

Contact details for Headway services

Dublin

Unit 1-3 Manor Street Business Pk,
Shea's Lane, off Manor Street, Dublin 7
Tel: 01 810 2066 **Fax:** 01 810 2070
Rehabilitative Training & Day Rehabilitative Services, Brain Injury Rehabilitation, Neuropsychological Assessment, Psychotherapy, Counselling, and Information and Support.

Cork Office

Unit B3, Link Road Business Park, Ballincollig, Cork
Tel: 021 487 1303 **Fax:** 021 487 1305
Rehabilitative Training & Employment Support, Rehabilitative Day Services and Community Integration.

Cork Psychology & Family Support Services

Kenny Group House, Carrigrohane Rd, Cork
Tel: 021 434 7625 **Fax:** 021 434 7477
Brain Injury Rehabilitation, Neuropsychological Assessment, Psychotherapy, Counselling, Family Support, and Social Work Services.

Limerick Office

Jutland Hall, Steamboat Quay, Dock Rd., Limerick
Tel: 061 469 305 or 061 469 306
Rehabilitative Training, Vocational Training Programme, Sheltered Employment, Brain Injury Rehabilitation, Neuropsychological Assessment, Psychotherapy, Counselling and Family Support

Kerry Office (Psychological Services)

Fairies Cross, Clounalour, Tralee, Co. Kerry
Tel: 066 711 9320 **Fax:** 066 711 9321
Psychotherapy and Counselling

Information and Support (South East)

6B Prior's Orchard, John's Quay, Kilkenny
Tel: 056 778 6240

N.B. Our services change occasionally. The information in this leaflet is accurate as at August 2010.

Has your life changed after?

- + a head injury or accident
- + a stroke, or brain haemorrhage
- + an infection of the brain
- + or any other brain injury

Then, Headway can help.

We have services in: Dublin, Cork, Limerick, Kerry and the South East.

Phone **1890 200 278** to get support, more information, or an Application form (*It's the price of a local call*).



If you'd like to help Headway, we'd love to hear from you! Phone your local Headway Office, or see www.headway.ie/support for fundraising and volunteering ideas.

Charity Number: CHY 7417

HEADWAY

Bringing **positive change** in the lives of those affected by Acquired Brain Injury

Our services and supports for people affected by a Brain Injury



Phone: 1890 200 278

9am - 1pm / 2pm - 5pm, Monday to Friday

www.headway.ie

www.headway.ie

What is Headway?

Headway is a not-for-profit organisation which was founded in 1985. Our aim is to bring positive change to people affected by an acquired brain injury (ABI).

What do we do?

We specialise in brain injury rehabilitation. This assists people who have been ill or injured to rebuild their skills to achieve the best quality of life that they can. We also provide support to families, offer training to other professionals and carry out research.

Where are Headway's services?

- + We have six centres in Dublin, two in Cork, and one in Limerick city.
- + We also have a Counsellor in Tralee and an Information & Support Worker for the South East, based in Kilkenny.

See overleaf for full contact details.

If we don't have a service near you, we'll try to direct you to an organisation that does.

Who can refer someone to our services?

- + Individuals themselves or a family member.
- + Professionals and staff from other agencies.

How do you apply?

To get a Referral form:

- + call us on 1890 200 278.
- + or download forms from our website: www.headway.ie/services
- + or write to your local Headway Office.

Need more information or assistance?

- + Call us on 1890 200 278, 9-1 or 2-5 pm.
- + Ask us for our "Family and Carer Guide" or useful factsheets.
- + Email us at: info@headway.ie
- + Check out www.headway.ie for:
 - > more details on our services
 - > maps of where we are
 - > ways to connect and get support



How a brain injury affects people

A brain injury can happen suddenly to anyone after an accident, a stroke, or an infection, for example.

It can make it difficult for them to return to work or study, to enjoy a social life, to communicate fully with other people, or even to live independently.

How Headway can make a difference

"The Headway staff were always there – building up my confidence and helping me set new goals."

Sinead, a Dublin Rehabilitative Day Services client.

"After my accident, I started going to Headway. I learned how to cook and use computers, and re-learned how to read and write. Headway gave me a reason to get up every morning."

John, a Rehabilitative Services Trainee in Cork.

"Your reply to my e-mail didn't just give me information. I found it very reassuring that I am able to keep in contact for further help."

Michael, from Limerick.

www.headway.ie | Phone: 1890 200 278

**These people have all accessed Headway's services but their names have been changed to protect their privacy.*

What Services do we offer?

Brain Injury Rehabilitation through:

- + **Rehabilitative Day Services** which brings people together to take part in group and individual programmes with an emphasis on rehabilitation.
- + **Rehabilitative Training** which enables people, aged 16 – 65, to build their personal, social and work-skills.
- + **Community Integration** through activities, goal planning, sports etc, and one-to-one support.
- + On-site **Sheltered Employment** and a **Vocational Training** programme (Limerick).
- + **Back-to-Work and Community Support.**
- + **Support Groups and Training Workshops.**
- + **Specialist Psychology Services** which include:
 - > **Neuropsychological Assessment:** this aims to build a picture of how well the different parts of someone's brain are working.
 - > **Neuropsychological Rehabilitation:** this may help someone to re-train their brain to improve its functioning or to find ways around their difficulties.
 - > **Psychotherapy:** the goal of psychotherapy is to help clients explore issues and work to try to overcome them in supportive one-to-one sessions.
 - > **Counselling:** Our specialist staff provide a safe and confidential environment in which people affected by a brain injury can explore their feelings.

National Brain Injury Information & Support service and Phone line –1890 200 278.

Family support through:

- + **Groups and workshops.**
- + **Individual Counselling.**
- + **Social Worker** (Cork)
- + Our **Information and Support** phone line and website.

