



Day Service

What is it?

Our Day Service, based at Headway House, is a community which helps people with brain injury make the most of their skills, abilities and interests. The Day Service is open Monday to Friday, 10am – 3pm for 48 weeks of the year. People attend one or two days per week.

Our approach: The Day Service specialises in working collaboratively with people with brain injury. We work in a person-centred, co-productive way, so instead of telling the members what to do, we ask what's important to them and work from there.



What happens?

Based in our community centre in Hackney, the Day Service is a diverse community of people living with brain injury and offers a broad range of activities and opportunities to its members.

Members are supported to gain insight into the effects of brain injury, and to implement the use of strategies during activities which are meaningful and enjoyable. All members of the day service have an assigned keyworker who is responsible for their overall activity programme and personal plan.

“Headway makes you feel better about yourself.”

- Day Service member

Day Service activities

The Day Service provides the opportunity for our members to take part in and lead a range of meaningful activities. These activities include: discussion, communication and reading groups; planning and participating in outings across London; computing and IT; gardening; music and performance.

Therapies: Members can access a variety of therapeutic services, including physiotherapy, psychotherapy, occupational therapy, and complementary therapies.

Young people: A weekly group providing specialist support to young survivors of brain injury. Members are encouraged to explore their own interests, engaging in creative and practical activities as well as socialising with and supporting one another.

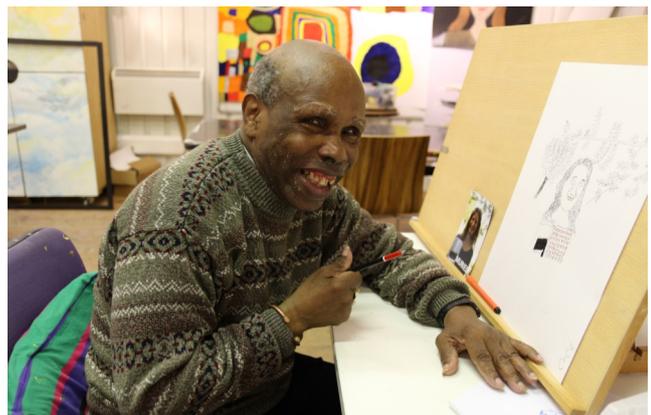
Occupational projects

Headway House offers a range of occupational projects. These opportunities exist to try out and improve skills, whilst supporting adjustment to living positively with disability, and enjoying a better quality of life. These include:

Art studio: *Submit to Love Studios* is about creativity, collaboration and communication. We encourage both those with natural artistic inclinations and those with little previous experience to explore visual arts. Members are given the freedom to work collaboratively or individually, and at their own pace.

Food: Members help cook lunch Monday to Friday, feeding everyone at our centre. We also run baking groups and support members to bring in and develop their own recipes. They also take key roles in our regular *Headway EATS* supper club events for the public.

Writing and storytelling: *Who Are You Now?* is a writing project that captures the life stories of Headway members and other people affected by brain injury. Our members also write a blog about their experiences at Headway and their lives and interests.



“I feel better already just coming here, meeting people on a par. Other people don’t always understand the effects of my brain injury.”
- Day Service member

How to become a member

You will need to complete a referral form to become a member of Headway East London. This can be downloaded from our website at www.headwayeastlondon.org. If you would like more information about any of our services, please contact us on **020 7749 7790**.

In a survey of 40 of our members undertaken in 2015:

- **93% agreed or strongly agreed that “Headway helps me feel accepted as I am”**
- **97% felt the Day Service as a whole was good or excellent**
- **86% agreed or strongly agreed that “Headway helps me feel more confident”**