

Headway Preston and Chorley News



the brain injury association
preston and chorley

10th anniversary 2020

Hello! from Headway Preston and Chorley. How are you?

Well, this year has been a different year for all of us. We have not been able to meet since February and we have all missed the community sessions.

We have found new ways of working and helping new and existing clients to ensure they are supported. Some people have sadly suffered ill health, some bereavement and some have mentioned isolation and loneliness caused by lockdown is affecting their mental health.

Please remember this cannot go on forever and as soon as we can, we will resume meetings. In the meantime we are at the end of a phone or video call and can help remotely in a number of ways see below. *Liz and all the team x*

Keeping in Touch



We are offering regular weekly **welfare calls via telephone, text or video to our new and existing clients**. If you are not already on our list and would like a weekly telephone call, text or video call of between 5 and 15 minutes please let us know by telephoning:

Laura: 07583 637197

www.headwayprestonandchorley.org.uk/keep-in-touch/



Headway Zoom Group

zoom

We have set up a Zoom group for people to attend, chat, and see others rather than just hear a voice at the end of the phone.

The group is held every **Tuesday at 1pm**.

Full details about how to join can be found on our website:

www.headwayprestonandchorley.org.uk/zoom-group

Or you can telephone or email us to help you get started: 07583 637197
services@headwayprestonandchorley.org.uk



At Home with Headway Preston and Chorley



At home with Headway Preston and Chorley is part of a new project funded by the Postcode Neighbourhood Trust. The project features videos containing activities and pastimes that can be done at home as well as step by step guides on a wide range of topics. We are hoping they will provide inspiration and ideas for anyone who is at home for most of the time or for people who just want to try something new. Video 1: Oat Biscuit demonstration and recipe is by Margaret. Tel: 07808 648728

www.headwayprestonandchorley.org.uk/at-home-with-headway-preston-and-chorley



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How to get in touch:

07557 123493

services@headwayprestonandchorley.org.uk

Special thanks go to the following who have been involved in the making of this calendar:
Photograph donations: Daniel McCullough, Alan Porter and Tony Worrell
NHS Community Neurological Rehabilitation Team (Lancashire) for some inspiring quotes.
Headway Preston and Chorley staff team.

www.headwayprestonandchorley.org.uk

www.justgiving.com/headway-prestonchorley



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This year we thought it a good idea to produce a calendar rather than spend money on Christmas cards. The calendar features photographs from our local area together with a 'thought for the month' on each page. Contributors include: Daniel McCullough, Alan Porter and Tony Worrell.

On sale now and you can order one by telephone, email or via our website.

The price is just £6.00 and all proceeds will go to the Headway Preston and Chorley Emergency Fund.

www.headwayprestonandchorley.org.uk/calendar-21

Welfare benefits assistance

The welfare benefits claims process has changed during lockdown and people have needed help with telephone assessments, mandatory reconsiderations and appeals.

If you need our help do not hesitate to contact us. Tel: Kayleigh 07808648733



Relaxation through gentle exercise

Gentle exercise sessions by our tutor Catherine Mitchell are available on our website. There are 5 sessions and each has an information sheet for you to follow. They are designed for those who want to de-stress and take part in gentle movements to help with physical and mental wellbeing. For a paper copy of the information sheet or videos on a memory stick (USB), please telephone Liz: 07557123493

www.headwayprestonandchorley.org.uk/headway-preston-gentle-exercise.



New Carers Online Meetings

Our new Carers Online Meetings are for caregivers of acquired brain injury survivors. We hope carers will be able to obtain advice from Headway Preston and Chorley and each other and feel supported during these difficult times. Join other carers on the first Wednesday of the month at 6pm via Zoom. The first meeting is on Wednesday 2nd December and monthly thereafter.

www.headwayprestonandchorley.org.uk/carers-online-meetings

Contact us:

Our helpline is available Monday - Friday please telephone or text: **07557 123 493**

If we do not answer leave a message so we can call you back.



Donations are always very welcome: www.justgiving.com/headway-prestonchorley