

## Effects of brain

Even after a minor head injury, brain function can be temporarily impaired and this is sometimes referred to as concussion. This can lead to difficulties such as headaches, dizziness, fatigue, depression, irritability and memory problems. Whilst most people are symptom free within two weeks, some can experience problems for months or even years after a minor head injury.

The more severe the brain injury, the more pronounced the long term affects are likely to be. Survivors of more severe brain injury are likely to have complex long term problems affecting their ability to lead an independent life. Even with good rehabilitation, support and help in the community, survivors and their families are likely to face uncertain and challenging futures.

National helpline number  
0808 800 2244

Registered company No. 06898184  
Registered charity No. 1025852

Contact us on:  
07759 507828

For more information & to sign up

Facebook:  
Headway Harrogate and District

For information and to sign up to our mailing list  
email [headwayharrogate@gmail.com](mailto:headwayharrogate@gmail.com)

Affiliated to Headway UK –  
The Brain Injury Association



the brain injury association

### HEADWAY IS HERE TO HELP

Headway UK is a charity set up to give help and support to people affected by brain injury.

Harrogate & District  
**HEADWAY**

**LIFE AFTER  
BRAIN INJURY**

Headway Harrogate and District is part of a network of regional branches dedicated to the care and successful re-integration of people with an acquired brain injury into the community. We aim to promote understanding of all aspects of brain injury, provide information and drop-in support and services to survivors of brain injury and their families.

# LIFE AFTER BRAIN INJURY

Headway Harrogate and District is a local branch of the national charity Headway. Our aim is to help local brain injury survivors, their families and friends. We appreciate that a brain injury impacts not only the individual who has sustained it, but all of their social, family and work networks. Headway Harrogate and District are here to help you cope and adjust to life after brain injury. We are a charity which aims to provide very practical help and support.

We also seek to raise awareness of brain injury and the hidden symptoms that arise. We believe that increasing awareness in the local community ultimately better assists brain injury survivors in their daily lives.

We are a charity that is run by committee for the benefit of our members; it is YOUR charity and we want you to feel involved in the decisions and direction which we take.

We meet on the last Monday of every month from 2 - 4pm at

**The Everyman Cinema**  
**Westgate House**  
**Station Parade**  
**Harrogate**  
**HG1 1HQ**

