



# Getting started



People may choose to come to Headway at various points during their recovery . We recognise that everyone copes with their changed circumstance in a different way and we respect this working in a way that suits each individuals wishes.

**Returning Home** — Some people join us as part of their leaving hospital / rehabilitation package

**Facing Change** — Professional support to meet the challenges of an acquired Brain Injury

**Moving on** — When you feel ready for the next step, Headway can provide opportunities to try new things, meet new people and become more independent

**Crisis** — Headway can offer help to those facing a time of crisis often experienced after the trauma of a head injury

## How to join us

### Four easy steps

1. Contact us and arrange to meet with a member of staff
2. We will work with you to decide which services you may like to try out
3. We will offer you a three week trial so you can get to know us better
4. We will support you to arrange the funding needed to access regular sessions

Getting Started Services are led by Hilary who is happy to meet for a chat



## Why choose Headway?

- Make new friends
- Do new things
- Learn more about yourself and your brain injury
- Learn to manage your injury more effectively
- Gaining independent

**Find out more today!**

**CONTACT US AT**  
HEADWAY HOUSE  
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