Workshop & Course Programme 2017

Headway Cambridgeshire

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Introduction to Peer Mentoring

Have you had a brain injury or are you related to someone who has? Would you value helping others through similar experiences?

“Peer Mentoring is a form of Mentorship that usually takes place between a person who has lived through a specific experience (Mentor) and a person who is new to that experience (Mentee).”

Wikipedia.

Peer Mentoring is a structured relationship between Mentees and Mentors. Mentors offer support, encouragement and guidance aimed at improving the confidence and independence of the Mentee.

A Peer Mentor is someone who has had some experience of brain injury, either because they have a brain injury themselves, or are a relative of someone who has, and can act as a resource, helping hand and sounding board for their Mentees.

This workshop will provide you with information on how to become a peer mentor, what you need to know about being a peer mentor and how we will support you to support others.

If you would like to hear more about becoming a peer mentor come along to one of our introduction sessions:

Monday 12 June, 10.00am - 11.00am, Peterborough Hub
Thorpe Hall, Longthorpe, Peterborough, PE3 6LW

Thursday 22 June, 11.30am -12.30pm, Fulbourn Hub
Block 10, Ida Darwin, Cambridge Road, Fulbourn, CB21 5EE

Tuesday 27 June, 3.00 - 4.00pm, after the Wisbech Social Community Space, Tesco Extra, Cromwell Road, Wisbech, PE14 0RG

Please confirm your attendance to John Peck
01223 576550 or johnp@headway-cambs.org.uk
Managing Anxiety

Many people suffer from anxiety after brain injury, which impacts upon their daily lives and may obstruct their rehabilitation.

This workshop is designed for anyone who has had a brain injury or their family member/carer. It will provide information, advice and support about common strategies people use to overcome anxieties. We will focus on areas which can support this including motivation and initiation, setting routine and coping mechanisms.

It will give you the opportunity to ask questions and learn about different strategies to help you manage more effectively. It will also enable you to meet other people who have had a brain injury.

Please note that this workshop is being run across two weeks.

**Session 1**
Monday 24 July, 10.30am – 1.00pm
Fulbourn Hub
Block 10, Ida Darwin, Cambridge Road, Fulbourn, CB21 5EE

**Session 2**
Monday 31 July, 10.30am -1.00pm workshop
Fulbourn Hub
Block 10, Ida Darwin, Cambridge Road, Fulbourn, CB21 5EE

Places are limited so please book early to avoid disappointment.

Please confirm your attendance to Nicola Howard
01223 576550 or nicolah@headway-cambs.org.uk
Memory Strategies

“The majority of people with memory problems have these problems for a physical reason rather than a purely psychological reason: it is not that they will not remember, but that they cannot remember.” Headway UK

This workshop is designed for anyone who has had a brain injury or their family member/carer. It will provide information, advice and support about some of the common memory strategies used following brain injury. We will focus on areas which can support your memory such as improving attention and concentration, exercises for the mind and adapting the home.

It will give you the opportunity to ask questions and learn about different strategies to help you manage more effectively. It will also enable you to meet other people who have had a brain injury.

Please note that this workshop is being run across two weeks and in two locations.

**Session 1**
Monday 7 August, 10.30am – 1.00pm
Fulbourn Hub
Block 10, Ida Darwin, Cambridge Road, Fulbourn, CB21 5EE

**Session 2**
Monday 14 August, 10.30am -1.00pm workshop
Fulbourn Hub
Block 10, Ida Darwin, Cambridge Road, Fulbourn, CB21 5EE

**Session 1**
Friday 18 August, 10.30am – 1.00pm
Peterborough
Location to be confirmed

**Session 2**
Friday 25 August, 10.30am -1.00pm workshop
Peterborough
Location to be confirmed

Places are limited so please book early to avoid disappointment.

Please confirm your attendance to Nicola Howard
01223 576550 or nicolah@headway-cambs.org.uk
Growing Together Gardening Course

Do you like spending time in nature? Perhaps you would like to be able to garden, raising plants from seed, growing your own food or encouraging wildlife into your garden?

You may already have a lot of gardening knowledge but you might like to help others to learn the basics of growing for themselves?

Growing Together is a free gardening course with a difference. It has been specially designed for anyone who has experienced a brain injury.

“I am so glad that I did this course! A conventional gardening course would probably have been interesting but I found Growing Together to be so much more than I would have expected.”

Participant of previous course.

Courses will run in both Cambridge and Peterborough so you can choose which is closer to you.

Each session will last for 2 hours and will take place every Thursday at the Headway gardens in Cambridge or Peterborough from September 2017 until March 2018.

You will learn as part of a small and friendly group of people including those who have experienced a brain injury and those who have not but are interested in helping others to learn and enjoy themselves at the same time.

The course is facilitated by an experienced horticultural therapist.

If you want to join us, please contact Simon Lacey 01223 576550 or simonl@headway-cambs.org.uk for more information.
Community Connections

Do you want to break down barriers to the job market? Are you looking to return to work or volunteering or do you need some direction for your future?

Headway Cambridgeshire are pleased to be offering a free course aimed at breaking down such barriers. Whether you have aspirations for a few hours volunteering a month to a full-time job, or would just like to find the direction you want to start looking in for the future, this course could help you move towards your employment goals.

The course works on strategies to overcome brain injury challenges, how to manage stress, anxiety and fatigue, and how to problem solve potential barriers which may be stopping you engaging in activities you want to do.

The comprehensive package consists of a full assessment, 12 week group course and up to 10 one-to one occupational therapy sessions offering tailored community support to help you reach your goals.

You will be suitable for the course if you are currently unemployed, have the right to live and work in the UK and are eligible for or eventually looking for employment or volunteering.

Next course starts:
Monday 18 September to Monday 11 December
10.30am – 3.30pm
Cambridge
Location to be confirmed

If you would like to speak to someone about the course please contact Sharon Buckland
01223 576550 or sharonb@headway-cambs.org.uk

Future courses:
Monday 8 January 2018 to Monday 15 April 2018
Huntingdon/Fenland area

Monday 23 April 2018 to Monday 16 July 2018
Peterborough area