HEADWAY DARLINGTON & DISTRICT
Rebuilding lives after brain injury

Headway
the brain injury association

November – December 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 7th and 21st November (1pm – 3pm)

"What happens when the brain gets injured "
After a brain injury many people report that they don't fully understand what has happened to their brain and how it is likely to affect their everyday life. In these two sessions, which will be led by Jean and Jenny, we will explore different kinds of brain injury and changes in thinking, emotions and behaviours that can result. There will be the opportunity to discuss individual difficulties and we will exchange information on possible coping strategies that can be used to compensate for some of the reported difficulties.

Monday 5th December (1pm – 3pm)

Hints and tips to manage anxiety/stress levels
Many of us feel anxious and stressed from time to time, some people more than others. After a brain injury, it is very common to experience increased levels of anxiety and/or stress. In this session we will explore why this should be so and discuss some anxiety/stress reduction methods.

For those people who do not experience anxiety/stress, there will be the opportunity to socialize separately with peers and engage in fun activities that will help to improve concentration.

Monday 19th December (1pm – 3pm)
Christmas Party
Thanks to one of our members, this year we will be having our pre-Christmas meeting at Elim Pentecostal Church Hall, Bowman Street, off North Road, DL3 OHE. Everyone welcome. There will be refreshments, including non-alcoholic mulled wine, games, a Tombola and live music.

ACTIVITIES:

Headway Fit Club – first session 1st November
Individualised weekly exercise programmes for our members take place on Tuesdays between 1.30 pm and 2.30 pm in a dedicated gym at Eastbourne Sports Complex, Bourne Avenue, Darlington, DL1 1LJ.. Programmes are designed and monitored by a specialist physiotherapist to meet the needs of each of our members in order to aid recovery, improve health and general levels of fitness and will be run by a qualified fitness instructor.

Please call us on 01325 376444 if you are interested in being assessed for the programme.

"Creativity Sessions for all'
Weekly Friday sessions between 1.30 and 4 pm. Why not join our members at the Openart 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 Genealogy Group
Our Genealogy group continues to grow in strength with members receiving help to find out interesting information about their ancestors. Contact us by email or 'phone if you would like to join the group.

Meeting dates (all 10am – 12 noon)

Friday, 4th November
Friday, 25th November
Friday, 9th December

SEE OVER …….

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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

Please visit our website for updates and additional ad-hoc activities that we organise. Alternatively, please email us on info@headwaydarlington.org.uk to be added to our email list for updates.

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
Chartered Psychologist with over twenty-five years experience designing and delivering rehabilitation programmes for people with an acquired brain injury

Angela Birleson
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
Specialist 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.

Jessica Dunn
Jessica is an undergraduate who plans to train as a Speech and Language Therapist when she has graduated. She volunteers her spare time to assist with sessions and supports our members in the community.

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.

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