

Join our Futures Group

Together,
we support one another.



The Futures Group - making your brain (injury) work!

We know that there are many people with a brain injury across Sussex and Brighton & Hove who are struggling to rebuild their lives post-injury and to find a route back into the community and the workplace. This has been made harder by the ongoing economic climate. Our Futures Group can help with these things, although it is usually available to people who do not receive funding for either our centre or outreach services.

The group is user-led and facilitated by Headway Sussex staff. It is relaxed and friendly, allowing people to increase their understanding of brain injury, share personal experiences, and develop coping strategies to manage specific symptoms. The meetings have helped many people rebuild their confidence, allowing them to manage different social situations, alongside developing supportive friendships within the group.

The group also provides a valuable signposting service to other supportive and useful organisations and schemes in the community.

We meet fortnightly online, on a Tuesday, between 11am and 12.30pm. We encourage a payment of £5 per online session. Although any amount is welcome as it allows us to continue operating.

The groups are aimed at people with a brain injury who have one of more of the following:

- Wish to return to work or education.
- Improve general self-management, including planning and organisational skills.
- Isolated from friends and family, with limited opportunity to engage in activities.
- Low confidence, low motivation, depression, and/or anxiety management issues.
- A possible risk of self-neglect without support.

Please note: this service is not suitable for people who, because of their injury, are disruptive, physically or verbally aggressive or have a tendency to be anti-social.