


# Headway

Norfolk & Waveney's Brain Injury Charity

01603 788114 

[contact@headway-nw.org.uk](mailto:contact@headway-nw.org.uk) 

4 Woolgate Court   
St Benedicts Street  
Norwich  
NR2 4AP



Headway Norfolk and Waveney support people, carers and families whose lives have been affected by an acquired brain injury through;

- Stroke
- Trauma due to RTA
- Attacks
- Trips and falls
- Brain tumour and surgery
- Viruses and infections including meningitis
- Drug and alcohol abuse.



## One-to-One Support in the Community

We work with people to promote independence at home and in their local community. This might be support for a specific area of their lives for a short period of time, or longer-term to help them maintain independence.

## Day Service

People can access a wide range of wellbeing, independence and community rehabilitation sessions that offer group support in meeting personal aims and goals.

## Programmes & Support Groups

Our Occupational Therapists run “Living with Brain Injury” programmes in the community to enable people to: explore the effects of brain injury; learn practical tips and strategies; access advice/support and meet other people facing similar challenges.

## Awareness Raising

We raise awareness and understanding through: campaigns such as Action for Brain Injury week; presentations to community groups, schools, health and social care organisations; provide student placements and facilitate brain injury research,.

Our Day Service locations are in Norwich, Long Stratton, Swaffham, Lowestoft, King's Lynn and Great Yarmouth.

The types of group support sessions and programmes include:

- > **Living Skills:** Food and nutrition, accessing the community, literacy and numeracy.
- > **Wellbeing:** Art, woodwork, physical activities, yoga, tai chi.
- > **Community Rehabilitation:** Cognitive function, mood management, brain injury specialist sessions



## Free Additional Support Services

We also run monthly peer support groups across the county and virtually, so people can come together to share experiences and build connections. The support groups we currently offer are:

- Carer Support Groups (face to face)
  - Peer Support Groups (online)
- Peer Support Group (face to face)
  - ABI Connections (face to face)
- Living with Brain Injury Educational Group (face to face)



## Referrals Process

If you would like to refer someone to Headway Norfolk and Waveney, visit our website **[www.headway-nw.org.uk/about-us/referrals/](http://www.headway-nw.org.uk/about-us/referrals/)** to download a referral form.

Once completed, these can be returned to us either by email or post:



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referrals@headway-nw.org.uk



[www.headway-nw.org.uk/home/](http://www.headway-nw.org.uk/home/)

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