

## Activities for people with Acquired Brain Injury and their families

### What is Services For All ?

Services For All is a programme of activities suitable for people with acquired brain injury and/or their families to attend.

There is an yearly registration fee of £10 per family (up to 6) which contributes to our staff costs for this service

Brain Injured adults who may wish to attend alone will need to have a short assessment at their first activity to ensure suitability. Services For All staff and volunteers are not able to provide personal care/support or supervision.

Following assessment if the service is not suitable, individuals may be advised to attend along with someone who is able to meet their support/care needs or be referred to one of our other services which will better support their individual needs



### What activities are available?

Please see overleaf for our programme of activities for the current month.

Below are some extra bits of information needed for specific activities:

**FISHING**—please provide your own equipment and ensure you require no help to take part

**CYCLING**—Run by Wheels for All, we do not always attend this group **FOR INFO PURPOSES ONLY**

**SATURDAY CLUBS**—different themes each month—see overleaf

### Can my children come?

Not all of our events/activities are suitable for children to attend.

The following events this month ARE suitable:

SATURDAY CLUBS, ALL LUNCH CLUBS,

### TO GET INVOLVED OR JOIN OUR CLUBS:

#### Please contact:

**07483173905 (Sarah)**  
**07483975934 (Alan)**

#### **Email:**

Sarah.wood@headway-bs.org.uk

#### **Visit our Website**

www.headway-bs.org.uk

LEIGHTON HOUSE  
20 Chapel Rise  
Rednal  
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Birmingham  
B45 9SN



Registered Charity Number :  
1008798  
Company Registration Number:  
2686647

#### 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, their families and carers"**

DATE	ACTIVITY	WHERE/TIME	COST OF ACTIVITY
3rd July	<b>FISHING—Albrighton Fisheries</b>	<b>ADVANCE BOOKING ESSENTIAL</b> The Albrighton Trust, Blue House Lane,, Albrighton, Nr Wolverhampton WV7 3FL . 11.15-1.15	FREE funded activity, £1 each for bait only or bring own, meet us there. Equipment is provided– but booking essential
Thursday 4th July	<b>Indoor adapted Climbing ADULTS ONLY</b>	Redpoint Climbing Centre, Cecil Street, B19 3ST 10.45-12	<b>FREE</b>
Saturday 6th July	<b>Birmingham Disability Festival</b> Food, Stalls, Live Music, Entertainment, Interactive Games	Birmingham City University, Curzon Building <b>Cardigan Street 4, Birmingham B4 7BD</b> 12-4pm	Free entry but there will be things/food available to buy, parking may be chargeable and please pre-plan your parking arrangements as it is very limited at BCU/. There is a multi-stoery carpark adjacent to Millenium Point, off Howe Street.
Friday 12th July	<b>Solihull Lunch Club FOR ALL FAMILY</b>	Greville Arms, Solihull. B91 2RB, 12-2pm	<b>Buy own food/drink</b>
Tuesday 16th July	<b>Indoor adapted Climbing ADULTS ONLY</b>	Redpoint Climbing Centre, Cecil Street, B19 3ST 10.45-12	<b>FREE</b>
17th July	<b>FISHING—Albrighton Fisheries</b>	<b>ADVANCE BOOKING ESSENTIAL</b> The Albrighton Trust, Blue House Lane, Albrighton, Nr Wolverhampton WV7 3FL . 11.15-1.15	FREE funded activity, £1 each for bait only or bring own, meet us there. Equipment is provided – but booking essential
Saturday 20th July	<b>North Birmingham Saturday Social Club (axe throwing, beetle drive, and kids crafts on request) FOR ALL FAMILY</b>	Headway building, Sutton House, 380-384 Birmingham Road, B72 1YH (parking at rear). 11-1pm	refreshments included
Wednesday 24th July	<b>North Birmingham Lunch Club FOR ALL FAMILY</b>	The Yenton, Sutton Rd, Birmingham B23 5TW, 12-2pm	<b>Buy own food and drinks</b>
Friday 26th July	<b>Solihull Lunch Club FOR ALL FAMILY</b>	Greville Arms, Solihull. B91 2RB, 12-2pm	<b>Buy own food/drink</b>
31st July	<b>FISHING—Albrighton Fisheries</b>	<b>ADVANCE BOOKING ESSENTIAL</b> The Albrighton Trust, Blue House Lane,Albrighton, Nr Wolverhampton WV7 3FL . 11.15-1.15	FREE funded activity, £1 each for bait only or bring own, meet us there. Equipment is provided – but booking essential

## WEEKLY ACTIVITIES

LOOK OUT FOR STAFF IN HEADWAY BLUE FLEECE/LANYARDS AT THE VENUES BELOW

DATE	ACTIVITY	WHERE/TIME	COST OF ACTIVITY
EVERY MONDAY	<b>ADAPTED Cycling</b>	Tudor Grange leisure Centre, Solihull, 10.30-12.30 <b>(wheels for all)</b>	<b>£4 per person</b>
EVERY WEDNESDAY	<b>Fishing</b>	Alvechurch Fisheries, Bittell Road, Barnt Green, Birmingham, B45 8BW - 10.45-1.30pm	<b>£10 per person, payable to the office—must provide own fishing equipment/seat/bait</b>
EVERY FRIDAY <b>NEW!!</b>	<b>SEATED YOGA</b>	Headway building, Sutton House, 380-384 Birmingham Road, B71 2YH (parking at rear). 1.15-2.15pm	<b>FREE</b>

# FAMILY AND CARERS SERVICES

These events are running as part of Family and Carer Services  
Events

Services For All and Family and Carers Services are separate services, but some activities are suitable for people using both services.

There is no additional yearly fee to join family and carers services.

Although, some activities listed under Family and Carers Services are for CARERS only, and some activities are not regular due to different funding available into Family and Carer Services

The regular event that is held on a monthly basis is the Carers Support Group.

Date	Activity	Time	Cost of Activity	Regular event?
Tuesday 16 <sup>th</sup> July	Carers support Group ( <b>carers only</b> ) @ Headway House	4- 5.30pm	Free	Yes

Please contact AJIT directly if you wish to attend any of the activities listed on this page, or for more information

07552167074

[ajit.matharu@headway-bs.org.uk](mailto:ajit.matharu@headway-bs.org.uk)