



Headway East London is a charity that supports people affected by brain injury. See support available in your local area below, and how to access it. Your local authority can provide support to help with recovery and daily living.


Local Authority: London Borough of Havering

 01708 434343

Monday to Friday - 9am to 5pm

 Town Hall, Main Road, Romford, RM1 3BB

 www.havering.gov.uk


 01708 433999 (out of hours)

 www.havering.gov.uk/adult-social-care


Additional Support Services:

> Care Needs Assessment

A free service to identify support needed at home, in the community, or for 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 visit


www.havering.gov.uk/adult-social-care/can-get-support-for-adult-social-care

 Call Havering Adult Social Care on 01708 432000 Monday to Friday 9am to 5pm

> 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.


 See more information at www.havering.gov.uk/housing-benefit-council-tax-support

 havering.gov.uk/council-tax/reduce-council-tax-bill

> Housing Benefit

Help with rent if you're unemployed, on a low income, or receiving certain benefits. Eligibility and amount vary.

 See more information at www.havering.gov.uk/housing-benefit-council-tax-support

 Call Housing Benefit 01708 433996, Monday to Friday, 9am to 5pm


> Discretionary housing payments (DHPs)

Extra help given by local councils to people who are having trouble paying their rent.

 www.havering.gov.uk/housing-benefit-council-tax-support/money-advice-benefits-help


> Universal Credit

Managed by the Department of Work and Pensions, Universal Credit combines several welfare payments into one monthly payment to help with living and housing costs.

 For more information visit www.gov.uk/universal-credit/eligibility

> **Personal Independence Payment (PIP)**

A non-means-tested benefit for those with long-term disabilities or health conditions, to help people with extra costs of living needs or mobility needs.

 For more information visit www.gov.uk/pip/how-to-claim

> **Cost of Living**

Living with a brain injury can be costly due to medical care, therapies, and income loss, but benefits, charities, and financial aid can help.

 For more information visit www.havering.gov.uk/financial-advice

To find support on benefits that you can apply for and available grants, visit

 www.turn2us.org.uk/get-support

> **Carers**

Carers can support with daily tasks, medical needs, rehab, safety and well-being.


 For more information, see www.havering.gov.uk/adult-social-care/carer-support-1

 Call Adult Social Services on 01708 432000

> **Therapies**

Your local Community Rehabilitation Team aims to support with community re-integration and inclusion by enhancing independence, wellbeing, returning to work and or to education. Therapies and support groups offer rehabilitation, emotional support, and strategies to help improve cognitive, physical, and psychological recovery.

 For more information visit www.homerton.nhs.uk/rnru-outreach-team/

 020 8510 7967

 email huh-tr.outreach@nhs.net


> **Brain Injury Identity Card**

Sometimes a brain injury can make it difficult for people to ask for support. Carrying a Headway Brain Injury Identity Card can help individuals communicate their needs.

 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 brain injury to support you, family members and carers.

 www.headway.org.uk/about-brain-injury/individuals/information-library