



Free support for survivors and families

REFER TODAY

Our story

In 1986, a young man named Lindsay was involved in a motorbike accident, which left him with a severe brain injury. After months of treatment, doctors told his mother, Roseanne, to "take him home". There was no further NHS rehabilitation or community support available.

Realising her son needed ongoing care, Roseanne and her husband Pat were driven to form a charity for Lindsay and others like him. Battle Hospital, in Reading, offered rooms with old equipment for them to have meetings, so they transformed the space into a thriving centre for local people with a brain injury.

Though Roseanne, Pat and Lindsay are no longer with us, their legacy lives on. We are still here supporting people in Berkshire and South Oxfordshire with life after brain injury.

Effects of Brain Injury

The effects of brain injury can be wide ranging and depend on a number of factors such as the type, location and severity of the injury. A brain injury affects each person in a unique way. Symptoms could include:

PHYSICAL PROBLEMS

- Weakness or paralysis
- Sensory impairment
- Epilepsy
- Speech difficulties
- Fatigue
- Movement & co-ordination problems

EMOTIONAL PROBLEMS

- Anxiety & depression
- Mood swings
- Apathy & loss of motivation
- Anger & irritability
- Impulsivity & disinhibition
- Personality changes

COGNITIVE PROBLEMS

- Memory problems
- Reduced speed of information processing
- Impaired understanding of language
- Reduced attention & concentration
- Impaired insight & empathy
- Difficulty recognising faces or objects

Why Headway Thames Valley?

- Trusted by NHS and private practitioners.
- Multi-disciplinary team (occupational therapists, neuropsychologists, speech therapists, neuro-physios etc).
- Smooth transition from hospital to community rehab.

30+

Years serving Berkshire & South Oxfordshire

Rating for our Living With Brain Injury course:

10/10

98%

Of clients recommend our services

Are you a family member, health worker or carer?

Refer someone in just a few minutes using our online referral form and we'll arrange a free assessment. Please scan:



Call or email if you have any questions.

What does Headway Thames Valley provide?

We work with adults of all ages helping them adjust to and cope with their altered circumstances after brain injury. Support we provide includes art and music therapy, community based activities, neuropsychology, occupational therapy, speech and language therapy and physiotherapy.

All activities are designed to help clients towards achieving a range of outcomes: learning or re-learning skills, improving confidence and self-esteem, functional ability and exercise, developing coping strategies, keeping families together, being able to use public transport, taking part in community or sports activities and helping to facilitate returning to employment where appropriate.

INITIAL ADVICE & COUNSELLING

"By using the coping strategies Headway Thames Valley gave me I am more able to deal with my everyday life"

Information and advice are offered from our dedicated and knowledgeable team. As well as meeting with the brain injury sufferer, family members are also encouraged to attend by appointment.

LIVING WITH BRAIN INJURY COURSES

"The course allowed me to understand what brain injury does to people and how to cope with it"

The programme runs at various locations across Berkshire and South Oxfordshire, aiming to provide insight and information on clients' conditions and to introduce strategies to help them in life and in their recovery.

SUPPORT GROUPS

"Being part of the group has helped me to move forward in so many ways"

Support Groups are run on a regular basis online and face-to-face. The main purpose of the groups is to provide peer support, all facilitated by members of our team.



ACTIVITY CENTRE

"There are people to talk to at the Centre and lots of activities. It helped me to do new things and has given me more confidence when meeting new people."

Brunner Hall is our hub in Henley and is a welcoming and safe space for clients to spend time with their peers as well as our team of qualified staff. It is a community which helps people make the most of their skills, abilities and interests. Popular activities include art and music therapy, Tai Chi, exercise classes, photography, cooking and upcycling.

CLINICAL NEURO-REHAB SERVICE

"I had resigned myself to not ever achieving much when I had my stroke, now I am back to driving and looking for paid work."

Our team is made up of neurorehabilitation specialists, who can help if you're experiencing conditions such as stroke, traumatic brain injury, brain tumour or many other possible causes. We can support your rehabilitation in the comfort of your own home, or at our centre in Henley.

Our aim is to help you achieve your goals. During your rehabilitation, we may work with you on things like improving your memory, helping your ability to manage daily tasks, assessing your physical abilities, and helping you communicate.

This service may come at a cost.

This leaflet is sponsored by

 **Boyes Turner**
Experts in head injury claims

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There are many ways you can support our work. To learn more, please scan



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Affiliated to Headway, the brain injury association



the brain injury association