

MEMBER'S WEBSITE ENTRY FORM

Areas covered Cambridge City, Hunts, South Cambs, East Cambs, Fenland and Peterborough

Organisation Headway Cambridgeshire

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Description of Services

Headway Cambridgeshire provides rehabilitation services and support to people with an acquired brain injury, their family and carers across the whole of Cambridgeshire, including Huntingdon, Peterborough and Fenland. We also provide rehabilitation opportunities for people from surrounding counties where appropriate.

Headway Cambridgeshire works with individuals aged 18+. We gear our services to your individual needs, abilities and preferences. The focus of our work is about identifying your goals and objectives and working with you to maximise your potential and to help you maintain equality, choice, control and independence in your life.

To achieve your goals we provide a number of services which can be accessed singularly, or in combination, to meet the specific needs you may have:

Personal Development

Rehabilitation programmes are delivered at a centre in Cambridge (five days a week, Monday to Friday) and one day a week in Huntingdon. Programmes are designed to improve self-confidence, cognitive abilities and self-esteem and to promote independent living. Programmes are geared to each person's abilities and preferences and the focus of the work is about identifying skills and working with people to maximise their potential.

The programme includes:

Cognitive Rehabilitation

Working on improving areas such as memory, attention and executive skills

Speech and Communication

Helping you to regain some of the speech and communication skills that you may have lost as a result of your injury

Information Technology

Looking at supporting the cognitive group work with computer training packages and general IT skills courses

Daily Living Skills

A programme designed to help you learn new skills and relearn old skills in relation to living independently at home. Subjects include nutrition, cooking and planning (holidays, visits etc)

Gym

A fully equipped gymnasium is available. You will work with a qualified gym instructor to tailor a fitness programme to meet your needs. This will be planned with input from any physiotherapy programme you are also using.

Creative Writing

A fantastic opportunity to improve communication and writing skills in a non threatening group environment under the direction of a fully qualified english tutor.

Gardening/Allotment

A range of outdoor opportunities are available whatever your interest in the great outdoors might be. From minor landscaping, to propagation of flowers and vegetables.

Next Steps

This programme is specifically designed for anyone whose objectives are to return to work, access education opportunities or take up volunteering. It is also used as an opportunity to work on a specific objective you might have that cannot be met through any of the other programmes.

Football

During the football season there is the opportunity, in collaboration with Cambridge United, to play in the regional disability league against other teams from across the East of England.

Headliners

This is a radio show written and delivered by Headway attendees in collaboration with 209radio. Full training is provided on all aspects of production and hosting live on air.

There is a range of other programmes also available including Tai Chi, Music and Singing, Crafts and a Book Club.

Your progress is monitored and reviewed every six weeks with your Key Worker who will work with you to ensure that your needs are being met and your goals and objectives are being achieved.

Your Time

We provide personal 1:1 support to help you access opportunities within your own community, rather than through a day service.

Some of the ways we can support you include:

- Individual support to learn to use/reuse public transport
- Help to relearn how to get to the shops and individual support when shopping
- Help accessing local sports facilities and gyms
- Introductions to befriending opportunities
- Support to engage with community media projects
- Support to access environmental projects
- Help to access supported volunteering opportunities
- Individual support to access employment opportunities

Community Support

Our Community Brain Injury Adviser provides a wide range of support and information, depending on the needs of the individual, their family and carers.

This ranges from understanding medical procedures and terminology, information on the effects of brain injury, advocacy, help with completing forms/paperwork, emotional support and help to get back to work or access further education opportunities. The Adviser is also responsible for liaising with other professionals and agencies as required, eg GPs, neurosurgeons, housing, solicitors, social services, police and the prison service. Other specialist organisations are involved as part of a support package, depending on the specific needs of an individual. This may include debt advisers, advocacy organisations, drug and alcohol rehabilitation units, visual/hearing impairment charities and other specialist brain injury rehabilitation providers.

Where you might identify a specific need for a community based service, this is also developed by the Community Brain Injury Adviser, eg A monthly social support network has been established in Peterborough for people with a brain injury and their families in a community building.

Contact To find out more about any of these opportunities, visit www.headway-cambs.org.uk or call 01223 576550.

Organisation Registration Details Headway Cambridgeshire is a registered charity, number 1062886, and also a company registered in England and Wales, Number 3364699.