



Information sheet for families and carers

- Q Do you care for someone with a brain injury living in the Derby area?
- Q Are you unsure where to turn for help and support when things are hard?
- Q Do you want to learn more about brain injury and how to support brain injured people?

If the answers to these questions are **YES** then the team at **Headway Derby** would like to meet you.

We know how challenging it can be living with brain injury on a day to day basis and that's why we offer a patient and supportive approach to help families and carers come to terms with the brain injury affecting a loved one.

We have been providing services for local brain injured people, their families and carers since 1994. We work closely with local NHS and Social Services teams to help carers and families understand how they can access the support they need on a day to day basis.



Headway Derby provides a safe place to go where head injured people can receive a lot of support and find out about lots of things to gain independence. You get care, information and social activities from one service.

Pat Lawrence, Carer



Our staff are always on hand to answer questions on brain injury. We also offer access to training courses to support carers in their understanding of brain injury through our affiliation with the national Headway charity. The services we provide offer valuable respite care and support for families and carers through the provision of approaches that value the individual.

We know that isolation can be a problem for brain injured people and their families and so the services we offer opportunities for local brain injured people to gain from a support group of individuals who face similar challenges on a day to day basis.



Headway Derby try to do things to suit everyone from gardening, games, music etc they try to cater for everyone's needs. People are encouraged to do what they want to do. Nothing is too much trouble.

Muriel Earp, Carer



Why not find out more about what we do by coming along to a **FREE** taster session. Please contact us to find out more.