

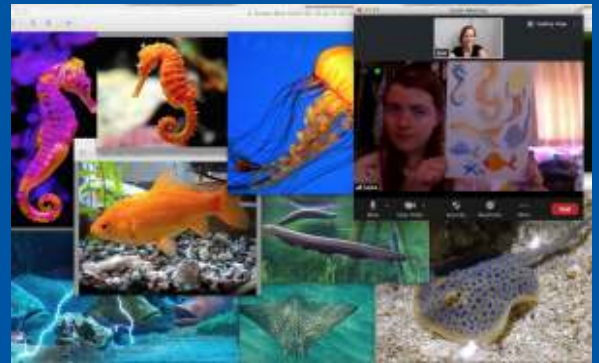
**Headway East London offers services to brain injury survivors, their families and carers. As the effects of brain injury are long-term, so is our support.**

The Community Support Service is a bespoke service tailored specifically to survivors of brain injury. The ethos of the service is embedded in Headway East London's philosophy that every person with a brain injury is valued, respected and should be empowered to fulfil their potential to lead full and active lives. Our team works alongside members in their own homes and local communities. We also take great care to work collaboratively with family and friends, case managers and other professionals involved in their support and rehabilitation.

We complete a comprehensive assessment of needs, before developing an individualised support plan. We aim to enable our members to live life in the way they want to and achieve their goals which can include focusing on completing daily tasks, developing and maintaining a daily and weekly structure, promoting wellbeing including monitoring health, meal planning, engaging in exercise and participating in activities and interests outside the home. Support to attend appointments, engage in education or work – paid and voluntary. Support with managing finances and paperwork including maximising benefits and sign-posting to appropriate external agencies and services as needed.

## Laura and Sam on their virtual support sessions during the pandemic

"We watch animal videos and do meditation sessions. Whereas previously we would always go out in the community, now we are able to focus on developing projects from week to week" says Sam, "we've also been talking, drawing and writing a story".



We have an experienced team of community support workers specialising in brain injury. Many have previously been volunteers in Headway's Day Service, and all receive a comprehensive training induction. They have on-going training specific to brain-injury and mandatory annual refreshers in Safeguarding, Manual Handling and Falls and Data Protection. They also have regular individual Supervision time and access to our team of highly experienced and skilled staff, therapists and caseworkers. We provide monitoring and documentation of all support sessions and regular reviews of support plans.

Community support sessions can be commissioned in minimum blocks of 4 hours in one day. We can provide small support packages as well as larger ones building up from the base of 4 hours per week. The service runs 52 weeks of the year Monday to Friday with the exception of public holidays.

Our referral form and further details can be found on our [website](#).