



Headway Bristol

Day Centre

Headway Centre is open Monday to Friday. It is a safe, supportive environment which enables individuals to practice or re-learn skills that may have been affected after a brain injury. We aim to support brain injured people to achieve their goals by improving their self esteem, so they can start to feel more confident about dealing with their brain injury.

Who is it for

1. Adults over 18 years with a confirmed diagnosis of a brain injury. Headway Bristol defines brain injury as a non-degenerative injury to the brain that has occurred since birth. It can be caused by external force or by metabolic derangement. The term 'Acquired Brain Injury' includes traumatic brain injury, such as an open or closed head injury, and non-traumatic injury such as those caused by vascular accidents, hypoxia and toxic substances taken into the body through inhalation or ingestion and any invasive surgery or treatment for tumours. Currently the term does not include brain injuries that are congenital or produced by birth trauma. *We currently do not accept strokes.*
2. Some adults who are unable to mobilise independently and cannot weight-bear will need to be supported by their own personal care worker.
3. Some adults with high personal care needs and unable to manage their own continence, will need support from their own personal care worker.

Attendance at the day centre must achieve at least one of the following:

- ↳ Personal development
- ↳ Behavior management
- ↳ Reducing isolation
- ↳ Social interaction
- ↳ Peer support
- ↳ Respite for carer

As a general rule we are not able to provide day care in the following situations:

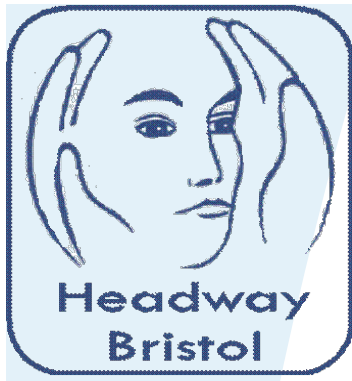
1. Attenders with high personal care needs that we would not be able to meet due to lack of space and resources.
2. Attenders with severe aggressive behavioural problems that would put other attenders, volunteers and staff at risk.
3. Attenders who display inappropriate sexual behaviour.
4. Attenders who require secure facilities.
5. Attenders who are disruptive and would upset the dynamics of the group.
6. Attenders who need continual one-to-one support.

Where and when

Headway Bristol is based at Frenchay Hospital. The service runs between 9:30-3:30 Monday to Friday, individuals attend on different days depending on their level of need.

"I can't thank Headway enough for what they have done for me on a personal level and the relief/respite my wife gets."

"I enjoy how she is always happy and looks forward to her days with you, the smile is priceless. Thank you."



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What is offered

Headway Bristol creates personalised support programmes with the individual. Through attendance at the day centre we aim to work with service users to achieve at least one of the following: personal development, Social interaction, Behavior management, Peer support, Reducing isolation and Respite for carer. Activities are developed around the interests, abilities and needs of those attending, support is given by staff and volunteers to enable service users to relearn old skills and acquire new ones.

Activities include:

Art and crafts -There is a wide range of benefits from art and craft sessions ranging from social interaction with the group as well as self expression, decision making and being able to undertake new activities. Art is an important part of the rehabilitative process, including improving motor control, visual skills and hand-eye coordination. Some individuals have never had the opportunity to produce any form of artwork, so being able to produce a piece of artwork gives a sense of achievement and builds self confidence.

Rehab cookery -service users can practice preparing and cooking a meal in a safe and supported environment. This supports individuals to increase their confidence to cook at home as well as developing ability and initiate activities. After a brain injury many individuals lose their sense of smell and taste, we can advise them on coping mechanisms and awareness to promote safety in the kitchen.

Talks -we regularly invite outside organisations to give talks. Recently we have had a talk on the Alexander technique, the housing support, CAB

Cognitive Activities- A number of our activities are geared towards developing cognition and memory, such as quizzes, memory games, literacy, number games etc.

Courses -we regularly invite tutors in to run courses. The Wednesday group is currently taking part in a literacy course. We are also in the process of starting computer courses and speech and language sessions.

Day trips -we are lucky to have Bristol city at our fingertips and have outings to explore what our city has to offer. We regularly visit museums, art galleries, cinema, gardens and walks.

Special outings -Some trips are extra special like the day spent with Bristol Sailability. Other special trips include theatre trips, trips to festivals, zoo and heading further afield.

Holidays -As well as the annual sunshine holiday that service users and volunteers take we have special interest trips in and around the UK such as turkey and tinsel Christmas. We also hold a specialist holiday for our less able attendees, our most recent trip was at the Calvert Trust.

Health and fitness -There are a number of benefits to keeping fit and active, we offer weekly trips to the local swimming pool, gym, climbing wall and bowling alley. A number of our service users receive health on prescription, attending the gym with Headway gives them the confidence to attend their local gym. We have in-house keep fit classes that use a mixture of seated and standing exercise and are excellent for the service user who are unable to access the gym.

Allotment -Gardening offers many practical and sensory benefits to people who have had a brain injury. Here at Headway Bristol we are lucky to have an allotment, this gives the individuals the opportunity to get outside to enjoy some exercise and fresh air! We have many passionate gardeners who attend Headway, that after their brain injury had to stop or reduce the amount of gardening they do. Helping attend the allotment gives them the opportunity to engage in their loved hobby. Other attendees also see the benefits when fresh fruit and vegetables are used in cooking sessions. We are seeking funding to build raised beds for vegetables and flowers that will be assessable for people in wheelchairs and reduced mobility. We are also planning to create a sensory garden and seating area for everyone to enjoy.



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What people get from it

It may not always be immediately apparent what the benefits are from the various activities. Many activities require cognitive skills including concentration, memory, information processing, forward planning, and understanding commands or instructions; physical skills such as co-ordination and balance are required for others; and throughout virtually all activities, social skills are developed, including recognising other people's needs, taking turns, listening and making yourself understood. These are all skills we take for granted but can be lost after brain injury.

How long do people stay

People stay at the Headway House for as long as they need. Some people stay a few months, some for years. People only leave the Headway Centre when the time is right for them. We regularly assess individuals progress and we will continue to support them for as long as they are benefiting from our service. We will continue to keep in touch with people after they have left the Headway Centre and many of our leavers still attend the drop in.

How can you access our service

We cover all of Bristol, South Glos, North-Somerset, and North East Somerset.

Referrals can come from the:

- Local authority (PCT or Social Care)
- Self referral or by a carer
- Direct payments
- Solicitor
- Rehab agency

The referring authority will need to make contact with Headway Bristol through the Day Centre Manager.

If the person is felt to be appropriate the manager will arrange for the social worker, referral (and family/carer if appropriate) to visit.

An informal assessment will take place and if the person meets the criteria, a day placement will be offered for a trial period of six weeks.

If transport is required for the person this must be supplied by the funding authority in accordance with person's individual care plan or family/carer.

For the person to be accepted a full assessment and care plan must be completed and funding agreed with appropriate referring authority.

Contact info

Headway Bristol Brain Injury Association Limited

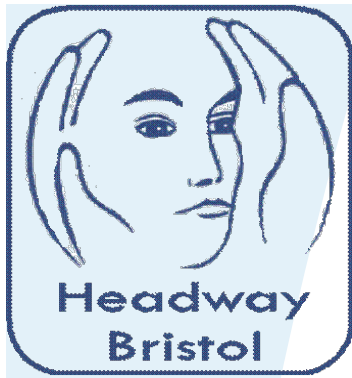
Frenchay Beckspool Building, Frenchay Park Road, BRISTOL BS16 1LE.

Contact Tel: +44(0)117 3403771

info@headwaybristol.org.uk

Useful Contacts

County	Team	Contact number
Bristol City council	Care direct Adult care duty desk	0117 922 2700
Bristol	PCT	0117 976 6600
South Glos	CSO Desk Adult Care	01454 865922 01454868007
South Glos	PCT	0117 330 2400
N-Somerset	Care connect	01934 888 801
N-Somerset	PCT	01275 546770
BANES	Community and Health Access Team	01225 396000



Outcomes

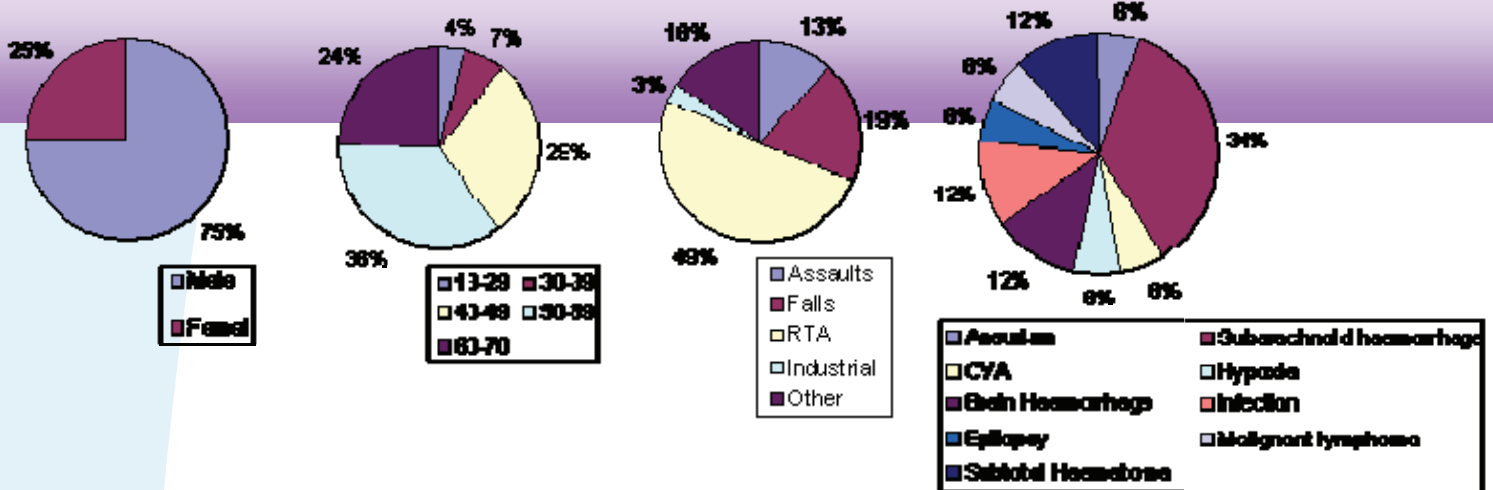
This is a statistical representation of our service users. 2010-2011.

Gender of Service

Age of Service Users

Causes of Injury- TBI

Causes of Injury- ABI



These statistics are taken from the Headway Bristol 2011 service users questionnaire. 29 Service Users returned their questionnaires.

