

3. Individual TLC (Helping Hands)

HSB organises sessions of TLC support for each HSB Client Carer. This support is tailored to the needs of the individual. Possible options might involve:

- Help with housework/Spring Cleaning/Gardening/Decorating
- Wellbeing session at a local beauty parlour or spa
- Visit to the hairdresser
- Christmas Shopping Trip
- Visit to Cinema/Theatre
- Meal in local restaurant

4. The HSB Emergency Fund

The purpose of the Emergency Fund is to support families of HSB Clients with sudden unexpected costs or financial problems related to caring for their loved one. HSB Carers can apply to Trustees for a grant to support:

- Purchase of specific equipment
- Travel costs for carer to accompany client to hospital
- Families facing financial hardship
- Emergency accommodation costs

What do our Carer's say about Us?



'What you do is wonderful, it is great to have time to myself knowing that my husband is in safe hands'



'All the outings are excellent and would be impossible to improve on. I appreciate all the research and preparation involved in making the outing run so smoothly.'

Getting in touch with us:

Address

■ **Headway South Bucks.** Resource Centre is at The Community Centre, Wakeman Road, Bourne End, Buckinghamshire SL8 5SX

Opening times

■ Tuesdays, Wednesdays & Thursdays between 10.30am – 3.30pm

Telephone contact

■ 01628 850315
(during Resource Centre hours)

Mobile

■ 07704 86075 (for messages)

Email

■ servicesmanager@headwaysouthbucks.org.uk

Website – visit for more information and inspiration!

■ www.headwaysouthbucks.org.uk

Headway South Bucks (HSB) is a registered charity (No. 110217) and incorporated as a company limited by guarantee (No. 4983790)



Headway South Bucks

Are you Caring for a Brain Injury Survivor?



Can we help YOU?



Headway
the brain injury association

- Need practical advice and support to help you in your carer role?
- Want to learn more about HSB's Carers Support Programme?
- Want to meet people with a similar role and share experiences with each other?

How common is brain injury?

Brain injury can challenge every aspect of your life – walking, talking, thinking and feeling – and the losses can be severe and permanent. It can mean losing both the life you once lived and the person you once were.

Every year approximately 350,000 people are admitted to hospital with an acquired brain injury (ABI) related condition. ABI refers to any form of brain injury that has occurred since birth. This includes traumatic brain injury (TBI), which is the result of a severe blow or jolt to the head and is most commonly caused by road traffic accidents, falls and assaults. Other common causes of ABI are strokes (caused by clots or bleeding in the brain), infections (such as encephalitis and meningitis), brain tumours and hypoxic/anoxic (lack of oxygen) injuries.

Headway – the brain injury association

Headway is a UK-wide charity that works to improve life after brain injury. Through its network of more than 125 groups and branches, of which **Headway South Bucks** is one, it provides support, services and information to brain injury survivors, their families and carers, as well as to professionals in the health and legal fields. The Headway national helpline provides information, signposts to support services and offers a listening ear to those experiencing problems.

Confidential freephone national helpline:

0808 800 2244

Open Monday – Friday 9am – 5pm

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Headway South Bucks is here to help you as a Carer

For over 20 years, Headway South Bucks has been helping brain injury survivors, their families and carers, living in South Bucks and adjoining areas.



Brain injury affects whole families, not just individuals. From the initial shock of the injury, to the eventual acceptance that life may be quite different from before. It can be hard for families to cope with the emotional and practical challenges of caring.

Our Resource Centre in Bourne End Community Centre is open on Tuesdays, Wednesdays and Thursdays, 51 weeks a year. We welcome adult (age 18 and over) brain injury clients, at various stages of recovery, and, if required, their support workers.

Whilst clients are attending the Resource Centre, carers can have respite time for themselves. Our team offers advice and support to Carers and, where appropriate, signpost people to other services and organisations.



Carers of HSB clients are eligible for the Carers Support Programme

Support for Headway South Bucks Carers

HSB developed the Carer's Support Programme specifically to support Carers of HSB clients. The CSP consists of 4 different elements, designed to offer tailored support to help improve quality of life for carer and client. These events and services are provided free of charge.

1. Outings & special events

HSB offers outings throughout the year, designed to appeal to all. Outings include visits to theatres, museums, animal parks, stately homes and afternoon teas at local hotels. HSB organises all the practicalities of the day (including advance risk assessments and arranging transport and catering). Carer and Client can enjoy a stress-free outing -supported by a dedicated 'Buddy' (staff member or volunteer) - to help them with their day.



2. Networking & support

HSB organises these sessions periodically, in response to requests or ideas from our Carer's. They may consist of a speaker talking on a specific topic, wellbeing sessions or simply a relaxed get together at the local coffee shop. Such sessions provide an opportunity for carer's to meet informally - often enabling an exchange of ideas from the experts - the Carer's themselves.

