

How Community Support can help

We provide a number of services including;

- Telephone support and information on the different aspects of brain injury
- A listening ear
- Home/hospital visits
- Monthly client/carer support groups across Essex for people with acquired brain injury and their carers
- Referrals to the Headway Centre where appropriate
- Support for individuals and families to cope with the effects of an acquired brain injury.
- Support for individuals and families to access education, leisure, voluntary and employment opportunities
- Supporting individuals and their families to pursue their own interests and achieve self-help and independence.
- Signposting to other organisations where their support may be beneficial.
- Working alongside health professional and other supporting agencies.
- Benefits advice & signposting
- Providing training for informal and formal carers and health care professionals.
- Presentations on the work of Headway Essex
- Raising awareness of acquired brain injury
- Helping people to understand their brain injury and how it has impacted their lives

Things we can't do

- Give medical advice and diagnosis
- Provide legal advice
- Provide a counselling service
- Recommend particular services such as rehabilitation centres, doctors or solicitors, although we can give information that will help you make a choice.

Every year almost one million people attend hospital with brain injuries.

About 150,000 will have a minor brain injury resulting in unconsciousness for 15 minutes or less.

Around 10,000 will suffer moderate brain damage causing unconsciousness for up to 6 hours.

Up to 11,000 will suffer severe brain injuries and be unconscious for six hours or more.

One family in every 300 will be affected by the long-term effects of acquired brain injury.

What can be affected by a brain injury?

- **Memory**
- **Information processing**
- **Co-ordination/balance**
- **Sensory perception**
- **Speech/language skills**
- **Awareness/insight**
- **Personality**
- **Inhibition/impulsivity**
- **Planning/organising**
- **Concentration/attention**
- **Mobility**
- **Stamina/tiredness**
- **Motivation**
- **Relationships**
- **Mood/emotions**
- **Tolerance**
- **Perception**

Any one, or a combination of these problems can affect personal, family, social, education or working life.



Brain injury doesn't just affect the person with the injury, but also the whole family's lives can be turned upside down in an instant. When an injury first occurs it can be bewildering and frightening; there is often no-one to talk to who understands what people are going through and it is often difficult to get appropriate information.

Once back in the community the long-term problems start to become apparent and help is needed in accepting these.

If people have access to appropriate advice and support at the right time they are better able to cope in the long term, thereby helping to prevent crisis situations from developing.



About Headway Essex

For over 25 years Headway Essex has been providing care and support for people who have sustained an acquired brain injury. This may be through sporting or work accidents, road traffic accidents, assaults, illness or disease.

Specialist Day Services

The Headway Centre in Colchester provides rehabilitative care to survivors of brain injury.

Community Support Service

The Headway Community Support Service provides information, advice and support to people living with acquired brain injury and those who care for them.

Fundraising

Headway Essex is an independently registered Charity and relies on fundraising to sustain its services

Volunteers

Volunteers are essential to every aspect of Headway Essex and bring with them a wide range of skills and experience which enrich our organisation.

Our Patron

David Tennant became the Patron of Headway Essex in 2006 after visiting the Headway Centre.

David said, "Against all odds, the spirit and humour of the clients at Headway Essex was remarkable".



Please contact us via the details below if you would like further information or to make a referral. Initial referrals can be made by the person with the brain injury, relatives, friends, health professionals, solicitors and other agencies.

Community Support Service

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Colchester
Essex
CO1 1PB

Tel: +44(0)1206 768797

Fax: +44(0)1206 547486

Email: communitysupport@headwayessex.org.uk

Website: www.headwayessex.org.uk

Opening Times

Monday—Friday
09.00-16.30

Closed Bank and Public Holidays

Patron David Tennant
Registered Charity Number 100807
A Company Limited by Guarantee 2674755
Affiliated to Headway—The Brain Injury Association



Headway Essex

Providing Brain Injury Care & Support

Piecing
lives back
together

Community Support Service