

"When you are with people who have been through the same, you can relax and be who you are"

**Headway Essex
Young Persons ABI Group**

Young Persons Acquired Brain Injury Group

Starts 11 January 2019

**Leisure World
and
various community
venues in Colchester**

To enquire about this group, call or email:



communitysupport@headwayessex.org.uk

CALL



01206 768797





"When you are with friends you just want to fit in. You can't be bothered to explain things are different, so you have to work hard to appear as if nothing has changed."

The benefits of attending the group

At Headway Essex we know that adjusting to life after brain injury can be very challenging and frustrating.

As a young adult with an acquired brain injury, you will be keen to get back to doing the things you did before your brain injury, but you may be finding this an almost impossible challenge. You may feel that even your closest friends and family do not understand the obstacles you face on a daily basis. This can make you feel lonely and isolated, even with their full support.

At Headway Essex we have designed, a new young person's group with a focus on rehabilitation. You will be working with the peer support of other young adults with an ABI, to help you understand your brain injury and learn tools to cope and compensate with its effects and rebuild your confidence.

Along with this, you will have the opportunity to get involved in fitness and social activities in the community, form new friendships and have a lot of fun along the way.

Outcomes

By attending this group you will:

Meet other young adults with an acquired brain injury and share successes, frustrations & challenges

Develop insight into your injury and how it affects your life and the lives of those around you

Learn new tools for coping with acquired brain injury

Develop confidence in social situations and build confidence to get involved with activities in the community

Be aware of your opportunities for returning to work, or meaningful activities and resources available to help

Have fun and the opportunity to build new friendships

General Information

To attend this group, you will need to be between 18 to 35 years of age.

The group runs for 12 weeks and whilst we encourage full participation, you are able to 'pick and choose' the sessions that are relevant to you.

Most sessions will be from 11am to 2pm with the exception of some Community Activities. Full details will be provided on registration.










All attendees must have a confirmed acquired brain injury diagnosis.

Where assistance with personal care is required, a PA/support worker will also need to be in attendance.

You will also need to arrange your own transport to and from each venue.

You can be referred to this group via the Colchester Hospital Neuro Re-habilitation Team or you can refer yourself by contacting our Community Support Team on 01206 768797 or e-mailing communitysupport@headwayessex.org.uk

Overview of group meetings 2019

| Session | Date | Location | Overview |
|---|----------------------|--|---|
| Session 1  | 11/01 11am-1pm | Starbucks, Colchester Retail Park, Sheepen Road | Group introductions, refreshments and discuss programme in detail. |
| Session 2  | 18/01 11am-2pm | Leisure World, Meeting Room | “Where are you now”? tree of life exercise Health and well-being outcomes / goal setting |
| Session 3  | 25/01 11am-2pm | Leisure World, Meeting Room | An introduction to “The Hero’s Journey” a brain injury educational group programme. Insight into your own brain injury journey |
| Session 4  | 01/02 12pm-2.30pm | Colchester Ten Pin centre | Bowling, refreshments and a catch up |
| Session 5  | 08/02 11am-2pm | Leisure World, Meeting Room | My “Hero’s Journey” a bespoke group learning session on what issues impact on daily activities. Planning for next weeks “bring a friend” session |
| Session 6  | 15/02 11am-2pm | Leisure World, Meeting Room | Friends and Family session. “How we think, feel and behave”? Cognitive & Behavioural aspects of Brain Injury. Identifying progress made and areas to work on. |
| Session 7  | 22/02 11am-2pm | Community Activity | Meal out with Group |
| Session 8  | 01/03 11am-2pm | Leisure World, Meeting Room | Understanding support for Return to Work & accessing Volunteering Opportunities Talk from Disability Employment Advisor. |
| Session 9  | 08/03 11am-2pm | Leisure World, Sports Hall | Multi-Sports sessions – A chance to try different sporting activities. Café |
| Session 10  | 15/03 | Curzon Cinema / Café | Group choice of movie After movie discussion in the Curzon Café |
| Session 11  | 22/03 11am-2pm | Leisure World, Meeting Room | Relationships after Brain Injury. An open group discussion about matters, issues and concerns related to relationships. |
| Session 12  | 29/03 11am-2pm | Leisure World, Meeting Room | Summing up, evaluation and ‘What Happens Next’. Café |