

Headway Essex Mission Statement

Everyone living with the effects of acquired brain injury has the opportunity to lead a fulfilling life.

David Tennant – our Patron’s message

This past year has seen the 30th anniversary of Headway Essex. It also marks the 10th anniversary of me being Patron of this outstanding charity and I couldn’t be more proud of what we have achieved.

In those ten years we have introduced new services such as Psychotherapy, Occupational Therapy, Brain Injury Training and increased our day service provision to support more people. Our Community Support Service is now Essex wide with support workers and groups covering the whole County and a dedicated helpline is just a telephone call away.

I became Patron in 2006 after visiting the day centre while rehearsing a role for the BBC drama Recovery. I played a person who acquired a brain injury after being hit by a car. The programme showed how the accident victim and his family fought to deal with the new life they faced.

In my first “Message from the Patron”, I wrote how my visit was a truly humbling and powerful experience and why the work of Headway Essex was so important to everyone affected by a brain injury.



Ten years on those words still ring loud and true. Maybe even more so. The decade has passed but I know the commitment of Headway Essex remains the same - to deliver first-class care and support for families and people coping with the effects of brain injury.

Thank you to all of you who support the outstanding work of Headway. Ten years on I still firmly believe Headway Essex is a wonderful organisation and one which I am happy to help with. I hope you feel the same too and will continue to support the charity, as we celebrate its 30th anniversary, to ensure that its services are still there for many years to come.

Best Wishes

David Tennant

Our Vision

Through the work of Headway Essex;

- Adults with acquired brain injury will fulfil their potential
- Carers and Families will be better able to cope with their caring role
- The wider community will understand the causes and effects of acquired brain injury