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## Advice & Support Services

### The Rediscover Group Making your brain (injury) work!

With changes to statutory funding, the economic situation and the growing number of people with a brain injury, Headway East Sussex is aware that there are many in East Sussex, Brighton & Hove and the surrounding areas who are struggling to *Rebuild* their lives after their brain injury and find a route back into the community and the workplace. Our Rediscover Group, a subsidised service, can help with this.

The group is user-led and facilitated by Headway staff and the environment is relaxed and friendly. Participants can increase their understanding of brain injury, share personal experiences, develop coping strategies to manage specific symptoms, rebuild their confidence to manage different social situations and develop supportive friendships.

The meetings also offer a signposting service to other organisations and schemes in the community from which members may be able to acquire further support, skills, knowledge and opportunity.

**Where:** Headway House in Newick

**When:** Tuesdays, 10:00 to 12:00

A contribution of £10 per session is requested to cover overheads. Those who are unable to pay are asked to contribute whatever they can afford.

The group is aimed at people with a brain injury who have one or more of the following:

- Limited opportunity to engage in activities in the home environment and limited family/friend contact resulting in isolation
- Low confidence, low motivation, depression, anxiety management issues
- A possible risk of self-neglect without support
- A wish to improve general planning and organisational skills and initiation of action in activities

Participants must be independent with personal care/medication management and have:

- Strategies in place to manage short term memory issues
- Awareness of orientation in time/place and ability to concentrate
- Insight into their brain injury and ability to communicate their needs effectively
- Ability to mobilise independently
- Ability to use public transport, own transport or have other means of reaching Headway House

**Please note:** This service is not suitable for people who, as a result of their injury, are inclined to wander, are prone to falling, are disruptive, physically aggressive or have a tendency to be anti-social

For more information, please call the Therapy & Day Services Manager on the number above or email [claire.benson@headwayeastsussex.org.uk](mailto:claire.benson@headwayeastsussex.org.uk)

Updated May 2017



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

