

About Headway Essex

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

Specialist Day Care 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".



Headway Essex



The Headway Centre
2 Boxted Road
Mile End
Colchester
Essex
C04 5JD

Tel: +44(0)1206 845945
Fax: +44(0)1206 752173

Email: dayservice@headwayessex.org.uk
website: www.headwayessex.org.uk

Opening Times:

Office Hours:
Mon-Thur: 09.00-17.00
Fri: 09.00-16.00

Centre Activities:
Mon-Thur: 10.00-15.30
Fri: 10.00-15.00

Closed Bank Holidays and Public Holidays.

Patron David Tennant
Registered Charity Number 1008807
Affiliated to Headway - the brain injury association



Headway Essex

Providing Brain Injury Care & Support



The Headway Centre Information Guide

The Headway Centre operates day services where rehabilitation activities take place.



These activities are designed to help people to rebuild their lives and re-learn lost skills after brain injury.

Some people will only need Headway's help for a few months while others may attend for a number of years, particularly where carers' respite is required.

Our Aims

To provide care and support for people living with brain injury. Through professional help and activity, emphasis is placed on encouraging people to regain lost skills and to learn how to manage back in society, whilst developing the ability and emotional strength to lead a full life.

Supporting You Every Step Of The Way

The centre is open five days a week and each day is structured differently in order to meet the specific needs and levels of ability of individuals. Our care team are experienced in brain injury, helping you feel understood and supported. A dedicated key worker will work with you to plan, monitor and help you work towards achieving your goals.



Activities Are Designed To:

- Develop Communication Skills
- Provide Brain Injury Education
- Increase Social Inclusion
- Promote Independence
- Improve Emotional and Mental Health
- Encourage Health and Personal Care

What Activities We Provide

- Communication and Interpersonal Skills
- Adult Education
- Information Technology
- Art Therapy
- Neuro Gym
- Trampolining Therapy
- Ten Pin Bowling
- Gaming Exercises
- Gardening
- Cookery Lessons
- Excursions
- Quizzes
- Social Activities



Many activities require cognitive skills and physical skills. Social skills are developed, including recognising other people's needs, taking turns, listening and making yourself understood. These are all skills we take for granted but can be lost after brain injury.



Set in peaceful surroundings within easy access of Colchester Town, The Headway Centre has excellent facilities.

It is fully accessible by wheelchair users.

Contains two multi-purpose activity rooms.

Has a hygienic purpose fitted kitchen where meals can be prepared. Lunch can also be ordered from local retailers or you may bring your own.

Contains a fully furnished IT suite with specialist equipment suited for all abilities.

Provides accessible toilet facilities with hoist, changing table and emergency pull cord.

Has an attractive outside area with raised flower beds for easy gardening and space for activities and socialising.

Has a Minibus with tail lift enabling us to transport users to and from various activities.

