

After Brain Injury...

A guide to services and support



Designed and Produced by Members of Second Chance

2nd Chance
Headway Centre



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1. FINANCIAL AND BENEFITS

HEADWAY EMERGENCY FUND

Grants of up to £500 are available to help families and individuals cope with the practical implications of a sudden catastrophic brain injury.

Website: www.headway.org.uk/emergency-fund.aspx

MONEY ADVICE SERVICE

A free advisory service for any issues relating to financial topics.

Website: <https://www.moneyadvice.org.uk/en>

Tel: 0300 500 5000

Email: enquiries@moneyadvice.org.uk

MONEY SAVING EXPERT

A website committed to providing advice on saving money on daily living showing the best online or in-store deals.

Website: <http://www.moneysavingexpert.com/>

TURN2US

Free website service which helps people access the money available to them - through welfare benefits, grants and other help.

Website: www.turn2us.org.uk/

DISABILITY LIVING ALLOWANCE (DLA)

Government based financial help for those with disabilities.

Tel: 01367 730 222 (9am and 6pm, Monday to Friday)

Text phone: 08457 224 433

Email: dcpu.customer-services@dwp.gsi.gov.uk

2. CARE SUPPORT SERVICES

SPEAKABILITY

Advice line for people with dysphasia (loss of language following stroke or head injury) and their families.

Website: www.speakability.org.uk

Tel: 020 7261 9572

Helpline: 0808 808 9572

CARE LINK: 24 hour personal help service

Website: <http://www.wdh.co.uk/CareLink/>

Tel: 01977 788000

CARE QUALITY COMMISSION

Our job is to check whether hospitals, care homes and care services are meeting government standards. Website provides a comprehensive directory of care homes, care in the home services and other primary and secondary health services.

Website: www.cqc.org.uk

Tel: 0300 061 6161

CAREHOME.CO.UK

A comprehensive guide to all registered UK care homes, including those for specific needs relating to a brain injury

Website: www.carehome.co.uk

3. SUPPORT ADVISORY SERVICES

RELATE

Aims to support individuals with relationships and family life. Relate has a range of literature and can refer to local branches for individual counselling services

Website: www.relate.org.uk

Tel: **0300 100 1234**

LAW SOCIETY

This service provides a list of Solicitors appropriate for your needs in your area.

Website: www.lawsociety.org.uk

Tel: **020 7393 7780**

Email: info.services@lawsociety.org.uk

DISABILITY RIGHTS UK

This service deals with general enquiries about your disability rights.

Website: <http://disabilityrightsuk.org/>

Tel: **020 7250 3222**

*(This line open Mon-Fri, between **10.00** and **12.30pm** and **1.30** and **4.00pm**)*

BRAIN INJURY GROUP

B.I.G is a support group for people who have loved ones with devastating brain injuries.

Website: www.braininjurygroup.org.uk/

4. HEALTH

SEXUAL HEALTH

For information regarding sexual health in your area.

Website:

<http://www.nhs.uk/Livewell/Sexualhealthtopics/Pages/Sexual-health-hub.aspx>

DENTAL HELPLINE – *British dental health foundation*

All information regarding dental health from clinical professionals.

Tel: 01788 546365 (9am and 5pm, Monday to Friday)

TO FIND DENTISTS

Website: <http://www.nhs.uk/Service-search/Dentist/LocationSearch/3>

DENTAL GUIDELINES

Website: <http://www.gdc-uk.org/Pages/default.aspx>

Useful Numbers:

0300 330 1343 *For the Low Income Scheme help line*

0300 330 1341 *For queries about medical exemption certificates.*

0300 330 1349 *For the prescription services help line*

0300 330 1347 *For queries about tax credit certificates*

0300 330 1343 *For all other queries*

Website:

<http://www.nhs.uk/NHSEngland/AboutNHSservices/dentists/Pages/dental-%20emergency-and-out-of-hours-care.aspx>

MEDICAL EXEMPTION FORM – FP92A

This shows various questions & answers that may help you decide whether you are eligible or not for a medical exemption card.

Website: <http://www.nhsbsa.nhs.uk/1638.aspx>

Will take you directly to the web page that gives you the necessary information regarding the (Medical Exemption Application Process).

Website: <http://www.nhsbsa.nhs.uk/HealthCosts/2095.aspx>

NHS Direct / NHS 24 / NHS Direct Wales

Website: www.nhsdirect.nhs.uk

Tel: **111** (NHS Direct England & Wales)

For Access to Adaptive Equipment (eg. Disabled toilet keys):

Website: <http://www.radar-shop.org.uk/>

Tel: **020 7250 3222**

DEPRESSION ALLIANCE

Depression Alliance is the leading national charity for people affected by depression. They provide a range of information and support services & work to reduce the stigma and isolation often associated by depression

Email: information@depressionalliance.org

Tel: **0845 123 23 20**

COUNSELLING DIRECTORY

Connecting you with professional support - find a counsellor or psychotherapist near you

Website: www.counselling-directory.org.uk

5. TRAVEL AND TRANSPORT

MOTABILITY

For individuals receiving higher rate mobility of Disability Living Allowance can apply for this scheme to increase mobility through a leased or purchased vehicle or motor scooter.

Website: <http://www.motability.co.uk/>

Tel: 0845 456 4566

CONCESSIONARY BUS PASS

Website:

<http://www.wymetro.com/TicketsAndPasses/seniorpasses/>

Tel: 0113 245 7676

DISABLED BUS PASS

Website:

<http://www.wymetro.com/TicketsAndPasses/blindanddisabled/>

Tel: 0845 850 6506

METROLINE – Wakefield and West Yorkshire.

Advice and information on bus and train service throughout West Yorkshire

Tel: 0113 245 7676

*MetroLine is open from **7am** to **10pm** every day except Christmas Day, Boxing Day and New Year's Day.*

ARRIVA BUS SERVICES

Arriva Customer Services Tel: 0844 800 44 11

BL Travel Tel: 01977 610313 Centrebus Tel: 0843 289 5135

Website: <http://traveline.info/about.html>

National Tel: 0871 200 2233

National express 24/7 call line 08717 818178

DISABLED TRAIN PASS

Note: *You need to inform service of the need for wheelchair access.*

Website: <http://www.disabledpersons-railcard.co.uk/>

Tel: 0845 605 0525 (7am to 10pm Monday to Sunday)

Minicom/Textphone – *For customers with hearing impairments.*

Tel: 0845 601 0132

BLUE BADGE

Only applies if you receive high rate mobility care allowance.

Website: <https://www.gov.uk/apply-blue-badge>

Tel: 01442 232424

DRIVING

This is a Government website giving information regarding general issues around driving.

Warning: *This website is rather difficult to understand.*

Website: <https://www.gov.uk/browse/driving>

DISABILITY AND DRIVING

Website: <https://www.gov.uk/driving-medical-conditions>

6. DISABILITY SPORTS

ENGLISH FEDERATION OF DISABILITY SPORTS

The National body for disabled people in sport and physical activity throughout England.

Website: www.efds.co.uk

Tel: **01509 227750**

BRITISH BLIND SPORT

Aims to ensure accessibility to sporting and leisure facilities, for blind or partially sighted individuals in all levels of participation.

Website: www.britishblindsport.org.uk

Tel: **01926 424247**

Email: info@britishblindsport.org.uk

PARASPORT

Website that helps identify sporting activities best suited to your abilities and locates the most local clubs for you.

Website: www.parasport.org.uk

Tel: **+44 (0)20 7842 5789**

Email: info@parasport.org.uk

7. PLACES OF INTEREST

All information in this area can be accessed via this web-site:

Website: <http://www.yorkshire.com/>

Email: info@yorkshire.com

ADDITIONAL INFO

Please feel free to add your own numbers and contact information for other important people or organisations in your day to day life.



Second Chance Headway is a charity dedicated to improving life after brain injury, for all those who have been affected.

“When I was first injured I could not even remember my own name I was just a shell, in the past 3 years of being at Second Chance I have regained more of my old self than I ever thought possible.”

Second Chance Headway Centre

Almshouse Lane, Wakefield, West Yorkshire, WF1 1DS

Tel: 01924 366735

Email: rehab@schc.co.uk Website: www.schc.co.uk

Second Chance Headway Coordinator

Karla Firth

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Headway

Tel: 0808 800 2244 Email: helpline@headway.org.uk

Website: www.headway.org.uk/

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