

# Headway Suffolk



the brain injury association

Ipswich, Bury St Edmunds & satellite hubs across Suffolk



*A rehabilitation service led by qualified staff to help people reach their full potential after brain injury*

*"I feel like I am getting somewhere now, and learning something new"*



*"A place that is 'just mine'"*



*"I made this for my granddaughter. I've never done anything like this before"*



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*"Choosing my own shopping, this could be fun!"*

*"I can talk with staff about my life and feel better afterwards"*



*"That's the first time I have drawn since I was at school"*



*"I can concentrate on my art work here, it's too noisy and busy at home"*



## Brainy Dogs



*"It's nice to see and chat with people who live in my town and near me"*

*"This is great being right on my doorstep"*



*"I can walk with my wife and dog down to Headway and then go shopping locally"*



*"If you need me, I'm just around the corner, so ring me"*



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24/7 Community Support and Home Care



*"Headway's support allows me to enjoy activities I would not normally be able to"*

*"I get quality 'me time' doing the hobbies I enjoy"*



*"I like that Headway offers support staff of my own age group"*



*"Without Headway I wouldn't get out of bed"*



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