

## **Headway Hurstwood Park Support Group Meetings**

The effects of an acquired brain injury can be far-reaching and long lasting. Everyone reacts and responds in a different way to their injury, as no two people's injuries or circumstances are identical.

All too often families' feels isolated and that no one really understands what they are going through.

People often feel that they have not been given sufficient information to enable them to fully understand what has happened, or what they can do or expect in the future.

The aim of Headway Hurstwood Park support group meetings is to provide everyone with the opportunity to meet other people in similar situations, and to obtain and exchange information and support from facilitators, speakers and each other in an informal setting. Often, new friendships are formed providing an ongoing source of support.

Meetings are attended by partners, relatives, parents, carers, friends and anyone affected by acquired brain injury or who are interested in the field.

Everyone is welcome – If you are not sure whether we have anything to offer you, come along and find out for yourself.



# **Headway Hurstwood Park Support Groups**

# Headway Hurstwood Park

## Who are we?

Headway Hurstwood Park is a charity dedicated to providing care, advice, information, support and outreach services for people affected by acquired brain injury living in East and West Sussex. Headway aims to promote understanding of the consequences of acquired brain injury and to campaign for the provision of services.

You can visit Headway Hurstwood Park's web site to find out more at [www.headway-hp.org.uk](http://www.headway-hp.org.uk) or contact Headway on 01825 724323.

## The Support Groups

### Eastbourne Support Group

Open to anyone affected by Acquired Brain Injury. Meets on the 1<sup>st</sup> Wednesday\* of each month 7.30-9.30pm, at East Sussex Disability Association (ESDA) 1 Faraday Close, Hampden Park, Eastbourne, BN22 9BH

### Uckfield Support Group

Open to anyone affected by Acquired Brain Injury. The focus will be on the experiences that challenge us and discovering creative ways to move forward.

Meets on the 2<sup>nd</sup> Wednesday\* of each month 7-9pm at: Rix & Kay Solicitors LLP, The Courtyard, River Way, Uckfield, TN22 1SL. (The meeting takes place in Beeches Court)

### Haywards Heath Activity Group

Open to anyone affected by Acquired Brain Injury. A chance to meet others whilst taking part in an activity. Meets on the 3<sup>rd</sup> Monday\* of each month, 7.15-9.15pm at The Dolphin Leisure Centre, Pasture Hill Road, Haywards Heath, West Sussex, RH16 1LY

### Brighton & Hove Support Group

Open to anyone affected by Acquired Brain Injury. Meets on the 3<sup>rd</sup> Thursday\* of each month, 7-9 pm, at Montague House, Montague Place, Brighton, BN1 1JE.

*\*There isn't a meeting in August.*