



## MEMBERS OPINIONS

" We love the homely, family atmosphere"

"We were delighted at the welcome we received at Head Injury Support and how we were put at ease."

“ It is great to meet with people experiencing similar challenges and build friendships again ”

"It is just great to have laughter and fun in my life again."

"The craic is mighty."



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**JOIN US FOR  
CRAIC, COFFEE,  
CAKES &  
CRAFTS**

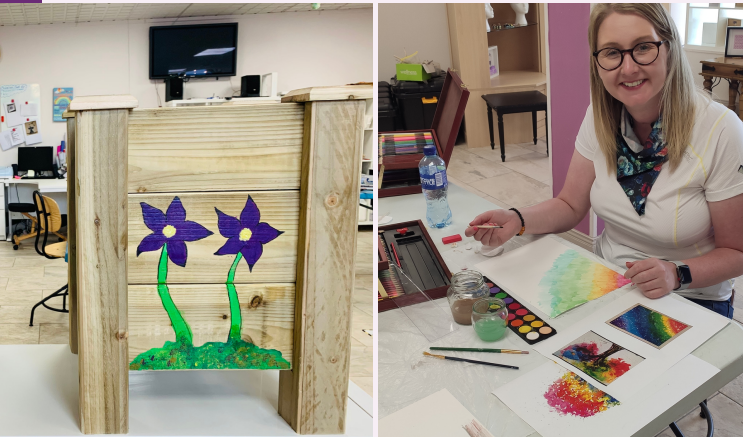


**HEAD INJURY  
SUPPORT**  
SUPPORTING HEAD INJURY  
SURVIVORS AND CARERS

**SUPPORT THROUGH SHARED EXPERIENCE**

# WHO WE ARE

Head Injury Support is a charitable organisation set up to help and support adult survivors who have acquired a head injury, their families and carers.



Get together with people who share the same experience as yourself over coffee and cake.



## HEAD INJURY SUPPORT PROVIDES:

- Mutual support from other group members
- Daytime Support Sessions - 4 Days per week in Newry & 1 day in different outreach centres (Armagh & Craigavon)
- Games & Activity Sessions
- Purposeful & Meaningful Activities - Creating arts & crafts and upcycling for sales in our shop.
- Emotional Support
- Programmes & Benefit support
- Advice for carers

## SOCIAL EVENTS WE OFFER

- Day Trips
- Variety of activity taster sessions
- Arts & Crafts
- Evening Events
- Nights Out
- Seasonal Parties
- Annual 2 Night Break Away

## HOW WE KEEP IN TOUCH

- Newsletters
- Event Brochures
- Facebook, Twitter & Instagram
- Website, Forums & Chats
- Texting Service



# HOW TO BECOME INVOLVED

Head Injury Support welcomes applications from anyone with a head injury, their families, carers and anyone who has an interest in head injury or who is interested in helping in any way.



TO JOIN HEAD INJURY  
SUPPORT TELEPHONE  
OUR OFFICE ON  
**028 3083 3728**  
TO DISCUSS OUR  
REFERRAL PATH

## OUTREACH SERVICES

The Armagh group meets in Dobbin Street Community Centre every Monday from 10:30am to 1:00pm.

The Craigavon group meets every Wednesday in Brownlow Community Hub in Craigavon from 10:30am to 1:00pm.

For more information on this service please call the office on **028 3083 3728**