HEADWAY DARLINGTON & DISTRICT
Rebuilding lives after brain injury

Headway
the brain injury association

August - September 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 1st August (1pm – 3pm)

"How can I manage my fatigue?"
Fatigue can be a big problem following a brain injury. In this session, which will be led by Jean, we will explore reasons for this and strategies that you can use to manage fatigue.

Monday 15th August (1pm – 3pm)

"A time for socialising with peers". In this session you will have the opportunity of socialising with others in a similar situation to yourself and discussing any issues that arise for you. We will be having a visit from a 'move well' instructor from Eastbourne Sports complex who will introduce sitting activities to improve our physical health while having fun.

Monday 5th September (1pm – 3pm)

Outing to Planet Leisure, Maple Way, Newton Aycliffe
Join us for an afternoon of ten pin bowling and socialising at Planet Leisure. We will be meeting in the café at 1 pm. If anyone would like a lift from Darlington, contact Jean on 0792 583 6778

Monday 19th September (1pm – 3pm)

"Have I changed?"
Following a brain injury many people experience changes in their personality which may or may not impact on close family members and friends. In this session, which will be led by Jean, we will explore these possible changes and discuss how life can be different for all concerned as a result.

Continued overleaf

ACTIVITIES:

"Cycling for all"
Sunday 21st August: 1.45 pm – 3.30
Sunday 25th Sept. 1.45 pm – 3.30 pm
Why not join our members at Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ and try cycles designed to accommodate people with a range of physical limitations

"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
Wednesday 31st Aug at 2.30 pm, and
Wednesday, 30th Sept. at 2.30 pm
Details will be on our website near the dates. Alternatively ring us on 01325 376444 for details

Headway Fit Club – coming soon

Headway Genealogy Group
We have a group of members researching their family history. Everyone is at the early stages of their search, we have access to ancestry websites along with guidance on how to start. Detailed dates and info over page.

See next page…….

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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

Headway Genealogy Group

The group will meet on the following dates to start their searches.
Friday 9th September: 10am – 12pm at Mowden Park Headway office.
Friday 30th September: 10am – 12pm at Mowden Park Headway office.

Please contact Nicola.hughes@headwaydarlington.org.uk if you want to join the group or for further information.

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.

Nicola Hughes
Guest tutor and Chair of Headway Darlington and District

Please visit our website for updates and additional ad-hoc activities that we organise.

www.headwaydarlington.org.uk

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