



the brain injury association
Central Lancashire

DROP IN

For people with an acquired brain injury (ABI)



At the Salvation Army Centre,
Harrington Street,
Preston PR1 7BN

Headway Drop In's are held on the first Tuesday of the month at the Salvation Army. The sessions are open to adults who have an acquired brain injury (accompanied by a friend, family member or support worker if desired).

WHAT'S ON at the DROP INS

Guest Speaker - topics related to daily living.

Quiz or competition

Advice and Information - welfare benefits/legal advice/rehabilitation.

Take away information and memory aids.

Tea and chat.

 For more information and dates of meetings 01772 791460 Mob: 07808648728

E: services@headwaycentrallancashire.org.uk

www.headwaycentrallancashire.org.uk/drop-in

Headway Central Lancashire is a Charitable Company Limited by Guarantee
Company Number 7669175 and Registered Charity Number 1144388



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ACTIVITY DAYS

For people with an acquired brain injury (ABI)



At the Salvation Army Centre,
Harrington Street,
Preston PR1 7BN

Headway Activity Days are held on the last Tuesday of the month at the Salvation Army. The sessions are open to adults who have an acquired brain injury (accompanied by a friend, family member or support worker if desired).

WHAT'S ON at the ACTIVITY DAYS

Art group - try your hand at creating some art with guided tuition.

Talking Group - share experiences or listen to others.

Chair Yoga & Meditation - take part in therapeutic gentle exercise and relaxation.

Card Making

Advice and Information - welfare benefits/legal advice/rehabilitation.

Take away information and memory aids.

Tea and chat.

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