

2025 LIVING WELL SUPPORT GROUPS



“Headway Brighton group meetings and counselling has been monumental in my development since having a Traumatic Brain Injury.

Since having access to Headways services I have been able to accept my brain injury and progress with this new stage of my life.”

-Steph, 36-

Meetings are attended by brain injury survivors, family carers and friends. Mutual support, and expertise through lived experience are central to our groups.

Our meetings give everyone living with the effects of ABI opportunity to meet other people in similar situations. They are a great place to exchange information and get advice from facilitators, speakers, and each other.

We provide an understanding and supportive space. New friendships are often formed. In response to the requests of our members, each meeting may have a particular topic that we will advertise in advance. Here are some examples of the previous topics we have covered alongside our usual get togethers:

- **Welfare Benefits • Memory • Confidence**
- **Tiredness & Fatigue • Employment**
- **Mood/Mental Health**
- **Talking about your ABI • Stress**
- **Physical Effects of ABI**
- **Relationships**

Mutual support through lived experience is central to our groups, and are attended by brain injury survivors, family carers and friends. It is never too early or too late to get in touch. Professionals interested in understanding more about the impact of brain injury are also very welcome. For more information or an informal chat about the groups, please contact Sam Shephard. We will take some information so that we can keep you up to date with our meetings, including Zoom links, by text or email (if you do not have access to either of these, please let us know).

At Headway Sussex, we know the effects of a brain injury can be far-reaching and long lasting - that everyone reacts and responds in a different way, with no two people's injuries or circumstances being identical. For the injured person and those around them life with an acquired brain injury (ABI) can feel isolated and people can feel misunderstood. Many people say they have not been given enough information to fully understand what has happened, what they can do to make things better, or what they can expect in the future. These are experiences and feelings we understand all too well at Headway Sussex, and our support groups are here to help people feel heard in their lives after brain injury. We currently hold our Living Well Support Groups in five locations – Bognor Regis, Brighton (twice monthly), Crawley, Eastbourne and Worthing (see page 2). We also have two online groups (using Zoom), that are open to anyone across Sussex (see page 2). Please let us know if you need advice on how to join an online meeting.

2025 LIVING WELL SUPPORT GROUPS

Eastbourne Group 7-9pm (1st Wed, Arlette)

Age UK, Faraday House, Faraday Close, Eastbourne, BN22 9BH:

5 Feb, 5 Mar, 2 Apr, 7 May, 4 Jun, 2 Jul, 6 Aug, 3 Sept, 1 Oct, 5 Nov, 3 Dec

Crawley Group 11am-1pm (1st Wed, Sam)

The Longley Room
The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley West Sussex. RH10 6AD:

5 Feb, 5 Mar, 2 Apr, 7 May, 4 Jun, 2 Jul, 6 Aug, 3 Sept, 1 Oct, 5 Nov, 3 Dec

Brighton Daytime Group 11am-1pm (1st Thurs, Sam)

Small Hall Dorset Gardens
Methodist Church Dorset Gardens
Brighton, BN2 1RL:

2 Jan, 6 Feb, 6 Mar, 3 Apr, 1 May, 5 Jun, 3 Jul, 7 Aug, 4 Sept, 2 Oct, 6 Nov, 4 Dec

Bognor Regis Group 1-3pm (2nd Thurs, Helen)

The Laburnum Centre (Age UK),
Lyon Street, Bognor Regis, PO21 1UX:

9 Jan, 13 Feb, 13 Mar, 10 Apr, 8 May, 12 Jun, 10 Jul, 14 Aug, 11 Sept, 9 Oct, 13 Nov, 11 Dec

Brighton Evening Group 6-8pm (3rd Wed, Sam)

Small Hall Dorset Gardens
Methodist Church Dorset Gardens
Brighton, BN2 1RL:

15 Jan, 19 Feb, 19 Mar, 16 Apr, 21 May, 18 Jun, 16 Jul, 20 Aug, 17 Sept, 15 Oct, 19 Nov, 17 Dec

Worthing Group 6-8pm (4th Thurs, Helen)

The Maybridge Keystone Centre,
Raleigh Way, Worthing, BN12 6JD:

23 Jan, 27 Feb, 27 Mar, 24 Apr, 22 May, 26 Jun, 24 Jul, 28 Aug, 25 Sept, 23 Oct, 27 Nov, (TBC)

Living Well Online Evening Group 6-7.30pm (2nd Wed, Sam):

ONLINE

8 Jan, 12 Feb, 12 Mar, 9 Apr, 14 May, 11 Jun, 9 Jul, 13 Aug, 10 Sept, 8 Oct, 12 Nov, 10 Dec

Living Well Online Daytime Group 11am-12.30pm (4th Wed, Sam):

ONLINE

22 Jan, 26 Feb, 26 Mar, 23 Apr, 28 May, 25 Jun, 23 Jul, 27 Aug, 24 Sept, 22 Oct, 26 Nov, (TBC)

Young Persons Group 6-8pm (1st Thurs, Helen)

ONLINE

2 Jan, 6 Feb, 6 Mar, 3 Apr, 1 May, 5 Jun, 3 Jul, 7 Aug, 4 Sept, 2 Oct, 6 Nov, 4 Dec

To keep up to date with what we will be talking about at each meeting, please ask Sam to add you to our circulation list, or check our Website, Facebook, Instagram, Twitter, or LinkedIn pages for updates:

    @headwaysussex

If you would like to make an affordable donation, this is very welcome:

Via Just Giving:

<https://www.justgiving.com/headway-sussex>

Or directly into our bank account:

HSBC Lewes, Headway

Sussex Ltd, Sort code 40-28-15, Account number 1131 48157

We are Here for You.



If you have any questions, whether you are a person living with the effects of ABI, or a professional interested in accessing these groups for patient or clients, please do not hesitate to get in touch. The combined benefits of peer support and expert advice has been widely proven to help people manage life with brain injury – and that is exactly what we have designed these groups to do.

If you would like further information about our groups, please contact Sam Shephard (Hospital Liaison and Groups Lead), who will be able to tell you more:

Email - sam.shephard@headwaysussex.org.uk Phone – 07776 528796