



moving forward together...

HEADWAY *Luton*

... supporting people with an acquired brain injury

Headway Luton is a charity. We provide services for people who have had an acquired brain injury. We also support family members and carers.

Our ethos *is* focused on the individual, making progress after the brain injury, setting their own aims and goals and moving forward with their lives, gaining in confidence and reaching their potential.

There are currently two arms to Headway Luton: Centre based Services and Community Services.

Centre services are operating at three different locations. There are Centres in Luton and Leighton Buzzard, with over 80 people attending overall each week. The Centres are open from 10am - 3pm between Monday and Friday. People usually attend for 1-2 days a week, depending on what they would like to do and the funding available. Some examples of group sessions running include memory and thinking skills exercises, computers, physical exercise which includes the gym or an armchair exercise group. Other groups include art and drawing, numeracy, creative writing and microwave cookery.

Community Support Services include everything outside of the Centre, beginning with the initial assessment when someone is first referred to Headway. An initial meeting is set up so we can get a clear picture of the persons needs and to see how Headway can support, both the individual and the family. We can support in many different ways. Some examples include:

- offering advice and information
- referring to other services
- setting up a taster day at the Centre
- further home visits

For all clients, once the initial support work has been finished, they can still access telephone support or home visits when required.

When the client feels they are ready to get back out there in the local community we can support them to make that next step. We are aware that this is sometimes difficult. They may wish to take up a new hobby, learn a new skill, get more exercise, meet new people, do a course or start to look for paid or voluntary work. At Headway we have a dedicated member of staff who can help find that opportunity and make that next step.

As part of community services we also have a new course called 'Confidence In The Community' It is run for one day a week for a year. During the course a small group plan and carry out many community activities. This includes using a library, a bank, a community centre, going shopping, eating out and travelling on public transport. By the end of the year group members are encouraged to have started a new activity, course or volunteer role. The first year of the course was a great success and it is now into its second year.

Community Services also support carers, with monthly support meetings, and with advice and information. Acquired Brain Injury is often called the hidden disability as people may look fine on the outside, but there are many hidden problems. Headway offers training to promote awareness of brain injury, both internally to staff, volunteers, clients and carers and also externally to other agencies and community groups.

So both within Centre and Community based services, Headway Luton is all about people adjusting to life after the brain injury, then moving forward and achieving their potential. Our ethos is expressed in our logo which says 'Moving Forward Together'.