



VOLUNTEERS NEEDED!



**Headway
Sussex** 

Reaching your full potential after brain injury



Interested in joining us?

To find out more about general volunteering, including current opportunities and how to apply:

Email: volunteers@headwaysussex.org.uk or phone Kate: 07741 855 056

If you are specifically interested in volunteering with the ABI Navigator service:
Email: navigators@headwaysussex.org.uk or phone Sam: 07776 528 796

www.headwaysussex.org.uk
[@headwaysussex](https://www.instagram.com/headwaysussex)

YOU COULD CHOOSE TO:

- Support activities at our Hubs across Sussex
- Provide a warm welcome at our monthly support groups
- Assist with administrative tasks
- Responding to requests for telephone support and befriending (ABI Navigator)
- Help at ad-hoc events
- Get involved in garden maintenance at our Newick site
- Share your skills by leading one off or regular activity sessions
- Talks and Presentations – organising and delivering community/fundraising talks.

WHO ARE WE?

We are a Sussex charity supporting people living with acquired brain injury, which may result from a stroke, accident, assault, sporting injury, or infection.

WHAT DO WE DO?

We support people to thrive in their communities through one to one Outreach Support, day centres, support groups, counselling, a Hospital Liaison Service, a helpline, and a Wellbeing Call Back Service.



WHERE ARE WE?

Our day centres are located in Newick, Brighton, and Eastbourne, with support groups in Crawley, Bognor Regis, Worthing, Brighton, Eastbourne, and online. We run a Younger Persons Support Group, and our Outreach service provides support across many areas of Sussex. We also work remotely across Sussex and Brighton & Hove, reaching people beyond our centres.

HOW TO APPLY

Visit our website to learn more and download an application form. Please note that all applicants will be required to undergo a DBS check before starting.

www.headwaysussex.org.uk/support-us/volunteer



A huge thank you to all our funders, supporters and amazing fundraisers. Your generosity makes our work possible and helps us support people living with brain injury across Sussex.



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