

Programme for 2017

28 January 2017
AGM with food provided

23 February 2017
Hands on healing evening

30 March 2017
Easter chocolate party

27 April 2017
Gardening tips

25 May 2017
Quiz and Games night

29 June 2017
Guest Speaker (TBC)

27 July 2017
Indoor picnic

31 August 2017
Music evening

28 September 2017
Dogs for good talk

26 October 2017
Magician

30 November 2017
Crafts and card making evening

14 December 2017
Christmas meal

Fundraising / Donations:



The group, its resources and activities are funded through fundraising activities and generous donations received. All funds that are raised are used directly by the group to fund our social activities and group meetings.

In the last 4 years members and volunteers have raised £12,179.59 through a combination of events including sponsored runs, walks, charity cricket matches and even shaving heads!

If you would like to donate, we would be pleased to accept cash donations or cheques payable to: "Headway Blackburn".

Contact us

For more information or to request an information pack call us on **07792 942062** or email us: info@headwayblackburn.org.uk

 @HeadwayBwithD

Please also visit our website at: www.headwayblackburn.org.uk



Headway Blackburn with Darwen



Kindly printed by
 **irwinmitchell**
solicitors



Established 2004

Support Group Details & Programme 2017

ALL MEETINGS ARE SUBJECT TO CHANGE AND CANCELLATION – PLEASE SEE WEBSITE AND NEWSLETTERS FOR FURTHER DETAILS



The Brain Injury Association

About the group

We are a branch of the national charity Headway – the Brain Injury Association and our aims and objectives are to support the survivors of brain injury, their families and carers.

Headway with Blackburn with Darwen, Hyndburn and Ribble Valley was established in 2004, and we have lots of social activities, support groups and information evenings for you to attend.

The group is run by volunteers who have experience of caring for people with an acquired brain injury (ABI), or simply those who have an interest in ABI.

We have a wealth of experience to help you and your family through what can be a very difficult time. At the groups and activities, you will meet other people who will share their experiences with you. There are books and leaflets available to help you understand different aspects of ABI and get the best quality of life.

What do we do?

Many of the group understand and have experienced the highs and lows of dealing with the long-term effects of an acquired brain injury. We believe this to be our main strength as a group and we understand and support all members.

Our group meets each month to provide information, training and support as well as acting as a voice for survivors and carers of people with ABI.

Who can attend?

Meetings are open to survivors of acquired brain injury, their families, carers and supporters. Feel free to pop along, everyone is welcome.



Where and when?

Meetings take place on the **last Thursday of every month between 7.00pm and 9.00pm** at **Spring Bank Court, Spring Bank Terrace, Mill Hill, Blackburn, BB2 4GU**. Here we discuss topical issues with each other, what the group is doing, feed back to everyone from the steering group meetings and usually have a social event or information session. (see programme on reverse).

Some fun and activities take place at weekends and planned dates on top of the monthly meetings. They are organised in advance and paid for by the group.

- Bowling
- Meals out
- Shopping trips
- Creative activities
- Theatre trips
- Away days
- Pamper sessions
- Carriage riding
- Support group
- Reducing isolation
- Social interaction
- Peer support
- Respite for the carer
- Information

Transport

We are delighted to work together with Travel Assist to offer our members assistance with travelling to our events, funded by the group's fundraising activities. Should you require transport please ring Travel Assist on 01254 773 765 who will be able to provide more details