

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.

Our Day Service, based at Headway House in Hackney, is a community which helps people make the most of their skills, abilities and interests.

Ordinarily the centre is open Monday to Friday, 10am-3pm for 48 weeks of the year, offering activities, outings and therapies, as well as professional and peer support. It also acts as a base for our other services. All members of Headway House have an assigned key worker who is responsible for their overall activity programme and personal plan. Members also have support from our Casework team who support with advice, advocacy and signposting, which includes supporting families and carers.

To become a member you will need to complete a Referral Form, have funding secured and have an assessment with one of the staff at the Headway House. Membership of the Day Service lasts as long as needed and as long as funding can be secured.

In the centre we offer a variety of different activities including;

Art Studio

Submit to Love Studios at Headway East London is about creativity, collaboration and communication. We encourage both those with natural artistic inclinations and those with little previous experience to explore visual arts. Many have lost previous abilities so discovering a new skill is a great confidence booster and can reinforce the healing process. Read more about the studio's work on its very own [website](#).



Music

There are regular music groups in Headway House, where both staff, volunteers and members play and perform together. Our musicians have performed at many events and venues including Headway supper clubs and art exhibitions, the [Regional Neurological Rehab Unit in Homerton Hospital](#) and [The Proud Archivist](#). We have also started our own [SoundCloud](#) account - showcasing the talents of our musical members.

Food

Food is an integral part of our day, encouraging and supporting survivors of brain injury to learn or re-learn life skills and work together. Members help run a lunch club Monday to Friday, feeding everyone at our centre. We also run online baking groups, and support members to bring in and develop their own recipes to share.

Our supper clubs 'Headway EATS' treat diners to an evening of delicious, seasonal food; cooked by, served and eaten alongside Headway East London members, families, carers and friends. The event also welcomes members to share their talents for art, music and storytelling in a comfortable environment.



Writing

Our members come from all over London and have lived extraordinary lives. Who Are You Now? is a writing project that captures some of these life stories. In 2018 we also released a magazine called "Matter" - made in collaboration with our membership - which was shortlisted for Stack Magazine's Launch of the Year. Members, staff and volunteers also regularly contribute to our blog - sharing their interests and experiences.

Other activities and services offered to members include outings, gardening and therapy groups delivered by our specialist neurological therapy team – comprising relaxation, dance, yoga, sensory groups and access to the gym.

If you need further information please visit our [website](#).

"Nothing but positivity. I could be not feeling in the right frame of mind, but as soon as I come in, my mood lift, I feel happy. I feel like I'm surrounded by my people."

– Headway member