

Private Occupational Therapy Led Packages

Private one-to-one service for adults with a brain injury who are looking for:

- Specialist support with returning to work, volunteering or gaining training/qualifications.
- Expert advice and knowledge on life after brain injury including tools and techniques for symptom management.
- Support with re-engaging in social and community activities.
- Increased independence and confidence within the home and local area.



Want to find out more?

Our Day Service, One-to-one Outreach and Occupational Therapy Led Packages are chargeable. Many clients are eligible for funding to access these via Adult Social Services.

Contact us for more details or to make a referral:

referrals@headway-nw.org.uk

01603 788114

www.headway-nw.org.uk/home/

Headway

Norfolk & Waveney's Brain Injury Charity

**We support adults impacted by Brain Injury,
resulting from, but not limited to stroke, road traffic
accident, trips and falls.**



Our aim is to improve day-to-day life for every individual we work with; to improve their confidence, independence, empower them to access community assets, to socialise, enhance their wellbeing, provide them with tools and techniques to manage their symptoms and to support them in setting and achieving person centred goals.

Our Services

Day Service

We have 7 centres located across Norfolk and Waveney. Clients can access a wide range of programmes focused on 'living well' after brain injury. This includes creative and physical sessions, wellbeing and mindfulness classes, workshops on tools and techniques for managing symptoms.



Our team of Occupational Therapists regularly assess the clients and support them to achieve their desired outcomes.

Peer Support Group

Our online and in person Peer Support groups allow friendships to be made and experiences to be shared, in a supportive, safe and non-judgmental environment with others who are living with the effects of Brain Injury.



One-to-one Outreach

A bespoke service to support those with a brain injury to achieve meaningful outcomes within their homes and their local community.



This service focuses on overcoming barriers the individual is facing in relation to their independence, their ability to take part in community life, their capacity to return to a form of employment or education, and their capability to manage their symptoms of brain injury in day-to-day life.

Carer Support Group

When a family member or someone close to you has a brain injury it can put a great strain on relationships and day to day life. Our support group is an opportunity to meet others who may experience similar challenges.

