

Headway House
Jackies Lane
Newick
East Sussex BN8 4QX
T: 01825 724323 F: 01825 724363
E: info@headwayeastsussex.org.uk
W: www.headwayeastsussex.org.uk



Health and Wellbeing Services

The need for physical rehabilitation after an acquired brain injury, particularly stroke, and the benefits of exercise on general health and wellbeing is well evidenced and documented. Headway East Sussex is able to offer a range of exercise opportunities:

- **Individual or Group Gym Sessions at Headway House in Newick:** We have a modern, well-equipped gym facility
- **Community Exercise Programme:** Tailored exercise programmes and 1:1 support for individuals in their own home
- **Tai Chi, Yoga and Pilates** sessions at Headway House (both standing and seated) provided by external qualified practitioners
- **Individual gym sessions at The Chaseley Centre, Eastbourne** (pilot project Spring 2016)

Before using the gym, clients are assessed by our qualified Level 4 gym instructor. If required, assessment by our neuro-physiotherapist is arranged.

Clients need a doctors 'Participation in Exercise' form (as required by The National Quality Assurance Framework 2001) then a personal exercise programme is designed.

Carers and families can also access the gym and exercise sessions.

GYM AND EXERCISE PROGRAMME COSTS	
Private individual gym sessions at Headway House, Newick or Chaseley, Eastbourne	£20 per hour
Community Exercise Programme (1:1 support in the individuals own home)	£25 per hour
Group sessions at Newick – up to 4 people	£5 per hour
Tai Chi, Yoga and Pilates sessions if attending the Centre for the full day	Free
Tai Chi, Yoga and Pilates drop-in sessions	£5 per hour

For more information or to make a referral please contact our Advice and Support Services Team on the number above or email lisa.wickham@headwayeastsussex.org.uk or laura.randall@headwayeastsussex.org.uk

Neuro-physiotherapy: Please note full specialist neuro-physiotherapy assessment and treatment programmes are also available at Headway House. For more information and costs, please contact the Therapy & Day Services team on the number above or email claire.benson@headwayeastsussex.org.uk or bethany.ricketts@headwayeastsussex.org.uk

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Affiliated to Headway UK
The Brain Injury Association
A registered charity

Patron: Baroness Julia Cumberlege
Registered Charity no: 1084715
Limited by Guarantee, Registered in England no: 04027768

