

OUR VISION:

Brain Injury survivors are supported to lead fulfilling and satisfying lifestyles.

Every carer has opportunities for support and respite care and access to information and advice

Professionals are fully trained in working with people with brain injury.

The wider public have an understanding of the challenges faced by people with brain injury and their carers.



Headway Newry is renowned for its collaborative approach to working with others in serving people with brain injury, their carers and families.

OUR MISSION:

To improve the quality of life for people with brain injury, their families and carers.

WHAT SOME MEMBERS SAY:

"...We did not have a social life before Headway Newry..."

"...We are becoming like a big family..."

"...We could not believe the welcome we received at the Headway Newry meeting..."

"...My husband sat in the house before Headway Newry came along; now he needs a diary!..."

"...I just love being with you people..."

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the brain injury association



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HEADWAY NEWRY LTD

**SUPPORTING
BRAIN INJURY
SURVIVORS,
THEIR FAMILIES
AND CARERS**

WHAT IS HEADWAY NEWRY?

Headway Newry is part of Headway UK which is a charity set up to give help and support to people affected by brain injury. We are led by carers and brain injury survivors.

HOW CAN HEADWAY NEWRY HELP?

Headway Newry was established in February 2008 to offer a range of supports to people with brain injuries, their families and carers from across Newry & Mourne and Banbridge. We hold regular group meetings which are designed by the members themselves. Meetings are usually held on the second Wednesday of every month in The Bank Bar, Trevor Hill, Newry from 7.30pm until 9.30pm. Ring the office to check before attending.



Group meetings offer opportunities to meet other people who have brain injuries, their families and carers, to share experiences and to learn from each other in a relaxed atmosphere.

Headway Newry organises events which provide opportunities for members to socialise



- **Themed Nights**
- **Barbeques**
- **Table Quizzes**
- **Big Nights Out**
- **Christmas Parties**
- **Halloween Parties**
- **Bowling**
- **Annual Holiday Weekend**

Headway Newry keeps members well informed through

- **Mailing Lists**
- **Newsletter**
- **Publications**
- **Website**
- **Talks**



Headway Newry provides

- **Emotional support to members**
- **Informal contacts amongst members**
- **Peer support**
- **Telephone Helpline**
- **Respite Programmes for carers**
- **Drop In Club**
- **Big Nights Out for Single Survivors**

Headway Newry organises activities to provide members with new skills and pastimes. Examples are art, computers and flower arranging.



HOW CAN I JOIN?

Headway Newry welcomes applications from anyone with a brain injury, their families and carers, anyone who has an interest in brain injury or who is interested in helping in any way.

To join **Headway Newry** drop in at one of our meetings or just complete the application form and return it with a subscription of £20.00 to the address overleaf. (Please make cheques payable to Headway Newry Ltd). Alternatively you can telephone our office or download an application form from our website.

