




**Headway East London is a charity that helps people affected by brain injury.**


**This document helps outline some of the support available in your local area and how to access it.**

## Local Authority Support

If you have a brain injury, your local authority can provide several types of support to help with recovery and daily living.

### Enfield Council

 020 8379 1000, 9am - 5pm Monday to Friday

 [mylife.enfield.gov.uk/homepage](https://mylife.enfield.gov.uk/homepage)


 [www.enfield.gov.uk/enfield-connected](https://www.enfield.gov.uk/enfield-connected)

 [www.enfield.gov.uk/services/benefits-and-money-advice](https://www.enfield.gov.uk/services/benefits-and-money-advice)

## Support Services include:

### > Care Needs Assessment

A Care Needs Assessment is a free service that aims to identify care and support services that would help meet your needs. This could be more support at home, with engagement with the community, if your home is right for you, or if you are getting enough support to manage everyday tasks. After being discharged back in the community from hospital you or your loved one can request a Care Needs Assessment if you are struggling at home.

 For more information, call 0208 379 1001 to speak to the Single Point Access team or

 Email [Adultsocialcare@enfield.gov.uk](mailto:Adultsocialcare@enfield.gov.uk)


### > Council Tax Reduction


You may be able to get a Council Tax Reduction if you're on a low income or get benefits. You can apply if you own your home, rent, are unemployed or working.

 For more information visit [www.enfield.gov.uk/services/council-tax/council-tax-discounts](https://www.enfield.gov.uk/services/council-tax/council-tax-discounts)

### > Housing Benefit


Housing Benefit can help you pay your rent if you're unemployed, on a low income, or claiming some benefits. Being eligible and the amount you receive depends on many different factors.

 For more information visit [www.enfield.gov.uk/services/benefits-and-money-advice/housing-benefit](https://www.enfield.gov.uk/services/benefits-and-money-advice/housing-benefit) and [www.gov.uk/housing-benefit](https://www.gov.uk/housing-benefit)

 If you are at risk of homelessness or at risk of rough sleeping, you can contact 0208 379 1000

### > Discretionary housing payments (DHPs)


Discretionary Housing Payments are extra help given by local councils to people who are having trouble paying their rent. For more information visit

 [www.enfield.gov.uk/services/benefits-and-money-advice/discretionary-housing-payment](https://www.enfield.gov.uk/services/benefits-and-money-advice/discretionary-housing-payment)

### > Universal Credit


Universal Credit is managed by the Department of Work and Pensions (DWP).

It combines several welfare payments into one monthly payment to help with living and housing costs.

 For more information visit [www.enfield.gov.uk/services/benefits-and-money-advice/universal-credit](https://www.enfield.gov.uk/services/benefits-and-money-advice/universal-credit)

### > Personal Independence Payment (PIP)

Personal Independence Payment (PIP) is a UK government benefit designed to help people with extra costs of living needs or mobility needs as a result of long-term disabilities or health conditions. The benefit is not means tested and anyone who is eligible, no matter what their financial circumstances are, can apply.

 For more information visit [www.gov.uk/pip/how-to-claim](https://www.gov.uk/pip/how-to-claim)



### > Cost of Living

The cost of living with a brain injury can be tough due to extra expenses like medical care, rehabilitation, therapies, special equipment, and possible loss of income. However, there are resources such as government benefits, charities, and financial programmes to help manage these costs.

 For more information visit [www.enfield.gov.uk/services/your-council/cost-of-living-support](http://www.enfield.gov.uk/services/your-council/cost-of-living-support)

### > Carers

Carers for brain injury patients provide essential support by assisting with daily activities, managing medical needs, offering emotional care, helping with rehabilitation exercises, and ensuring safety and well-being. Enfield Carers Centre (ECC) is a charity providing information, advice, training and support to people caring for someone who needs their help. As well as directly working with carers at the centre, ECC works in partnership with local GP practices, hospitals and schools and other support agencies. For more information visit [www.enfieldcarers.org](http://www.enfieldcarers.org)


### > Neuro Navigators

Neuro Navigators support people with neurological conditions to find the best course of rehabilitation. They work with patients, their families and clinicians to navigate their rehabilitation journey, helping them move between hospitals, rehabilitation units and home or care homes as smoothly as possible.

Contact xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

### > Enfield Community Brain Injury Service

Enfield Community Brain Injury Service are commissioned by NHS North Central London to provide specialist community-based therapy services for adults with a non-progressive acquired brain injury (except stroke). If you would like to refer someone or be referred yourself, find the Referral Form and more information at

 [www.headwayeastlondon.org/what-we-do/therapy-service](http://www.headwayeastlondon.org/what-we-do/therapy-service)


### > Stroke Rehabilitation Community Service

If someone has had a stroke, physiotherapists, occupational therapists, speech and language therapists and rehabilitation assistants, working with colleagues from the voluntary sector can provide support for life skills, stroke navigation and social integration. For more information visit

 [gps.northcentrallondon.icb.nhs.uk/services/community-stroke-rehabilitation-service](http://gps.northcentrallondon.icb.nhs.uk/services/community-stroke-rehabilitation-service)

### > Enfield Community Neuro Physiotherapy

Physiotherapy and occupational therapy assessment and treatment to improve, maintain and restore physical, psychological and social wellbeing. They can also support patients with equipment provision, exercise programmes and signposting them to relevant services and activities. For more information visit


 [www.royalfree.nhs.uk/services/community-services-enfield/community-rehabilitation](http://www.royalfree.nhs.uk/services/community-services-enfield/community-rehabilitation)

### > Enfield Speech and Language Service

The Adult Community Speech and Language Service provides highly specialist assessment and management of disorders of speech, language, communication and swallowing. Speech and Language Therapy (SLT) covers a broad spectrum of conditions found in adults, including those with a neurological origin. For more information visit [gps.northcentrallondon.icb.nhs.uk/services/adult-community-speech-and-language-service](http://gps.northcentrallondon.icb.nhs.uk/services/adult-community-speech-and-language-service)

### > Brain Injury Identity Card

The complexities of brain injury can make it difficult for people to ask for support. Carrying a Headway Brain Injury Identity Card can provide you with the confidence to know that if you need help, your needs can be easily identified. You must live in the UK, be aged 18 or over, and have a verifiable brain injury.

 For more information visit [www.headway.org.uk/supporting-you/brain-injury-identity-card](http://www.headway.org.uk/supporting-you/brain-injury-identity-card)

### > Headway E-Library

Headway's range of e-booklets and factsheets cover many of the symptoms and practical issues associated with a brain injury, including information to support you, your family members and carers.

 Browse the online library at [www.headway.org.uk/about-brain-injury/individuals/information-library](http://www.headway.org.uk/about-brain-injury/individuals/information-library)

## Headway East London

Headway East London provide a range of services and support for individuals and families affected by brain injury. Our services include a Day Service, Evening Service, Therapy Service, Community Support Service and a Casework Service, all offering specialist support and advocacy for brain injury survivors and their families. For more information about each service and how to refer, please visit [www.headwayeastlondon.org](http://www.headwayeastlondon.org)