing.
- 2** Outdoor activities have been demonstrated to improve people's understanding of themselves and their abilities, post brain injury, with long-lasting benefits.
- 3** Group work and a social environment have also been identified as key factors in recovery after an ABI.

Tell us about you

What hobbies and interests do you have?

What kind of things do you find difficult?

What would you like to improve and what are your goals?





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Calvert Reconnections is part of The Lake District Calvert Trust.
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