



moving forward together . . .

HEADWAY *Luton*



. . . supporting people with an acquired brain injury

This leaflet has been produced in partnership with
Adult Social Care Services - Luton Borough Council

Headway Luton Ltd

An independent voluntary organisation and a company limited by guarantee
Governed by a membership elected Board of Trustees and staffed by
experienced, qualified personnel and trained volunteers

Registered in the UK as Charity no. 1080775 Registered in the UK as Company no. 3917437

Affiliated to Headway UK, the brain injury association

Group originally formed as Headway South Beds & District in 1989

Supported by Adult Social Care Services, Luton Borough Council and NHS Luton

Headway Centre Service



The Headway Centre in Luton offers a wide range of activities aiming to meet the individual needs of each client in a healthy, safe and stimulating environment

The focus is on providing social, educational and recreational opportunities, along with cognitive and physical exercises, increasing personal skills and self-confidence

A free 'taster day' is always offered initially and subject to availability and agreement, clients usually attend one chosen day per week.



Every day has a different programme and we regularly review and develop these activities.

A current timetable is available upon request

The aim is to enable people to 'move forward' in their lives, become as independent as possible and to achieve their fullest potential

Community Support Service

The main aim of this service is to enable clients, their families and/or carers to live an independent and fulfilled life as possible within their own local community



This is achieved by employing a holistic approach to the client, family and/or carers sometimes multiple and complex needs.

We also assist with specific issues concerning acquired brain injury and its life consequences



Our trained volunteers also help clients to reach their goals by supporting them accessing their local colleges, sports and social facilities.

Frequently Asked Questions

Q: What constitutes an acquired brain injury?

A: Any injury to the brain since birth which is non-degenerative. See our leaflet 'Causes and Consequences' or log on to our website

Q: Who can access Headway Luton services?

A: Any one 16 or over with a diagnosed brain injury, and their family and/or carers may have an assessment of need

Q: I don't want to go to any Centre so can I just have community support?

A: Yes, by arrangement with our Community Support Co-ordinator, based on assessed need

Q: Do you provide transport?

A: Unfortunately, no. Clients coming to the Centre either arrange a lift (very limited parking), use public transport or join Dial-A-Ride

Q: Are there any costs?

A: Possibly, but most Centre placements are funded by your local authority based on their eligibility criteria. We can discuss this with you

The W O W factor!

We aim to provide a wide range of support to meet the individual needs of people with an acquired brain injury, their families and/or carers, - enabling them to live as independently as possible

Our ethos is to enable clients to move forward with their lives by building on their personal skills and self-confidence to achieve their fullest self-potential and increased social inclusion

We aim to promote awareness of acquired brain injury by means of information, advice and training throughout the wide diversity of our local communities

Some examples of support we provide:

Advice and information

Appointment advocacy

Carers/family support

Cognitive and physical exercises

Crisis intervention

Educational opportunities

Employment support

Home visits (Luton area only)

Liaison with other agencies

Recreational opportunities

Signposting to other services

Social events within the community

Volunteer 'befriending'

For further information/contact:

Website: www.headwayluton.com

E-mail: enquiries@headwayluton.com

Telephone

Office/fax: 01582 876729

Community Support: 01582 876729

Centre Service: 01582 454173

Visits: ***By appointment only please***

Headway UK Helpline

Free call 0808 8002244



moving forward together...

- ? Do you have a million more questions?
- ? Want to make an appointment?
- ? Need more information?

Whatever you need please do not hesitate to contact us.

Open 9.00am – 4pm Monday to Friday.

Out of hours please leave a message and we will contact you a.s.a.p. Thank you

We look forward to hearing from you!