

How we help

HSB strongly believe that with the right help and support, progress and improvements can be made by people with an acquired brain injury years after the injury was sustained.

Our aim is to give all clients the opportunity to improve their social, cognitive, coordination and living skills. This happens through the activities offered, sometimes by external therapists and the encouragement and gentle guidance of staff and volunteers to enable the client to work on their goal plan targets.

Carers can be assured that their loved ones are happy, well cared for and participating in activities that will have an engaging and positive effect.

For more information on how HSB support our client's carers, please look at our Carers leaflet or get in touch with us directly

What do our Clients say about Us?

'I can honestly say that I regard everyone here as a friend'

'HSB helped me with new ideas on how the help me live as independently as possible'



'I enjoy the digital art, chess and word wheel, as all of this helps me improve my cognitive skills. I feel much more confident'



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

Are you a Brain Injury Survivor?



Can we help YOU?



Headway
the brain injury association

- Do you need our support and advice on coping with life after brain injury?
- Would you like to learn new skills and improve your quality of life?
- Do you want to meet people who understand and can relate to your experiences?

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

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



Headway South Bucks is here to help you

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

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

Our dedicated team work with our clients to help devise activities which improve cognitive ability, coordination, confidence building and social skills.

They also organise sporting activities, physical activities and basic living skills. The Resource centre has internet connectivity and some clients use the tablet PCs to improve computer and communication skills.

What we can offer you at HSB

- A friendly and welcoming meeting place
- An opportunity for improving social and cognitive skills
- Individual Goal planning to help a client reach their full potential
- Social Outings



Activities offered are designed to improve:

- General Living Skills
- Cognitive and Co-ordination skills
- Building confidence
- Social Skills
- and... to enable folk to try something new



The annual programme of activities include:

- Arts and Crafts
- Sports
- Games and Puzzles
- Music Therapy
- Keep Fit

