Remote and Group Activities

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.

**Wellbeing, Social Group**

A weekly group for everyone Here you can safely talk with other brain injury survivors about lots of different issues and of feeling of loneliness, isolation. We will have activities, crafts, guest speakers

**Lunch Club**

A weekly session that includes a two course set lunch followed by a social session of meet and greet. [small fee for lunch]

**Sports/Exercise sessions**

Weekly sports or music and movement sessions with specialist tutors, all exercises and games are low impact and available to all.

Gym sessions with Sunderland University , A six week introduction to gym sessions with support from university students and staff, here you will be guided on how to use equipment in a safe way as you complete your hours session.