## 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.

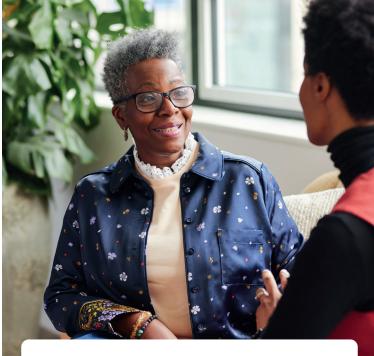
## **Contact the Helpline**

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.

## Headway in the West Midlands

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



0808 800 22 44helpline@headway.org.uk



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## 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

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

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