

Carers events

Headway Oxford is holds various different events for people who support individuals who have had a Brain Injury – whether you are a partner, family member or friend.

This is a chance for you to get to know others who are also supporting Brain injured people and to have information about the effects of Brain injury, as well as services and benefits that you might be entitled to.

If you would like to attend one of these, please contact Emma or Polly on 01865 326 263 or emma@headway-oxford.org.uk / polly@headway-oxford.org.uk

What	When	Where
Understanding and Managing fatigue in brain injury.	Monday 16th October 19.00-20.00	Activity Centre, Headway, Kennington We will look at what Fatigue is, how it affects people the triggers and what can be done when living with someone who has fatigue
Emotional and Behavioural changes course	Tuesday 20th November 19.00- 20.30	Activity Centre, Headway, Kennington Information evening looking at why people have emotional and behavioural difficulties after brain injury and looking at strategies to manage these
Christmas Carers event (We provide the main and a small desert, please bring drinks and any other pudding but none with nuts in!)	Tuesday 11th December 18.30 serving food at 19.00	Headway Activity center Kennington: Please ask for details in early November if you are interested in attending so we can plan for catering
New Carers evening	Tuesday 12th February 2019 19.00-20.30	Activity Centre, Headway, Kennington An evening for new carers that looks at the effects of brain injury and provides information about services and benefits
Strategies for overcoming memory obstacles post brain injury	Monday 11th March 19.00-20.00	Activity Centre, Headway, Kennington This will spend time looking at why so many people with brain injury have memory issues and some strategies for overcoming this

If you just need a chat or advice, please come along to any of the above dates and we will be happy to chat with you

Please get in touch if you would like advice on a specific area of caring such as finance or respite support. This will enable us to source an outside speaker for topics relating to those difficulties for which a different professional would be more appropriate.
All feedback and suggestions welcome😊

[Reply Slip on page 2](#)

Reply slip:

Please select the events you wish to attend; if you are coming to the Summer social please also include how many people are coming so that we can organise the catering.

Name:.....

Email Address:.....

Event	Date and time	I will attend	I will not be able to attend
Understanding and Managing fatigue in brain injury.	Monday 16 th October 19.00-20.00	Please include how many will attend:	
Emotional and Behavioural changes course	Tuesday 20 th November 19.00- 20.30		
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Strategies for overcoming memory obstacles post brain injury	Monday 11 th March 19.00-20.00		
Understanding and Managing fatigue in brain injury.	Monday 16 th October 19.00-20.00		

Please post to:

Headway Oxfordshire 4 Bagley Wood Road Kennington Oxford OX1 5PL
Or

Email a confirmation to emma@headway-oxford.org.uk /
polly@headway-oxford.org.uk

