



February – April 2016 Sessions & Activities

Email: info@headwaydarlington.org.uk
Call 01325 376444

All sessions, unless otherwise stated are located at:
The Arena (Mowden Park) Darlington, Co Durham,
DL2 1DL

www.headwaydarlington.org.uk



Monday 15th February (1pm – 3pm) **“Why are things not the same?”**

Following a brain injury, many people experience a number of changes in their thinking, emotions & behaviour. In this session you will have the opportunity of exploring some of these changes & how they impact on those around you. Also discussing the perception of the public to people who have had a brain injury thinking of ways to educate them to understand what you are going through. **This session will be led by Jean Martin Savage, Headway Darlington’s Psychologist**

Monday 7th March (1pm – 3pm) **“More than words can say”**

After a brain injury, people often find it difficult to communicate with others as they would like. In this interactive session you will have the opportunity to look at a range of verbal and non-verbal strategies that will help and improve your communication skills. **This session will be led by Janet Rogerson of Headway Darlington. Janet is a specialist teacher of total communication skills**

Monday 21st March (1pm – 3pm) **“A time for relaxation & discussion while exercising the brain”**

In this session you will have the opportunity of engaging in interactive games & activities that aim to improve concentration and memory, as well as the opportunity to practice some of the new communication skills learned in the previous session. There will also be the opportunity to engage in alternative creative activities if preferred. **This session will be led by Jenny Locke, Headway Darlington’s specialist Occupational Therapist**

Monday 4th April (1pm – 3pm) **“Beneficial Activities and Barriers”**

Following a brain injury, people often find that the range of activities they engage in reduces as they often encounter barriers. Certain activities are more beneficial than others to recovery and well-being. In this session you will have the opportunity to learn about which activities are the most beneficial and explore the barriers that can be experienced when trying to engage in those activities, and how they can be overcome. **The session will be led by Angela Birleson, Headway Darlington’s specialist Occupational Therapist.**

Monday 18th April (1pm – 3pm) **“Getting the balance right”**

This session will build upon the previous session. You will have the opportunity to explore how you spend your time and consider, ‘Have I got the balance right?’ If not, you will also have the opportunity to develop your own action plan to achieve the right balance of activities in your life to promote your recovery and well-being. **The session will be led by Angela Birleson, Headway Darlington’s specialist Occupational Therapist.**

ACTIVITIES:

Tuesday 9th February (12.30 – 2.30pm)

“So you think you can’t cycle?”

Why not come along to the Headway Hub in Darlington (The Arena – Mowden Park) and try cycling? The Mission of the ‘Gateway Wheelers’ is to enable people with disabilities to enjoy cycling and create opportunities for personal development by providing suitable cycles, equipment and support. The vision is completely aligned to our own in rebuilding lives after brain injury!

Come along and see what they have to offer and meet other Headway members and Mowden Park Rugby players!

Headway Ramblers will be commencing their monthly walks to the herald the beginning of Spring on 11th April. Visit our website or get in touch for details and updates!

Headway D&D Fit Club – coming in April!

A Neuro-physiotherapist will assess our members, advise on individual training programmes and monitor progress on a regular basis!

We will have a block booking for our members where they have the opportunity for 1:1 attention within a gym or exercise room. Engaging in physical activity and targeted exercise can promote physical recovery following a brain injury, as well as improving general health.

See next page.....



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Tuesday 19th April (1pm – 3pm) **“Mindfulness course”**

This four-week introductory course is intended for all those affected by brain injury. The course will be run by an experienced Mindfulness tutor who will answer questions such as, ‘What is Mindfulness?’, ‘What does it involve?’ You will be introduced to a number of exercises to develop Mindfulness skills and will have the opportunity of practising these during the course under guidance. The beneficial effects of Mindfulness are well documented in the research for both brain injured and non brain injured people and the tutor will explain some of these benefits, which include, among many other things, improved concentration and memory; increased resilience to stress and pain.

The Session will be led by an experienced Mindfulness Tutor.

The course continues on Tuesday: April 26th, May 3rd and May 10th.
We are almost fully booked so please contact us if you are interested!

Thursday 4th February 2016 (weekly) **“Individual sessions”**

In recognition that there may be things you want to discuss confidentially, we offer the opportunity for you to talk to an experienced brain injury professional on a one-to-one basis.

The service is available every Thursday afternoon between 1 pm and 3 pm and is open to non members who simply want to know more about our services and if they are right for them.

The individual sessions are by appointment only. Please contact Jean on 0789 134 9036 / 01324 367444 to arrange a suitable time.

Service Delivery Team:

Jean Martin-Savage

Headway Darlington & District Service Program Director. Jean is a Chartered Psychologist with over twenty years experience designing and delivering rehabilitation programmes for people with an acquired brain injury

Angela Birlson

A specialist neurological occupational therapist. Angela qualified as an occupational therapist more than 26 years ago and her clinical expertise is in working with people affected by acquired brain injuries.

Jenny Locke

Occupational Therapist and Case Manager, with over 20 years’ experience of working with people with brain injuries in both the community and specialist residential rehabilitation settings.

Janet Rogerson

Janet is a qualified teacher with over 20 years experience supporting deaf/hearing impaired students. For nine years she was an Advisory Teacher training staff in mainstream schools supporting young hearing impaired people and their parents

Hugo Edwards-Heathcote

Hugo is a psychology graduate with a special interest in therapeutic approaches and brain injury. He plans to train as a Clinical Psychologist.

We also have a number of additional volunteers who support our services. For more information contact us.

Brain Injury can happen to anybody at any time and can transform any aspect of that person. It can devastate lives, shatter families and leave people in desperate need of support. Headway Darlington & District is dedicated to providing continued support to survivors and their families to help them adjust and rebuild their lives.