

Headway House  
Jackies Lane  
Newick  
East Sussex BN8 4QX  
T: 01825 724323 F: 01825 724363  
E: [info@headwayeastsussex.org.uk](mailto:info@headwayeastsussex.org.uk)  
W: [www.headwayeastsussex.org.uk](http://www.headwayeastsussex.org.uk)



## Advice & Support Services Carers Support

Headway East Sussex recognises that brain injury has an impact on the *whole* family and that caring for someone with a brain injury can, at times, be challenging. The positive outcome of any rehabilitation programme must include guidance and support for carers and families.

Therefore, Headway East Sussex aims to provide a holistic support service that includes families and carers. The services are free however, voluntary donations are appreciated.

Monthly coffee mornings held at our Newick Centre provide an opportunity for families to learn more about brain injury whilst sharing their personal experiences in group discussion. By offering reassurance and strategies to manage a range of challenges, carers gain confidence in the rehabilitation process. By prior arrangement the cared-for person can come along and be supported in an activity so the carer can participate fully in the session.

### What do the families say?

It was so reassuring to talk to others with shared experiences

It is OK and I don't need to feel guilty

Helpful to understand how other carers manage challenges

I came away uplifted, and no longer alone in my caring role

Carers are also invited to invest in their own wellbeing at '**Pampering**' events where a range of complementary therapies, including Yoga, Aromatherapy, and Reflexology are available from qualified registered professionals. These are usually held on a Saturday morning so they are accessible to carers who work during the week. This is an opportunity for valuable relaxation and restoration. Socialising over a coffee also helps develop and cement supportive relationships.

For more information or to make a referral, please call our Counselling & Carers Services Manager, Trudy Mayes on the number above or email [trudy.mayes@headwayeastsussex.org.uk](mailto:trudy.mayes@headwayeastsussex.org.uk)

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Affiliated to Headway UK  
The Brain Injury Association  
A registered charity

Patron: Baroness Julia Cumberlege  
Registered Charity no: 1084715  
Limited by Guarantee, Registered in England no: 04027768

