



Supporting and working with community groups and clubs to promote a deeper understanding of local health and care needs and experiences

## Spotlight on Headway West Sussex

Headway West Sussex (HWS) provides support and information to people living with Acquired Brain Injury (ABI), their carer(s) and family no matter how long ago the brain injury was sustained and for as long as needed. We were founded over 25 years ago by the families of ABI survivors who discovered that there were no ongoing support services for people in their situation. Over the years HWS has grown into a standalone charity that is affiliated to Headway UK, the brain injury association.



As there is no formal clinical pathway in West Sussex for People with ABI, they and their families are without ongoing support. West Sussex Adult Social Care supports only those whose need has been identified as 'severe' and continuing health care is only available to those who require residential or ongoing care at home. About 4,500 people are living with ABI in West Sussex, most do not meet the criteria for rehabilitation, and for those who do, community rehabilitation is time limited.

Headway West Sussex understands that ABI can happen in a second, but changes lives forever.

**Brain injuries don't just happen to people, brain injuries happen to families.**

*"No one had offered me any form of assistance or guidance as to how I can help him deal with the day to day domestic tasks and decision making and it is very distressing for both of us as he was once a highly intelligent man."* Wife of brain injury survivor.

Our current services:

**Support and Information Service:** One to one support for all those living with ABI, signposting, referrals and information. This service is county-wide.

**Support Groups:** We offer monthly groups across West Sussex offering information, guided discussions around issues that affect people living with ABI, peer and professional support. We have groups in Worthing, Bognor Regis, Horsham and Crawley.

**Family and Carers Information pack:** Information about the early stages of ABI, signposting, booklets, fact sheets and details of all our services.

Healthwatch West Sussex are the health and social care consumer champion. We capture individual stories which are anonymised to form part of the insight and evidence that Healthwatch gather to identify what works and doesn't work for local people.

**This insight is used to influence services development and can feed into:**

- West Sussex Health and Wellbeing Board
- HASC - Health and Adult Social Care Select Committee
- WSCC Joint Strategic Needs Assessment
- Safeguarding Adult Board
- The Developing Sussex Integrated Care System (NHS Long Term Plan).

Healthwatch West Sussex also share reports with the Care Quality Commission (who are responsible for the registration and inspection of services which deliver regulated activities) and to Healthwatch England to form part of the national picture used to influence national developments.

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**Website:** [www.headwaywestsussex.org.uk](http://www.headwaywestsussex.org.uk)

Is our first point of introduction to Headway West Sussex its services, brain injury information and contact details.

**Facebook page:** We post regular updates about our services, brain injury information, links to videos and other interesting brain injury information. Some people use Facebook as a way of contacting us.

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Not only do we collect the experiences of local people, but we can also provide free information and guidance just call: **0300 012 0122**.

Email [helpdesk@healthwatchwestsussex.co.uk](mailto:helpdesk@healthwatchwestsussex.co.uk),

Website [www.healthwatchwestsussex.co.uk](http://www.healthwatchwestsussex.co.uk).

**healthwatch**  
West Sussex

You can also follow our social media channels:

Facebook [@healthwatchwestsussex](https://www.facebook.com/healthwatchwestsussex)

Twitter [@healthwatchws](https://twitter.com/healthwatchws)

If you are setting up or would like to share news of a similar project we would be interested to hear from you. Please contact Cheryl Berry, Community Partnership Co-ordinator, email: [cheryl.berry@healthwatchwestsussex.co.uk](mailto:cheryl.berry@healthwatchwestsussex.co.uk)