Remote Activities Starting April 2020

You will be required to register with Headway Wearside to access any of these services, Contact [office@headwaywearside.org.uk](mailto:office@headwaywearside.org.uk) or telephone Kim on 07830346985

**Ring around Service. Telephone Support on a Weekly or as needed basis**

A member of the team or volunteer will ring you, this can be at a pre-arranged day or time. You will be able to talk about how you are doing, if you need any help or support or share ideas or just have a chat. Calls will usually last between 5 minutes and 20 minutes and can be scheduled for more than once a week if additional support is required.

**Facebook Activity Group**

This is a closed group where members share online activities, such as quizzes, virtual coffee mornings, share ideas and can chat to each other via group messages. It is a place to share information about what’s going on in your community.

**Craft Activity Packs**

If available these will be sent to your home each month. It will consist of either card making or an activity such as wooden boxes to decorate. Pack will as far as possible contain everything that is needed to complete the task. Packs may also contain worksheets on which to draw or colour.

If you have any ideas of what to include please get in touch with the office

**Cooking/Recipe Cards**

Recipe sheets developed by Julie our cookery tutor will be sent directly to your door. They will included a selection of categories ie Can Do.- uses cans and store cupboard. Frozen using items in your freezer, or by the method of cooking ie slow cooker, oven, Grill.

**Wellbeing Café**

A new weekly remote video and audio group using Zoom for anyone with anxiety or worries. [We will help you to access it] Here you can safely talk with other brain injury survivors about lots of different issues and of feeling of loneliness, isolation. Once the group is more developed it will be hosted by members of the group.