

## CREATIVE ACTIVITIES



**Woodwork**



**Gardening**



**Pottery**



**Art**

## OPENING TIMES:

Herefordshire Headway is open from 9.30am - 4.30pm on Tuesday, Wednesday & Thursday and from 9.30am - 1.30pm on Friday.

## HOW TO FIND US:



Herefordshire Headway  
Headway House  
Trenchard Avenue  
Credenhill  
Hereford  
HR4 7DX

01432 761000

[hfds-headway@btconnect.com](mailto:hfds-headway@btconnect.com)

[www.Herefordshire-headway.co.uk](http://www.Herefordshire-headway.co.uk)

Company Number 4068994 Charity Number 1092578

# HEREFORDSHIRE HEADWAY

## HERE TO HELP



**SUPPORT FOR ADULTS WITH  
AN ACQUIRED BRAIN  
INJURY**

**01432 761000**

[hfds-headway@btconnect.com](mailto:hfds-headway@btconnect.com)

## BRAIN INJURIES CHANGE LIVES

**THE EXPERIENCED TEAM AT  
HEREFORDSHIRE HEADWAY CAN  
OFFER SUPPORT AND HELP WITH  
MANY OF THE PROBLEMS ASSOCIATED  
WITH AN ACQUIRED BRAIN INJURY.**

Our main objective is to provide support and rehabilitation to members using the day centre and through our outreach service.

However we recognise that a head injury can affect the whole family and we offer specific support services for carers and family members.

If you know someone who would benefit from our services please contact us to arrange an informal visit or just for an initial chat on the phone.

Cost is dependent on individual assessment and social care funding. Once we have met you we can help to work out the best way of funding the services you need.

### OUTREACH SERVICES

Carers support

Skills for daily living

Outreach service for young people

## WELCOME TO HEREFORDSHIRE HEADWAY

We are a Herefordshire based charity providing services to adults (18+) who have an acquired brain injury.

Our centre in Credenhill is spacious and well equipped, offering members a range of activities and specialist therapies.

After an initial introduction and assessment period, a personal programme is agreed focussing on individual need and helping members to regain confidence as well as develop practical life skills in a supportive environment.

The various activities are designed to be enjoyable but also to help individuals regain and maintain skills lost or impaired by their injury. The clinical therapies offer physical, psychological and emotional support through individual and group work.

**Our aim is to provide a safe and supportive environment where survivors of acquired brain injuries can participate in activities and therapies which will help their physical, cognitive, social and emotional rehabilitation.**

## CLINICAL THERAPIES



**Art Therapy**



**Music Therapy**

Art & music therapy can address all aspects of an acquired brain injury in an approachable way.

## INDEPENDENT LIVING SKILLS

**Information  
Technology**



**Cookery**