



# HEREFORDSHIRE HEADWAY



Established in 1990 our mission is to promote understanding of all aspects of brain injury and to provide information, support and services to survivors, their families and carers.

Our registered and experienced therapists deliver life changing help to our clients in a well equipped day centre that also offers a wide range of social and leisure activities.



Thanks to a grant from The Big Lottery Communities Fund, from July 2018 we can extend our services into the community and people's homes.





# Herefordshire Headway

Herefordshire Headway is a charity which offers a range of activities and services designed with input from people who have experienced first hand the effects of a brain injury. Support is tailored to the individual.

Our charity members are people who:

**Have** an acquired brain injury due to an accident, injury or illness.

**The** families and or carers who support or have supported someone with a brain injury on a day to day basis.

**Are** individuals with an interest in brain injury who have specialist skills and a commitment to working within the field of brain injury.



# Day Centre Activities



Activities and skills recovery packages are continually evolving. We have a group members committee with whom we discuss ideas and at morning meetings members and staff are consulted and opinions shared.

Our facilities and activities are developed in response to our consultation process. We aim to provide an environment in which our members feel relaxed and at home thereby nurturing each individual as a valued part of our Headway family.



We have an experienced team of staff all of whom have particular skills and experience in supporting people with brain injuries. Our combined knowledge helps us to support the delivery of effective and high quality therapies, social and leisure activities.



# Independent Living Skills



Using information technology to assist communication, expression, cognitive and independence skills.



Regaining and improving functional reading and writing skills.



Developing the skills needed to overcome the barriers of everyday living, both in the home and wider community, through group and 1 to 1 sessions.



# Therapies



Speech and Language Therapy: Group support to help develop improved functional communication skills.



Music Therapy: Using music to regain physical skills and emotional awareness.



Occupational Therapy: Support to make everyday essential tasks more achievable.



Art therapy: Developing fine motor skills and self awareness.

# Leisure Activities



Art and craft

Play reading



Thinking exercises

Woodwork



Creative writing

Choir



Gardening

Yoga



# Lottery Funded Support in the Community



## Support in the community:



Support to cope with day to day challenges faced at home.



Help to access local services which may include a mobile hairdresser, chiropodist, library deliveries, freshly cooked food and much more.



Guidance on how to make best use of aids and adaptations to make life easier.



Mentor support to get out and about, use public transport, community transport services, or perhaps just break down barriers what ever they may be!

## Support for carers:



Regular group meetings with care provided for loved ones, so carers can relax and get to know one another.



Organised social activities.



Expert carer courses ranging from understanding ABI, using aids and adaptations in the home to keeping well while being a carer and benefit rights.



A quick access drop off service for carers needing to attend appointments.

## Referral Criteria:

We work with individuals, carers and families of people who have a brain injury. The injury may have been acquired through an event such as a traumatic injury (traffic incident or an assault etc), a stroke, brain haemorrhage, tumour or infection. This list is not exhaustive and associated conditions are also supported.

We are able to offer support to service users aged 18 and over with a maximum age based on age related health and a need for continued support to enable, maintain and or improve physical skills and mental wellbeing.

## Service Costs:

We have to make a charge for some services but where this is not met in full by Health and or Social Care providers or a charitable grant we offer a discounted bursary rate. All our services offer exceptional value for money so come along and discuss how we can help you.



To Learn More



# Here's what people are saying about us...

"There are some very nice people there.... It adds something to your life. "

"Headway is the only time my husband gets out in the week; it gives him the opportunity for creating and achieving, something which is vital."

*"Headway has helped me love myself again."*

"Herefordshire Headway has helped me gain the confidence to try new things and not worry that people are watching."

"You have helped us to adjust to a very changed life."

"I have learned to smile on the inside again."

*"I'm a very different person"*

"It helps people feel confident"



## Want to know more? Contact



Herefordshire Headway  
Headway House  
Trenchard Avenue  
Credenhill  
Hereford HR4 7DX



01432 761000



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



[info@herefordshire-headway.co.uk](mailto:info@herefordshire-headway.co.uk)