



## Headway Suffolk

Ground Floor  
Epsilon House  
Ransomes Euro  
West Road  
Ipswich  
Suffolk  
IP3 9FJ  
Tel. 01473 712225

### **Monitoring report for the £500 award by Felixstowe Town Council**

Headway Suffolk is a local charity affiliated to Headway UK. It has been in existence since 1982. The charity offers support, rehabilitation, and care to any adult living in Suffolk who has a brain injury or neurological condition. Headway Suffolk is registered with CQC to deliver home care and nursing care in people's homes. They are currently rated as outstanding by CQC. The Charity has two neuro hubs, one in Ipswich and another in Bury St Edmunds. Headway Suffolk employs a physiotherapist, occupational therapist and RMN. The therapists have helped people to live at home, to regain independence, to enter volunteering and employment. They have received referrals from GPs, acute and community hospitals, and clinicians. As well as providing individual therapy the therapists facilitate groups and courses. The charity also runs a unique companion dog scheme called Brainy Dogs

People with a brain injury can have a number of problems such not being able to control anger, short term memory loss, not being able to walk, talk, read or write. They may also have a change of personality. This leads to loss of employment, loss of friends, and family support resulting in poor mental health and loneliness.

We also supported their family carers to carry out their caring role and to keep themselves well.

**CQC Rated Outstanding** Headway Suffolk is a Registered Charity No 1075338 and a company limited by guarantee Registered in England No. 3731392. Headway Suffolk is affiliated to Headway UK

The grant award by Felixstowe Town Council was used to support people who live in Felixstowe, who have neurological conditions including: brain injury, stroke, mental health challenges, and dementia. The grant enabled people to have support in their own community and to integrate with members of the community. We supported people to use the library, sports centres, and other community resources as well as helped with shopping.

