

## FUTURES GROUP

"The weekly daytime support group is a great help with living with the long-term everyday effects of brain injury."



### LOOKING FOR SUPPORT AFTER A BRAIN INJURY?

Life after a brain injury can be challenging, but you don't have to face it alone.

Headway Sussex Futures Support Group is a community dedicated to providing understanding, encouragement, and a pathway to a brighter future for brain injury survivors.

### WHAT CAN YOU EXPECT FROM THIS SERVICE?

We know that there are many people living with a brain injury in Sussex 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 changes to statutory funding and services, and the current Economic climate.

Our Futures Support Group can help. It is available to people who do not received funding for our other services. This group is user-led and facilitated by Headway Sussex staff. The environment is relaxed and friendly, allowing people to increase their understanding of brain injury, share personal experiences, and develop coping strategies to manage specific symptoms.

Our Future Group has helped many people rebuild their confidence, allowing them to manage different social situations, whilst also 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 online every Tuesday, between 11am-12.30pm and once a month, we have an in person meeting at our Newick Headquarters.**

### LOOKING FOR SUPPORT AFTER A BRAIN INJURY?

Life after a brain injury is a unique journey, and at Futures Support Group, we understand the challenges and victories that come with it.

You can expect:

**Peer-to-Peer Empowerment:** Connect with fellow survivors who understand the challenges and victories, providing a network of support and shared experiences.

**Educational Empowerment:** Gain insights into brain injury, rehabilitation techniques, and practical strategies for daily living through workshops and expert-led discussions.

**Safe Space:** A haven where your journey is respected, where stories are shared, and where every step forward is celebrated.

### GET IN TOUCH

**Open to All:** Whether you're a survivor, caregiver, or supporter, our doors are open. Join us in this collective journey of recovery and resilience.

**Connect With Us:** Reach out via email or phone to learn more about our upcoming meetings, resources, and how to get involved.

**Visit Our Website:** Stay connected, find resources, and read inspiring stories on our website.

### CONTACT US TODAY

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