

Community Partnerships

Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

Spotlight on



Reaching your full potential after brain injury

Headway Sussex

Headway Sussex serves as a lifeline for individuals and families affected by acquired brain injuries (ABI), offering a holistic approach to rehabilitation, support, and community integration.

As a dedicated Charity, it offers specialised services tailored to meet the unique needs of individuals aged 18 and above who have encountered the challenges associated with ABI.

Contact details:

Website: www.headwaysussex.org.uk

Email: sam.shephard@headwaysussex.org.uk

Call: 07776 528796

Services available in West Sussex

Hospital Liaison Service

Our Liaison Team, based at St. Richards Hospital, is composed of individuals who have personal experience as either neuro-patients or caregivers. They will provide guidance and support to individuals admitted with a brain injury and their families or caregivers.

This service is available to individuals aged 18 and above who have been diagnosed with a brain injury, and their families.

Online Support Groups

We have two online support groups monthly, facilitated by our experienced team members who are dedicated to creating a safe and nurturing space for meaningful interactions.

Our daytime and evening online support group offers a supportive environment where individuals can connect, share experiences, and find solace in knowing that they're not alone in their journey.

Three Face-to-Face Support Groups

We offer three face-to-face support groups monthly in West Sussex, strategically located in Crawley, Bognor Regis, and Worthing.

Our support groups serve as a hub where individuals from nearby areas gather, fostering an environment for sharing experiences and establishing connections. Situated in easily reachable locations, these groups cultivate a feeling of inclusivity and mutual support, providing a sense of community for residents within West Sussex.

For help, advice, and information or to share your story

Healthwatch is your health and social care champion.

If you use GPs and hospitals, dentists, pharmacies, care homes or other support services, we want to hear about your experiences. We have the power to make sure NHS leaders and other decision makers listen to your feedback and improve standards of care. We also help people to find reliable and trustworthy information and advice



Last year, we helped nearly a million people like you to have your say and get the support you need.



If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Lead: cheryl.berry@healthwatchwestsussex.co.uk

w: healthwatchwestsussex.co.uk t: 0300 012 0122

f [healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

X [healthwatchws](https://twitter.com/healthwatchws)

@ [healthwatchws](https://www.instagram.com/healthwatchws)

healthwatch
West Sussex