



HEADWAY NORTHAMPTON SPECIALIST UNIT

**Supporting brain injured people
and their families since 1982**

**HEADWAY NORTHAMPTON C.I.O
REGISTERED CHARITY NO: 1158332**

“To move forward, stimulate and inspire”



Telephone 01604 591045

www.headwaynorthampton.org.uk

administrator@headwaynorthampton.org.uk



Why Headway Northampton?



Headway Northampton is a Registered Charity whose primary aim is to support brain injured people and their families. Since 1982 Headway Northampton has been doing this, and we have grown from a small group meeting in people’s homes, to a unique specialist brain injury facility. We take referrals at any time post trauma, from any source including from the client themselves. We are a non medical unit focusing on the therapeutic rehabilitation of both traumatic and acquired brain injured adults residing in Northamptonshire.

We offer an holistic and pragmatic approach to brain injury, concerning ourselves with finding practical solutions to problems faced by our clients. Headway Northampton’s role is to facilitate our clients to attain independence and confidence, through short or long-term support. There is no “cut off “ point for a client’s placement as long as the placement remains funded, all placements do now have to be funded.

Headway Northampton is able to offer support and advice to brain injured people, families, and carers. Advice is sought through a variety of media; the enquirer would then be signposted on to the relevant agencies that may be able to help. Headway Northampton supports clients helping them maintain their recovery. Even after leaving Headway Northampton, all clients and their families can choose to continue to be members of Headway Northampton ensuring that they are still able to access support if required.

**EVERY
90 SECONDS**

Someone in the UK is admitted to hospital with an **ABI**

**EVERY
3 MINUTES**

Someone in the UK is admitted to hospital with a **HEAD INJURY**

**EVERY
4 MINUTES**

Someone in the UK is admitted to hospital with a **STROKE**

Headway Northampton

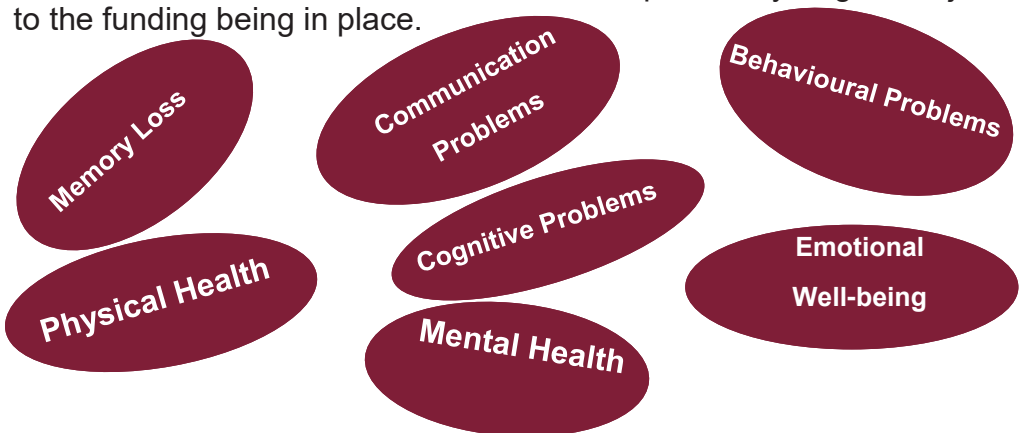
How can I access a placement?

To access Headway Northampton a referral form will need to be completed. We are able to take referrals from all sources. A referral form can be downloaded from our website, or one can be sent to you. Please contact administrator@headwaynorthampton.org.uk or telephone 01604 591045

Referral and Assessment

Once you have been referred, an appointment will be sent to you inviting you to attend Headway Northampton for an informal assessment.

At Headway Northampton, we will take an holistic approach to your assessment, this means that we are looking at “the whole person’s” needs not just brain injury. Any additional needs that you may have are taken into account once the assessment is complete, all of the information is used when planning the support programme for you. If you want to attend. The initial visit to Headway Northampton, includes a tour of the building, and the workshops, groups and services, we are able to offer. Introductions to members of staff and other clients, if appropriate are made. A discussion will then take place with the client and anyone else that has attended with them, regarding any specific requirements. We will discuss a prospective programme of activities and support that Headway Northampton would be able to offer and when this could potentially begin, subject to the funding being in place.



Workshops

Arts and Crafts

- ◆ Oils
- ◆ Pastels
- ◆ Acrylics
- ◆ Watercolour
- ◆ Mosaics
- ◆ Jewellery making
- ◆ Paper crafts
- ◆ Mixed Media
- ◆ Sculpture
- ◆ Textiles
- ◆ Doodle Art
- ◆ Expressive art



Educational

- ◆ Photography including photoshoots. This course is with a commercial photographer



Educational

- ◆ Discussion groups
- ◆ Creative writing

Social Activities

- ◆ Music
- ◆ Bingo
- ◆ Quiz
- ◆ Team Challenge
- ◆ Pool
- ◆ Games



Structured Programs

Headway Northampton offers all of our clients structured programmes, and a timetable.

All our workshops are aimed at improving cognitive skills, behaviour, self confidence and learning new skills as well as remembering old ones. Our activities are continuously evaluated in order to ensure that we provide varied, inspiring, practical and educational activities.

The interaction between both staff and clients enables staff to reinforce appropriate social behaviour and encourage social integration, in a safe, fun, environment that is fully accessible to all.

Staff and Tutors

The staff of Headway Northampton are experienced, and committed to offering help and support to both clients and their families, ensuring that the services we provide are of a very high standard. Headway Northampton is an approved provider of Northampton Adult Social Services.

Tutors who facilitate some of our group workshops are experts in their own field and through group work are passing on their expertise to our clients enabling them to fulfil their aspirations, build their self esteem and confidence.

Oils



Observational drawing



Here are some other pictures of the artwork that has been done by the clients



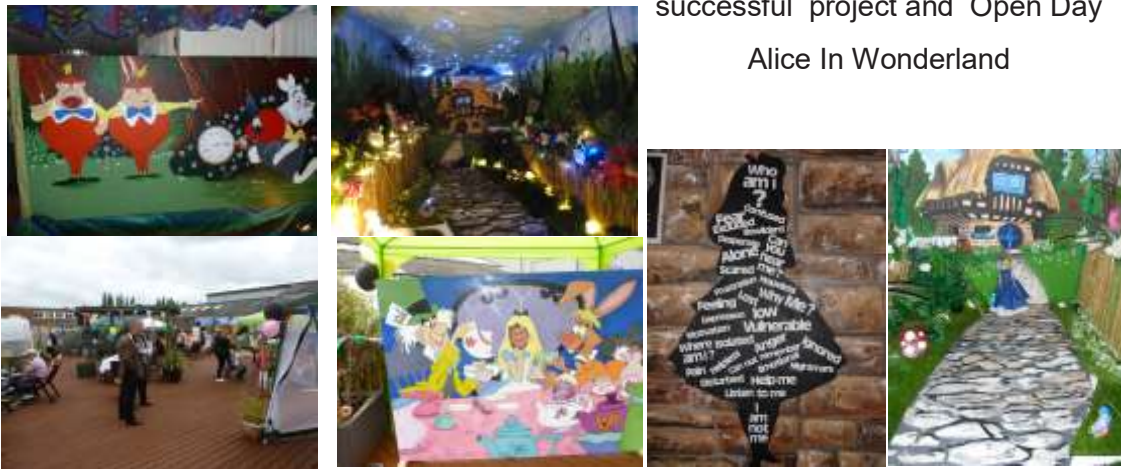
Accidental Alien 2018

We even had visits from Dalek's made by one of our clients

The story of The Accidental Alien is also written by one of our clients and can be read on our website www.headwaynorthampton.org.uk

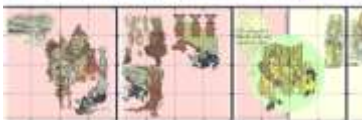
Some pictures from a really successful project and Open Day

Alice In Wonderland



WIZARD OF OZ - 2019

Just imagine without warning and out of the blue, a new course to your life's journey is thrown at you or someone you love, a life's event that throws you into disarray. You are spiralling out of control, whirling on and on, landing down into a place unfamiliar at the beginning of an unknown journey. Imagine the feeling of despair and isolation when in a split second life changes – when your history maybe distant memories boxed away in a place that you don't know how to find. Where you are carried away by a "force of nature", typhoon or cyclone, where you are waiting for the constant swirling to stop, and when it does finding yourself with no map to follow either into the future or back into your past. This could give us some idea of what it might feel like for someone who has sustained a brain injury to travel on their own "yellow brick road". Every day they will have to face their own fears of the unknown, battle their own demons, and find strength and courage to win through eventually finding their own Oz. This was the idea for this years project, below are some pictures of the mural that has been done in the unit, there is also pictures of other paintings and the figures relating to this years project. This work was completed during the daily workshops at Headway Northampton, and everyone was involved. We opened the unit to the public to showcase the work done where some of the artwork was available to purchase.



WIZARD OF OX
MURAL PAINTING WHICH
IS NOW AVAILABLE TO
PURCHASE



Hospitality and Dining

We have a hospitality area (5 star rating) where we offer a menu of homemade food for lunch as well as a takeaway service, to help those that were using the Meals on Wheels Service.

All of the food is subsidised by the charity at a low cost to our clients.

Dietary needs are catered for where possible. Throughout the day, we provide refreshments.

All our unit staff hold a Food and Hygiene certificate.



Examples of food we serve in our hospitality suite

Well-being Service

Clients can access calming and relaxing treatments helping to improve their self-esteem and reduce anxiety. The Kennedy Suite is fully accessible and can be used by other disabilities and individuals who do not regularly attend Headway Northampton.

For further information and booking please contact.

Tel. 01604 591045



administrator@headwaynorthampton.org.uk

Volunteering

If you wish to volunteer with Headway Northampton, you should initially contact us direct for a volunteer application pack. You must be at least 17 years of age and have no previous criminal convictions. You will be subject to a DBS check. We welcome volunteers from all walks of life and you will be trained in-house to gain experience in the field of brain injury. We will provide an induction course of training to all volunteers starting in the unit.

We also welcome students on work placements , or those companies looking for “away days” to help in the community. We have had some fantastic support from local companies which we are so grateful for. If you are interested in volunteering please contact us on;

01604 591045 or via email
administrator@headwaynorthampton.org.uk



Fundraising



Thank you to everyone that has raised money for the unit. To the companies that have given some staff time out of the working day to come and help at events, Christmas Lunch for 80 clients, and the BBQ for up to 100 clients and their families we really couldn't put on this type of event on for our clients without this support, so once again thank you. For everyone that shakes tins, organises fundraising days and events to raise money for us. All of the money raised is used to benefit the clients none is used to provide staff, or administration. Sometimes money is raised for a particular thing, such as the garden, which is also really appreciated.

CORONA VIRUS STATEMENT
APRIL 2021
HEADWAY NORTHAMPTON REOPENS ITS DOORS

Headway Northampton wanted to update you all, to ensure you of our commitment supporting our clients, their carers and relatives, as well as our staff through this very difficult period. Since the lockdown began in March 2020, we have continuously followed the developing situation and how it may impact on Headway Northampton and the services we provide using information from the Government, NHS and Social Care. Our staff were able to be furloughed during the lockdown period, this has ensured that the very experienced management and team were able to be retained, ready to come back to work once lockdown was lifted. This was a massive help to us as our income overnight has decreased dramatically, with no formal funding or fundraising we were unsure how or if we could survive.

We have obviously had to be a number of changes made to our building and the type of sessions we are able to provide in order to meet the government guidelines on social distancing of two metres apart. To manage this we have planned a phased return for those clients that aren't in social isolation or shielding from the virus.

We will continue to follow the Government guidelines for the Coronavirus pandemic, Mandatory sanitising / hand washing, Temperature taken upon arrival. If there is a concern, mandatory COVID testing for Staff and Clients using the Government Supplied Rapid Lateral Flow Tests (PCR). Masks will be available to all, 2m Social Distancing at all times, 1-way system throughout the building. All staff have been vaccinated, and an intense / timed cleaning regime

We ask that all Support Workers attending with clients have received the vaccination as well, this is mandatory. No vaccination, no entry.

We are happy to announce a staged re-opening to Headway Northampton week commencing 19th April 2021. The unit will re-open to clients for booked placements on Tuesday 20th April 2021. Our 2nd stage of re-opening will again be by invitation; this will start from Tuesday 18th May 2021. Clients that have a placement will be contacted with their start date.

Looking forward to welcoming you all back, stay safe.

Headway Northampton Trustees and Staff

FRONTLINE SERVICES ARE FREE AT THE POINT OF DELIVERY AT HEADWAY NORTHAMPTON

HOWEVER

“Our frontline services do not receive any funding”

All fundraising for Headway Northampton is greatly appreciated and very important as it allows the work of the charity to continue.

All sponsorship and fundraising is used to benefit the service users and the specialist facilities, we provide at Headway Northampton.

Since losing all formal funding a significant strain has been placed on the service and despite our best efforts, we are struggling to compensate for this loss. Funding for placements by Northampton County Council in the current climate is difficult to obtain. We are overwhelmed by referrals for those who need us but are having to wait, for funding in some cases over eight months, or worse, be turned away. Despite this, we remain unwavering in our resolve to support our community, but we are in need of help.

We ask that you take a moment to consider the “**what if’s**”, there are 445 admissions to hospital as a result brain injury every single day, over one million every year, yet we are struggling to provide the specialist services we have done for over 37 years. Take a moment to reflect on the “**What if**” Headway Northampton wasn’t there.

We hope you would like to work with us to move forward, to stimulate and to inspire.

Please contact us 01604 591045

www.headwaynorthampton.org.uk

administrator@headwaynorthampton.org.uk

How can you help?

There are a number of ways to help Headway Northampton to continue its valuable work.

MAKE A DONATION

Donations by cash/cheque to Headway Northampton. Regular donations via standing order.

ORGANISE AN EVENT

Raise money by organising a fundraising event. Set up a fundraising page for any event you are doing to raise money for Headway Northampton by going to:

<https://.virginmoneygiving.com> and searching for Headway Northampton's page

If you shop on Amazon—use Amazon Smile, by using this every time you buy through Amazon, Amazon donates 0.5% of the net purchase price to the Charity of your choice for more information go to: <http://smile.amazon.com/> register and then choose Headway Northampton CIO as the charity you wish to support

Become a member of Headway Northampton, it's free if you attend Headway Northampton or just £5 for a family membership, we will send out a newsletter regularly and information about other events and open days. If you care about the future of Headway Northampton by becoming a member you have a vote and a say in it's future.

TOGETHER

we can make a difference.

In a recent survey, 95% of our service users report that attending Headway Northampton has significantly improved their quality of life and enjoyed their time spent here. All of this in turn provides much needed respite and support for carers and relatives. Since 1982 we have supported thousands of people dealing with the trauma of brain injury either as relatives. Friends, or the brain injured person themselves. We know we have made a difference and the help we have given has been at times invaluable.

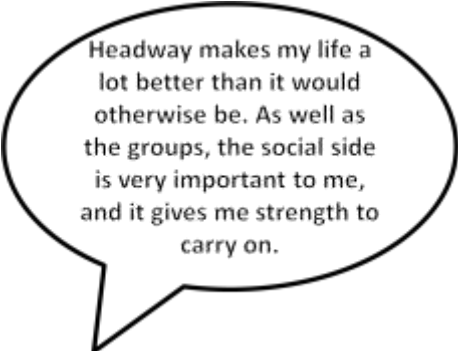
Please help us to continue with this work, we can no longer do it all alone.

PLEASE CONTACT US IF YOU CAN HELP


01604 59104

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Headway makes my life a lot better than it would otherwise be. As well as the groups, the social side is very important to me, and it gives me strength to carry on.



If it weren't for this place, I don't know where I'd be



I think Headway Northampton is awesome! The staff are lovely and friendly! I really enjoy my time here.

Useful Numbers

- ◆ **Northampton Adult Care Team**
0300 126 1000
- ◆ **Northamptonshire Centre for Independent Living** 01604 588501
- ◆ **Community Brain Injury Team**
01933 235829
- ◆ **Stroke Services NGH** 01604 545804
- ◆ **Community Law Service**
01604 621038
- ◆ **Citizens Advice Bureau** 03444 111 444
- ◆ **Community Mental Health Team**
0121 522 7007
- ◆ **Northampton General Hospital**
01604 634700
- ◆ **Police 101**
- ◆ **Job Centre** 0845 6043719
- ◆ **Samaritans** 01604 637637
- ◆ **www.headway.org.uk — downloading of factsheet on brain injury**



Mission Statement.

To support persons who have suffered brain injuries, and reside in the county of Northamptonshire, by the provision of such services, persons and facilities required by them and their relatives.

Headway Northampton CIO

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Registered Charity No. 1158332

Headway Northampton is a not for profit organisation



*Affiliated to Headway - the brain injury association.
A registered charity*