HEADWAY DARLINGTON & DISTRICT
Rebuilding lives after brain injury

Headway
the brain injury association

May - July 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 16th May (1pm – 3pm)
"Healthy Eating"
As part of our 'Get Fit' programme we have a guest speaker from Health Watch Darlington to discuss the importance of eating a balance diet to aid recovery and keep well.

Monday 6th June (1pm – 3pm)
"How do I get a better night's sleep ….are sleep and fatigue related?"
This session will be led by Jean. In the first part of the session we will explore sleep problems following a brain injury and strategies that you can use to improve your sleep pattern. Fatigue, which cannot easily be overcome by a good night's sleep, is a major problem after a brain injury and in the second part of the session we will explore ways that you can organise your day to manage fatigue.

Monday 20th June, (1pm – 3pm)
"A time for socialising with peers". In this session, which will be led by Jenny, you will have the opportunity of socialising with others in a similar situation to yourself and engaging in interactive games/activities of your choice that should help improve concentration and memory.

Monday 4th July (1pm – 3pm)
"Discover your ancestors": Headway Genealogy Group
Always wanted to know about your ancestors but unsure where to start? Need support with those planning and organisational skills? Nicola, who has researched her family history for over 10 years and has helped others find out where they came from, will lead the session. She will give us an introduction to the subject and her ideas on forming our own genealogy group. Why not get some help to kick start your research & help you find out about that ancestor that you've always wondered about?

Monday 18th July (1pm – 3pm)
"Do I need to talk to communicate?" This session will be led by Jean and will involve exploring the role of body language in communication. Sometimes it is difficult to express our feelings and in the second part of the session we will explore how we can express ourselves through the use of musical instruments. Don't worry, it is not necessary to understand music or how to play a musical instrument!

Continued overleaf ….

ACTIVITIES:

"Cycling for all"
Sunday 29th May 1.30pm – 3.30pm
Sunday 24th July 1.30pm – 3.30pm
Why not join our members at Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ
The mission of 'Gateway Wheelers' is to enable people with disabilities to enjoy cycling and create opportunities for personal development by providing suitable cycles, equipment and support.
Come along and see what they have to offer and meet other Headway members! Contact us with any questions!

"Creativity Sessions for all'
Weekly Friday sessions between 1.30 and 4 pm. Why not join our members at the Open Art Studio, The Bridge, Centre for Visual Arts. Yarm Road, Darlington, DL1 1ED and enjoy being creative in a relaxed, friendly, atmosphere where you can explore techniques in ceramics, textiles, printing, drawing or painting. Contact us with any questions!

Headway Ramblers
Join our members for a gentle walk on
Sunday 26th June at 2.30 pm, and Sunday, 10th July at 2.30 pm
Details will be on our website near the dates. Alternatively ring us on 01325 376444 for details

Headway Darlington & District is a Registered Charity no. 1160772 and a Company Limited by Guarantee Registered in England no. 9413112

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Thursdays (weekly) 1pm – 3 pm
"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 also 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 Martin Savage on 0789 134 9036 / 01325 376444 to arrange a suitable time

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.

Service Delivery Team:

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

Angela Birleson
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

Nicola Hughes
Guest tutor and Chair of Headway Darlington and District

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