

What is Headway?

We work to improve life after brain injury, helping people to relearn lost skills and regain independence.

The friendly nature of our groups enables those attending to share experiences in a relaxed and welcoming environment within their own community.

Headway groups provide a range of support services and activities which differ across the area and may include:

- Advice, information and support for survivors, carers and family members
- Workshops, speakers, training
- Community outreach
- Respite care
- Social, educational, vocational and leisure activities that may include learning new skills and regaining lost ones, overcoming isolation and developing self-esteem
- Wellbeing activities/therapies

Activities are based on the needs of the individuals attending. Both brain injury survivors and their carers are involved in the development of all the Headway groups and branches.

Contact the Helpline

Headway runs a free confidential helpline to provide information and support on all aspects of brain injury and to signpost people onto other services.

The Helpline is led by experienced nurses and runs 9am - 5pm, Monday to Friday.



 **0808 800 22 44**

 **helpline@headway.org.uk**

Headway in the West Midlands

Supporting brain injury survivors and their families
headway.org.uk



the brain injury association



Headway in the West Midlands

Headway is continually working to develop support services for anyone in the West Midlands who has been affected by a brain injury; survivors, family members and carers.

Headway Groups choose to be a partner of Headway UK, but are responsible for their own fundraising, set their own priorities and are governed by a Board of Trustees from their local communities.

For more information about Headway in the West Midlands you can:

- Visit the Headway website
- Contact the Helpline
- Or contact your local group directly on the numbers provided



Scan this QR code using your mobile phone to visit the Headway website.

1. Headway Birmingham & Solihull

01214 577 541

2. Headway Shropshire

01743 365 565

3. Headway South Staffordshire

01785 257 462

4. Headway Tamworth and Lichfield

07974 945 028

5. Headway Worcestershire

01905 729 729

6. Headway Herefordshire

01432 761 000

7. Headway Black Country

01384 869 961

8. Headway North Staffordshire

01782 280 952

9. Headway Coventry and Warwickshire

07745 525 698

