

About Us

Headway Somerset is the only organisation in the county dedicated to support adults with Acquired Brain Injury, their families and carers.

Assisting 125 people and families at any one time and 300 annually. Providing up to 40,000 hours a year of personal & home support, rehabilitation, return to work, community access and carer respite.

Survivors are often unemployed as a result of the brain injury and experience mental health and well-being issues.

They can become victims of, or are at risk of, abuse. Invariably isolated, vulnerable and experiencing extreme financial hardship.

Recovery is often difficult and protracted, and accessing services and facilities becomes increasingly difficult.

Our vision is To improve the quality of life for everyone in Somerset with a brain injury, their families and carers by providing a flexible expert service offering information, rehabilitation and support.

Services

Health & Wellbeing

Flexercise; Tai Chi; Swimming; Yoga, Walking; Memory strategies; Behaviour & anger management; Relaxation; Gardening

Life Skills

Discussion groups; IT skills; Healthy living; Nutrition & cooking; Self care; Problem solving; Reading & understanding information

Family & Social

Special interests; Understanding how others feel; Working with and trusting others

Managing Personal Affairs & Money

Budgeting; Administration; Planning & organisation; Handling cash

Being Safe

Considering Risk; Making Decisions

Engaging with the Community

Interacting with others; projects

Work & Learning

Volunteering; interpreting and using numerical information; working in a team; representing the team

Headway Somerset



the brain injury association

Brain Injury Rehabilitation Menu of Services



www.headwaysomerset.org.uk

Support

Our team of Rehabilitation Assistants and Volunteers will work directly with the person who has had the Brain Injury survivor and their family.

This can either be with 1:1 work at home, in the community, at one of our Rehabilitation Centres or a combination.

We provide information and assistance in accessing and signposting for other services with other organisations, and respite for families and carers.

£48.00 Full day

£24.00 Half day

£24.00 1:1 per hour

£144.00 Six week assessment

For your life

Working alongside the person who has had a brain injury and their family, our Rehabilitation Assistant will help with an assessment that will develop an Individual Personal Development Plan.

This identifies the areas to focus on that are most important to the person concerned.

Once these have been agreed different approaches will be developed, which are specific to the person concerned, to help achieve their goals.

Periodically the progress being made and the goals themselves will be reviewed and amended according to individual feedback.



Headway Somerset

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Registered Charity No 1097407

Your way

Health & Wellbeing

“I would like to improve my memory and make sure that I regularly attend medical appointments”

Life Skills

“I’d like to concentrate better”

Communication

“I want to be able to express myself, listen to others and for them to listen to me”

Family & Social Life

“I want to be able to join in family life, visit the library and try a club”

Managing Personal Affairs & Money

“I would like to be able to run my Bank account and set up Direct Debits”

Being Safe

“I want to be able to stay at home unaccompanied”

Engaging with the Community

“I want to be able to join a patient participation group”

Work & Learning

“I want to try volunteering, use a computer and get a job”