


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.

Haringey Council

 020 8489 1400

Monday - Thursday, 8.45am to 5pm

Friday, 8.45am to 4.45pm

Urgent Out of hours: 020 8489 0000

 Adult Social Care

River Park House

225 High Road, London, N22 8HQ

 www.haringey.gov.uk/social-care-and-health

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. Adults can request a Care Needs Assessment under Section 9 of the Care Act 2014, and the local authority must conduct one if a need appears.

 For more information see www.haringey.gov.uk/adult-social-care/adult-social-care-assessments

> 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.haringey.gov.uk/benefits-financial-support/council-tax-reduction

 For support applying online, telephone 020 8489 1000 and select Option 2


Telephone lines open Monday, Tuesday, Thursday, Friday, 9am to 5pm, Wednesday 10am to 5pm


> 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.gov.uk/housing-benefit


 www.haringey.gov.uk/benefits-financial-support/housing-benefit

 Customer Services 020 84891000, select Option 3

 Email: housing.advice@haringey.gov.uk

> 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.haringey.gov.uk/benefits-financial-support/discretionary-housing-payments-dhp

> 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.haringey.gov.uk/benefits-financial-support/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


> 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.haringey.gov.uk/community-support-safety/haringey-here-to-help

Help Through Hardship

Help Through Hardship is a national helpline for financial hardship, where you can talk confidentially with a trained Citizens Advice advisor. The line is free to call, open Monday to Friday, 9am - 5pm

 0808 208 2138




> 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 the patient's safety and well-being. For support for carers, information and support groups, please contact the Haringey Carers Hub:

 www.carersfirst.org.uk/haringey/welcome  Email info@carersfirst.org.uk  0300 303 1555

> Neuronavigators

Neuro Navigators support people 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 Haringey's Neuronavigator at

 sarah.kramer@nhs.net  020 7527 1545  Islington Outlook Centre, St John's Way, Archway, N19 3RQ

> Therapies

Therapies and support groups offer rehabilitation, emotional support, and strategies to help improve cognitive, physical, and psychological recovery. Contact the Haringey Integrated Community Therapy Team at:

 <http://www.whittington.nhs.uk/default.asp?c=10851>

> 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, aged 18 and have a verifiable brain injury.

For more information visit www.headway.org.uk/supporting-you/brain-injury-identity-card

> Headway E-Library

Headway's 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 online at 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