



## Who are Headway Shropshire?

We are a Shropshire based charity established in 1989. Our specialist services provide support to people over 18 years of age with an Acquired Brain Injury, their families, carers and professionals in the Shropshire, Telford and Wrekin area.

Our care and purpose designed activities assist in rehabilitation, respite and support. We aim to give people back life skills they may have lost and enable them to live independently within their community again. There are few specialist brain injury services available to people in this area.

At Headway Shropshire's Rehabilitation & Re-ablement Centre, clients are able to take part in a wide variety of activities, all of which are specifically aimed to benefit an Acquired Brain Injury sufferer. We also provide information, help and support to their carer's and families.

## So what services do Headway provide?

### Rehabilitation and Re-ablement Centre

At our Centre we use activities to allow individuals to learn new skills and re-learn skills that may have been lost. We promote enablement and independence, focusing on people doing things for themselves and aim to improve the health and wellbeing of individuals. Just some of the benefits from each of our purpose designed activities are encouraging mobility, cognitive function, independence, encouraging speech, confidence building, all with the ultimate aim to enable clients to be able to once more live independently.

**Contact:** [rehab@headwayshropshire.org.uk](mailto:rehab@headwayshropshire.org.uk) for further information on our service.

### Outreach Service

This service can provide support and information via the telephone, home, hospital visits or carers support groups. We can signpost individuals, families and carers to appropriate services or any other opportunities available e.g. refer into or liaise with other agencies on behalf of individuals.

**Contact:**

[Outreach@headwayshropshire.org.uk](mailto:Outreach@headwayshropshire.org.uk) for further information on this service.

### Acquired Brain Injury Care & Support (ABICS)

This service provides 1-1 support to individuals within their own homes or in the community seven days a week. This service can help with individuals maintaining tenancy of their homes, plan a budget, pay bills, shopping, preparing meals etc.

**Contact:** [rm@headwayshropshire.org.uk](mailto:rm@headwayshropshire.org.uk) for further information on this service.

### Contact details

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Opening Hours: Monday - Friday 9.00am - 4.30pm