

Headway Preston and Chorley News



the brain injury association
preston and chorley

Hello everyone, we hope this newsletter finds you all well. We have started opening up our face to face services and the first meeting held in Cottam was a great success! Below are some dates of upcoming meetings and activities and we hope you can join us. If you still feel unable to attend, you can join the online meetings to stay in touch. *Best wishes from the team.*

Community Meeting Dates

DATES 2021	TIME	ACTIVITY	VENUE
Tuesday 7th September	1pm - 3pm	Drop In	Cottam Community Centre, Haydocks Lane, Cottam, Preston PR4 0NY. No booking required.
Tuesday 28th September	1pm - 4pm	Activity Day	Salvation Army, Harrington Street, Preston PR1 7BN No booking required
Tuesday 5th October	1pm - 4pm	Drop In	Salvation Army, Harrington Street, Preston PR1 7BN No booking required
Tuesday 26th October	1pm - 4pm	Activity Day	Salvation Army, Harrington Street, Preston PR1 7BN No booking required

Cottam Community Centre Venue



Haydock's Lane, Cottam, Preston, PR4 0NY

Free parking. Bus number 44 from Preston Bus Station. Stop at Cottam Community Centre/ Cottam school.

The Salvation Army Venue



Harrington Street, Preston PR1 7BN

Free limited parking.

Bus timetable: www.prestonbus.co.uk/services

More dates of meetings available here: www.headwayprestonandchorley.org.uk/drop-in

Headway Zoom Group Monthly

From 15th September 2021 the Zoom will be changed to monthly instead of weekly and held on the third Wednesday of each month.

Wednesday	15th September 2021	1pm - 2pm
Wednesday	20th October 2021	1pm - 2pm
Wednesday	17th November 2021	1pm - 2pm



To join follow this web site link: www.headwayprestonandchorley.org.uk/zoom-group

Sunflower Lanyards for our members

We have purchased some hidden disabilities lanyards for our members. Many are attaching their brain injury ID card to them, what a great idea! To order contact us : 07557123493



Carers Online Meetings

Join other caregivers on the first Wednesday of the month at 5pm - 6pm via Zoom. The meetings are for any unpaid carers who support an adult with an acquired brain injury.

Wednesday	1st September 2021	5pm - 6pm
Wednesday	6th October 2021	5pm - 6pm
Wednesday	3rd November 2021	5pm - 6pm

Go to our web site to join: www.headwayprestonandchorley.org.uk/carers-online-meetings/

Exercise After ABI

Exercise after ABI offers a gentle physical exercise session supervised by a Heartbeat trained instructor. All abilities are welcome including people with a physical disability a result of their ABI.

Booking is essential and before you attend for the first time you need to complete a medical questionnaire.



Day	When	Time	Location	Cost
Wednesday	Every Week	1.30pm - 2.30pm	Headway Preston and Chorley, Heartbeat Gym, Sir Tom Finney Way, Preston PR1 6PA	£2.50 payable on the day

Telephone 01772 791460 to book or email: services@headwayprestonandchorley.org.uk

Walking group

For dates of our popular walking group sessions please go to our web site or contact Margaret on 07808648728.

www.headwayprestonandchorley/walking-mind-body



Headway Advice & Information Services

Daily office appointments	Daily Hospital appointments	Legal, Financial and debt
Welfare benefits support	Housing information	Volunteering opportunities
Information about brain injury	Counselling	Membership

More on our services visit: www.headwayprestonandchorley.org.uk/services

Contact us

Office number: 01772 791460 Mobile: 07557123493
Email: services@headwayprestonandchorley.org.uk

Charity number 1144388



Donations are always very welcome: www.justgiving.com/headway-prestonchorley