



Information sheet for service users

Headway Derby exists to help local brain injured people move forward and have fun!

We want everyone to enjoy the time they spend with us, make new friends and learn from one another. We work really hard to make sure a visit to Headway Derby is one of the high points of your week!

Our friendly staff team are very knowledgeable about brain injury and work hard to provide activities and support that you want. We operate in a person centred way – this means we will always listen to what you want and try to provide activities and support that help you gain new confidence, independence and skills. Here's a list of some of the stuff we've been up to recently:

- Craft
- Art
- Drama
- Cookery
- Music
- Computers
- Sport and exercise
- Growing fruit and veg in our own allotment
- Days out.



Headway has given me my confidence back and has given me the opportunity to meet new people.

Alvin, Service User



The list of what we get up to is endless... just let us know what you want to do and we'll try to arrange it. We can also help you with day to day life with stuff like shopping, bills and using public transport – all you have to do is ask.



Friendly, enjoyable, very caring and concerned. I love everything about Headway Derby.

Kathy, Service User



Why not find out more about what we do by coming along to a **FREE** taster session?
We would love to meet you.