

Headway UK

Headway UK is our nationally affiliated charity offering a wealth of services including

- Helpline - 0808 800 2244
- Emergency Fund
- Brain Injury ID Card
- Information Library

To find out more visit www.headway.org.uk

Other vital support services around Plymouth:

Benefits Advice

Improving Lives Plymouth
0808 278 7910

www.improvinglivesplymouth.org.uk

Debt Advice

Citizens Advice Plymouth
0808 278 7910

www.citizensadviceplymouth.org.uk

Health and Social Care Concerns

The Advocacy People
0330 440 9000

www.theadvocacypeople.org.uk

Mental Health Support (crisis)

Livewell First Response 24/7 crisis line
call NHS 111 (select the mental health option)

Substance and Alcohol Abuse

Harbour
01752 434343
www.harbour.org.uk

www.headwayplymouth.org.uk



Free Legal Support

Living with an Acquired Brain Injury often comes with challenges. There are many situations where getting the right legal advice can make a big difference.

We work with trusted legal partners that are experts in providing advice and support to people living with ABIs and their loved ones. They can offer free initial advice on a range of issues including:

- Personal Injury
- Criminal Injuries Compensation support
- Issues around capacity and managing finances
- Employment Advice
- Wills, Probate and Trusts
- Family



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Headway

PLYMOUTH

Improving life after brain injury

We're a Plymouth charity, here for our community. We support individuals with acquired brain injury (ABI), their families, carers and the healthcare professionals who care for them.



www.headwayplymouth.org.uk



enquiries@headwayplymouth.org.uk



01752 550559



Registered Charity number 1150786
Registered Company number 8101252

Who Do We Support?

Acquired brain injury can include:

Road traffic collisions

Assaults

Falls

Sporting injuries

Tumours

Stroke

Infections

Hypoxia

Alcohol and substance related brain damage



What Does It Cost?

Many of our services are free of charge.

In other cases our work can be funded by continuing health care, adult social care or litigation funding.

Speak to us free of charge about how we can help you and how the cost of our support will be covered.



Our Services

Hospital Liaison and Discharge Support

Our dedicated hospital liaison team work at both the Derriford and Mount Gould Hospitals to offer information and support during in-patient stays and across discharge.

Education/Advice

We offer free ABI information and awareness sessions for patients, families, carers and professionals working with ABI.

1:1 Enablement

Our enablement team will assess needs and potential funding for ongoing 1:1 community enablement supporting reintegration into home, work, community and social life.

Social/Activity Hub

Our centre offers a welcoming, friendly and safe place to socialise and enjoy a range of group activities both in the centre and in the community. This also offers valuable respite to families and carers.

Peer Support Group

Not everyone's needs are the same. We have created dedicated peer support sessions for men, women and younger ABI survivors to meet and share experiences. Likewise we have groups dedicated to stroke survivors and of course parent carers and families.

Brain Injury Identity Card

We work with Headway UK to assess eligibility and then apply for a brain injury identity card that can provide added confidence in everyday social scenarios.

www.headwayplymouth.org.uk

Donate

As an independent charity we rely on donations from our clients, families and supporters to ensure that we can continue to provide our vital support.



DONATE

Givestar is our preferred digital donation partner who try to ensure that every penny of your donations benefit our clients and families.



Scan our QR code to donate and add gift aid.



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