

**“This is my second life.
In the ambulance apparently
they thought I was dead.
But here I am, and I’m learning
something new every day”**



Bav

The most common causes of a traumatic brain injury are traffic accidents, sporting injuries, accidents at work, assaults and falls. The brain can also be damaged by strokes, haemorrhages or certain serious infections.

**At Headway Hertfordshire we
work tirelessly to improve the
lives of people with a brain
injury and the loved ones
who care for them.**

We offer:

- ◆ Understanding, information and advice
- ◆ Rehabilitation groups
- ◆ 1-2-1 Occupational Therapy
- ◆ Peer-to-peer social and support groups
- ◆ Help and education for carers
- ◆ Links to specialist counselling services
- ◆ Links to financial advice (as often loss of income is a major consideration for people with an aquired brain injury)

**Every day in Hertfordshire,
15 people are admitted to
hospital with a brain injury.**

Often called a ‘hidden disability’, brain injury can cause sensory loss, speech and language difficulties and mobility problems. Those affected often encounter issues with their memory and concentration, changes in their emotions, behaviour and severe fatigue.

We work closely with people who have a brain injury, their carers and families. We help to reduce social isolation, improve health and wellbeing and give carers a break. We also work to raise awareness with local groups, professionals, statutory authorities, charities and others through presentations, talks and face to face meetings.

**“It’s given us a lifeline – amazing
friendship and support”**



Michael and Dee