

Patient / client name:

## How to support Headway Central Lancashire

- Make a donation via the contact details below or through Just Giving or My Donate via our website
- Celebrate your birthday by asking friends to donate to Headway Central Lancashire
- Adopt Headway Central Lancashire as your chosen charity at your workplace
- Take part in a challenge event such as a bike ride, run or sky dive
- Volunteer at our community sessions or events
- Organise a local fundraising event

### How to get in touch:

**OFFICE** 01772 791460

**HELP  
LINE** 07557 123493

**EMAIL** [services@headwaycentrallancashire.org.uk](mailto:services@headwaycentrallancashire.org.uk)

**WEB** [www.headwaycentrallancashire.org.uk](http://www.headwaycentrallancashire.org.uk)

**WRITE  
/VISIT** Headway Central Lancashire  
Sir Tom Finney Way, Preston PR1 6PA



**All about us**  
**Headway**  
**Central**  
**Lancashire**  
The local brain injury charity

[www.headwaycentrallancashire.org.uk](http://www.headwaycentrallancashire.org.uk)

Headway Central Lancashire  
is a Charitable Company Limited  
by Guarantee Company Number 7669175  
and Registered Charity Number 1144388



the brain injury association  
**Central Lancashire**

## What is an Acquired Brain Injury?

Acquired brain injury refers to any brain injury that has happened since you were born. This includes traumatic brain injury as a result of a head injury which can be caused by an accident on the road, a fall or assault to the head. Other causes of a brain injury include strokes (including haemorrhages caused by ruptured aneurysms), viral infections (e.g. encephalitis and meningitis), brain tumours, and hypoxic/anoxic (lack of oxygen) injuries.

“Brain injury affects the whole family not just the person who is injured.

Brain injury can leave families in need of support around finances, rehabilitation and care.”

## Headway Central Lancashire is here to help

Headway Central Lancashire is a charity set up to give help and support to adults affected by brain injury. It does this in a number of ways:

- We offer a wide range of services through our hospital and home visiting service, office appointments, community sessions and bespoke projects. All our designed to enhance informal rehabilitation and empower survivors and families to re build their lives.
- We work with statutory organisations and other charities to ensure our services provides the best possible outcomes.

## What we can do for you:

Headway Central Lancashire charity provides **FREE** confidential advice:

- Welfare benefits and finances
- Legal
- Employment
- Housing
- Information about brain injury and rehabilitation
- Information about caring

We provide community sessions to enhance rehabilitation:

- Drop In for ABI survivors and their families
- Activity Days with art, talking therapies, relaxation and IT groups
- Walking for Mind and Body group
- Exercise classes
- Emergency fund
- Hospital and home visiting
- Headway office appointments in Preston
- Helpline **07557 123493**

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