

Rehabilitation After Brain Injury

Our support workers will be able to assess whether the person with the brain injury would benefit from attending our specialist rehabilitation day service, or our specialist brain injury education and vocational programme. This will also provide a break (respite) for you as the carer.

Psychotherapy following brain injury

Psychotherapy helps to alleviate psychological distress following acquired brain injury. The psychotherapy offered by Headway Essex includes:

- Therapy with individuals
- Therapy for couples
- Psychosexual therapy.



Other Local Organisations

We may direct you to another agency or organisation to support you with your specific problem. We will be able to tell you which is the right one to go to and save you valuable time and stress involved in researching it yourself.

Contact Us - We Can Help You!

If you are unsure of what type of support you need and what may be available to you, or would just like to talk to someone who has an understanding of brain injury, please call us. It is never too late to ring - we are here to help you.

The Headway Essex Help Line is available for you to call 8.30am to 4.30pm Monday to Friday (except on public holidays)

Messages can be left out of hours and will be responded to.

YOU ARE NOT ALONE
JUST CALL HEADWAY NOW ON

01206 768797

Or e-mail communitysupport@headwayessex.org.uk

Headway Essex

Community Support Service
58b Head Street
Colchester
Essex
CO1 1PB



Registered Charity Number: 1008807

Patron: David Tennant

Affiliated to Headway- The Brain Injury Association

Company Limited by Guarantee Registered in

England & Wales No. 2674755



Headway Essex

Providing Brain Injury Care & Support



Do you know someone who has had a stroke?



You may have picked this leaflet up from a hospital ward, doctor's surgery or have been handed it by a friend or health professional. If so, this is likely to be because a relative

or friend of yours has suffered an acquired brain injury.

This may be something that has just happened or it may be something that happened many years ago.

The brain injury may have been caused by trauma; something as simple as a domestic fall or a bang on the head, to major trauma such as road accidents or assault. Or it may have been caused by non-traumatic injuries such as a brain haemorrhage, tumour, infection or stroke. The person may look the same but is behaving very differently, or they may have physical disabilities also.

The effects of the injury can mean a long recovery process and they can sometimes be permanent and life changing; not only for the person with the brain injury but also for you as the person's partner, family or friend.

As someone reading this leaflet you may be a husband, wife, partner, parent sibling or friend. You still have this role but now find yourself with an additional role caring for a loved one. This may make life very different for you and sometimes difficult to cope with.

You might need help in dealing with a range of emotions you find yourself experiencing, or just want to understand more about brain injury, its effects and the specialist support available, or simply to talk to someone who understands exactly what you are going through... We are here to help you, just call us.



How can Headway Essex help?

We are here to listen, help and support you, at any stage from the hospital bedside to many years down the line. We can help with any problem in a number of ways:

Specialised Support & Advice Help-line

Our help-line can provide a listening ear, an immediate response to a cry for help and a true understanding of the issues you face. Just call us.

Support Workers

When you contact us you will have access to a community support worker who is experienced in the effects and impact of brain injury. They can provide you with direct, emotional and practical support.

Finances

The person who suffered the brain injury might have contributed to the household income. Headway can help you to find out what benefits you and the person you care for are entitled to. We can also advise where to access support if you are trying to balance a job and caring for someone.

Literature and information

We can provide you with information and numerous publications on all aspects of brain injury and topics surrounding brain injury.

Education & Training

Our training seminars will teach you about how the brain works, what the effects of an acquired brain injury can be and how you can manage the effects. This helps to ensure the person with the brain injury is appropriately supported which enables them to make the best possible recovery and makes sure you are equipped to cope.



Support group meetings

We provide carers only support group meetings in addition to meetings that you can attend with the person you are caring for. Attending one of our support groups will provide the opportunity to talk to others in similar situations to share information and to hear from experts in the field of brain injury rehabilitation as well as updates and relevant information on many other topics.