



# Coming for a visit learning More



For most people who have suffered a head injury as well as for those who care for them the time when they are discharged at the end of the acute stage of their recovery is much harder than they expected. This is when the realities of future life and the memories of the recent past can seem daunting particularly if life can not resume without major change.

**Headway is here to help**

**At what ever stage of recovery you or your loved one may be at there might be something we can do to help so it is worth coming to check us out.**

→ Initially you can ring for a chat usually we will take your contact details and the new contacts co-ordinator will get back to you.

→ If after a chat you would like to learn more an appointment to visit will be made.

→ At this visit you will be shown around the building and all the day centre service options will be explained.

→ It may be that you want an at home service or a combination

**Your visit will be co-ordinated by an experienced member of staff who will accompany you throughout the visit ensuring that you get all the support you need whether you are staying all day or just for an hour.**

**CONTACT US AT  
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[www.herefordshire-headway.co.uk](http://www.herefordshire-headway.co.uk)**

## **Why choose Headway?**

### **You can:**

- Make new friends
- Do new things
- Learn more about yourself and your brain injury
- Learn to manage your injury more effectively
- Become more independent
- Provide some respite time for your carer