

Ways to support Headway South Bucks – at any time:

- Remember Headway South Bucks in your will, or, send a gift in lieu of flowers - in tribute to a friend or loved one.
- Adopt Headway South Bucks as your chosen charity at your workplace or in your community group or organisation.
- Organise a local fund-raising event for the benefit of HSB. (If you have any novel ideas for fund raising events we would be delighted to hear from you).
- Take part in a sponsored sporting challenge such as a swimming marathon, Triathlon, bike ride, run or trek for HSB.



- Telling people about our work
- Make a donation via HSB's web site

Are you able to help by making a donation?

At Headway South Bucks we rely on voluntary donations to continue to provide vital services to brain injury survivors and their families. Headway South Bucks is independent and impartial. As more people now survive accidents and live with brain injury, the need for our work is growing. Any gift you are able to make will be used to extend our work locally, from running activity days at our Resource Centre in Bourne End to a programme of activities to support the Carers of people with brain injury through our **Carers Support Programme**. To give to Headway South Bucks online, please visit our website and click on the **Virgin Money Giving Button**. Thank You!

Getting in touch with us:

If you need help and advice about Headway's services, or would like more information about our Resource Centre, or think we may be able to offer you support (as a brain injury survivor or family member or carer of someone with an ABI) or if you are interested in learning more about volunteering with us – to help us maintain and develop our services across the community, we are happy to hear from you.

Please contact HSB in any of these ways:

Address

■ **Headway South Bucks.** Resource Centre is at The Community Centre, Wakeman Road, Bourne End, Buckinghamshire SL8 5SX

Opening times

■ Tuesdays, Wednesdays & Thursdays between 10.30am – 3.30pm

Telephone contact

■ 01628 850315
(during Resource Centre hours)

Mobile

■ 07704 86075 (for messages)

Email

■ servicesmanager@headwaysouthbucks.org.uk

Website – visit for more information and inspiration!

■ www.headwaysouthbucks.org.uk

Headway South Bucks (HSB) is a registered charity (No. 110217) and incorporated as a company limited by guarantee (No. 4983790)



Headway South Bucks

Volunteering for your local charity



Can YOU help?



Headway
the brain injury association

- Are you a good listener?
- Do you enjoy meeting people?
- Can you spare a few hours each week to make a difference?

How common is brain injury?

Brain injury can challenge every aspect of your life – walking, talking, thinking and feeling – and the losses can be severe and permanent. It can mean losing both the life you once lived and the person you once were.

Every year approximately 350,000 people are admitted to hospital with an acquired brain injury (ABI) related condition. ABI refers to any form of brain injury that has occurred since birth. This includes traumatic brain injury (TBI), which is the result of a severe blow or jolt to the head and is most commonly caused by road traffic accidents, falls and assaults. Other common causes of ABI are strokes (caused by clots or bleeding in the brain), infections (such as encephalitis and meningitis), brain tumours and hypoxic/anoxic (lack of oxygen) injuries.

Headway – the brain injury association

Headway is a UK-wide charity that works to improve life after brain injury. Through its network of more than 125 groups and branches, of which **Headway South Bucks** is one, it provides support, services and information to brain injury survivors, their families and carers, as well as to professionals in the health and legal fields. The Headway national helpline provides information, signposts to support services and offers a listening ear to those experiencing problems.

Confidential freephone national helpline:

0808 800 2244

Open Monday – Friday, 9am – 5pm

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Headway South Bucks is here to help

For more than 20 years, Headway South Bucks has been helping brain injury survivors and their families and carers living in South Bucks and adjoining areas, cope with the often devastating effects of brain injury.

We are proud to have helped many hundreds of individuals in that time to re-learn lost skills and regain some degree of independence, while supporting an equal number of families and carers adapt to new lives with the challenges that brain injury can bring.

At Headway South Bucks our dedicated team uses insight and care to help ABI survivors regain a quality of life through a wide range of activities which improve cognitive ability, co-ordination, confidence, social skills – together with basic living skills, sporting activity – and physical exercise.

We open the Resource Centre at the Bourne End Community Centre on Tuesday, Wednesday and Thursday each week, 51 weeks a year and we greatly rely on our volunteers to help run this service. Please come and join our friendly team knowing that like them, you are helping to improve the quality of someone's life.



All our Volunteers will receive any necessary training and will always be supported by experienced staff members.

Why we volunteer with HSB



“ We have enormous fun during our very varied day with time to chat with our clients about their life experiences, which are all very different and time to play games or go for a walk. I would recommend that anyone thinking of volunteering with a few hours to spare give HSB some very serious thoughts as our clients greatly appreciate the time we give them” **Sheryl**



“ I volunteer one day a week at the Resource Centre and am able to participate in activities that ordinarily I would not take part in, gaining great enjoyment from interacting with our clients and putting a smile on their faces” **Ken**

Other ways to Volunteer

In addition to Volunteering at our Resource Centre, would you be interested in helping us in other ways? We have lots of opportunities in different roles including:

- Administration and Record Keeping
- Marketing and Fund-raising
- Supporting our Clients and Carers during HSB outings
- Being an 'Ambassador' for HSB
- Becoming a Trustee

So, if you can spare a few hours on a regular basis, we would love to hear from you.