

Online Services

On our social media pages we are offering different themed activities daily.

Visit our Facebook page by searching @HeadwayBirminghamandSolihull



Memory and Motivation Monday

Memory activities, quizzes, or nostalgia activities.



Chores on Tuesday

Making chores fun with step by step recipes, DIY and crafts.



Walking Wednesday

Getting active with seated exercise videos or a short walk.



Thinking Thursday

Challenging you with crosswords, brain teasers, puzzles and more!



Fresh Air Friday

Garden crafts, a short walk or bird watching.



Songs on Saturday

All sorts of music quizzes and evoking memories through music.



Stay at Home Sunday

Mindfulness, relaxation, exercise, and anything to encourage positivity.

Mission Statement

“Our aim is to promote greater understanding of all aspects of brain injury and to provide support, information and services for people who have sustained brain injury and their families and carers.”

For further information please call:
0121 457 7541

Visit our website:
www.headway-bs.org.uk

Visit our Facebook page:
@HeadwayBirminghamandSolihull

Leighton House
20 Chapel Rise
Rednal
Great Park
Birmingham
B45 9SN

Headway House
Moseley Hall
Hospital
Alcester Road
Moseley
Birmingham
B13 8JL

Registered Charity Number: 1008798
Company Registration Number: 2686647

Affiliated to Headway-the brain injury association



Improving life after brain injury

Headway Birmingham & Solihull

Remote Services

What can we offer:

- Enquiry line
- Welfare calls
- Doorstep visits
- Online support
- Activity packs



Call: 0121 457 7541



Remote Services Available

Activity Pack

Our activity packs will be available to send to anyone who is interested in having some activities to keep them occupied while at home.

The pack will include activities similar to those found in sessions at Headway and will include the topics below:

- Brain Injury Insight
- Reasoning
- Mental Health
- Memory
- Creative Writing
- Independent Living Skills (Cookery)
- Geography
- History
- Seated Exercise
- Mindfulness

Please contact us if you are interested in receiving one!

Enquiry Line

Our enquiry line is still open to receive calls on 0121 457 7541.

You can call for support, advice and information.

Our family support service is also still available for support and advice on finances/ benefits.

Welfare Calls

Staff will be contacting existing clients on a regular basis to check you are alright or if you need any further support/ assistance.

Doorstep Services

For those in desperate need, we will provide help in getting basic food supplies and medication or providing help with getting to appointments ect. We will be able to fetch and deliver food items to your door step.



Activity Pack

Keeping busy during isolation....



Remember to follow **Headway Birmingham and Solihull** on **Facebook** for our **daily activities** and **online services**.



@HeadwayBirminghamandSolihull



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