



Helpline

Answerphone outside of open hours, we will return your call.

A friendly and expert voice giving advice, support, and information to survivors of brain injury, their families, and carers. Our helpline also supports professionals with brain injured clients and patients. We also offer a wellbeing call back service. 01825 724323 or email: info@headwaysussex.org.uk



Living Well Support Groups

Eastbourne, Brighton, Crawley, Bognor Regis, and Worthing, and Online for clients, families, and carers - monthly.

A friendly and understanding safe place, groups are informative and supportive for people at any stage after brain injury. Facilitators guide discussion, distribute advice and information, safeguard and ensure everyone feels understood, safe and welcome.

"I went from feeling like I was lost and in complete free fall to being embraced by a group who really understood what I was going through and what my family were going through".



Younger Persons Group

Zoom – Once a month.

A support group for younger people, (between 18 and 30) who have a brain injury. Topics like Socialising, Education, Sex & Relationships, Work, Driving, will all be discussed, to bring about a sense of togetherness and to not feel alone.

"We find the meetings very useful and informative, and it's just really nice to be able to chat to others with similar situations and listen to their advice and experiences."



Futures Group

Zoom – Weekly / in person.

Focusing on returning to life and work following a brain injury and the challenges that may bring. A friendly, supportive and informative group aimed at those who are interested in taking the next steps towards rebuilding their lives.

"The group help each other with hints and tips on almost everything that pops up, it has been a life saver."

Scan below to go directly to our website, where you'll find links to:

- **How we can help you reach your full potential**
- **Support for carers**
- **How you can support us**
- **Information library & Details about the Brain Injury Identity card at Headway UK's website**





Counselling

Face to face in Uckfield, Newick, Newhaven or Brighton or Zoom, What's App video and telephone

Our Counsellors work within a person-centred environment, recognising the issues presented by each person as unique to them. They are highly trained in brain injury offering support to survivors, family, and carers.

"I feel stronger and more confident to cope with the effects of a stroke and to look differently at what I was struggling with."



Hub Activities

In our centres in Newick, Brighton and Eastbourne, our Programme Leads and Wellbeing Support Workers support people to access fun and engaging activities that help clients with reablement goals.

Hubs offer a sense of community, bringing carers and families together.

"It's good to sit down and see all the other families and everyone at HSX."



Specialist Community Support

Available in some areas of Sussex, in your home and your community

Specialist support workers visit clients in their own homes and community to promote independence, increase opportunities and improve personal wellbeing and quality of life. Supporting survivors to re-learn or develop the skills needed to manage everyday life to allow people to live as independently as possible.



Hospital Liaison Service

Face to face, telephone, Zoom, What's App and telephone

Our Liaison Team, who have lived experience of what it is like to be either a neuro-patient or carer, will provide advice and support to people admitted with a brain injury and their families/carers. The service is open to patients over the age of 18 with a diagnosed brain injury (from any cause, including Stroke) and their families.

"I never forget your kind face when you first met me at the hospital, it made such a difference to my ideas of the future."

As a local charity, we rely on your generosity to help us raise half a million pounds every year to support people to reach their full potential.

**Scan below to
Donate today!**

