



How Can Headway Essex Help?

We are here to listen, help and support adults with acquired brain injury, their families and carers, at any stage from the hospital bedside to many years down the line. We can help in a number of ways:

- Specialist Support and Advice Help-Line
- Dedicated Community Support Worker
- Benefits Advice
- Literature and Information
- Education and Training
- Support Group Meetings
- Rehabilitation After Brain Injury
- Psychotherapy Following Brain Injury
- Signposting To Other Local Organisations

*“My life changed 18 years ago
but thanks to finding Headway
it’s no longer the end of the world,
but the beginning of a new chapter.”*
Brain Injury Survivor.

Other related leaflets include:

- Have you had a brain injury?
- Has someone you know had a brain injury?

**For more information
about the work and services
of Headway Essex please
contact us.**

Email: communitysupport@headwayessex.org.uk

Call: 01206 768797

Headway Essex

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Affiliated to Headway - The Brain Injury Association

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Donate to Headway Essex

To donate £5 to Headway Essex text:

HEAD12 £5 to 70070

or visit

www.headwayessex.org.uk



Headway Essex

Improving Life After Brain Injury

Understanding your brain



Piecing lives back together

Every Brain Injury is Different

The effects of a brain injury may include physical, emotional, cognitive (thinking) or social skills. This will depend on which part of the brain is injured and the severity of the injury. The diagram below highlights the responsibilities of each area of the brain.

Motor Cortex

The motor cortex controls the planning and execution of movement, it plays a vital role in deciding and telling your muscles to move. It is positioned within the frontal lobe.

Frontal Lobe

The frontal lobe controls your emotions and personality including your social behaviour. It controls thinking, planning and problem solving - these are called executive function skills. There is also a specialised area known as Broca's area that is responsible for producing speech.

Temporal Lobe

The temporal lobe plays a role in memory but mainly controls general understanding; this includes the understanding of language.

Somatosensory Cortex

The somatosensory cortex controls feelings of touch and sensation. It is positioned within the parietal lobe.

Parietal Lobe

The parietal lobe controls perception and spatial awareness (making sense of your surroundings). It is also responsible for spelling, reading and arithmetic.

Occipital Lobe

The occipital lobe controls all aspects of vision including the recognition of objects and people.

Cerebellum

The cerebellum controls smooth movement, balance and coordination. It also processes learned, automatic movements.

Brain Stem

The brain stem controls basic human functions including breathing, heart rate, blood pressure, body temperature, blinking and swallowing. It also controls consciousness, wakefulness and tiredness.

