

THE COMMUNITY
EDUCATION PROGRAM

Headway's Community Education Team presents at High Schools and Traffic offenders Programs. Headway offers a ten week training course for people with an acquired brain injury to develop a professional presentation and learn public speaking skills.



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SKILL
DEVELOPMENT
COURSES



SKILL DEVELOPMENT

Headway ADP offers a variety of Skill Development courses throughout the year. These include: -

Ten Pin Bowling, Relaxation Class, Guitar

Discussion Group, Aquarobics, Karate

The aim of the Skill Development Courses is to introduce people to a variety of recreational activities, social opportunities, improved fitness and communication skills. Skill development courses are a stepping stone to accessing community groups and classes.

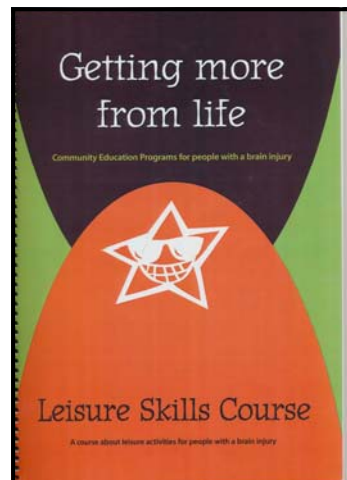


Skill Development Courses are run during "School Terms". Ten Pin Bowling group meets every term while Aquarobics is generally offered in the summer months. Please contact Headway for more information on availability and spaces available.

In addition Headway offers training courses in:-

- Stress Management and Relaxation
- Leisure Skills Course
- Everyday Memory Strategies

These courses are based on the **"Getting More From Life"** series, a set of community education programs specifically designed for people with an acquired brain injury. Typically these courses run for eight weeks at Headway House. Groups are kept to a maximum of 4-6 people to ensure adequate support.



Headway ADP also produces a quarterly Newsletter and participants are invited to partake in all aspects of Newsletter production, from: -

- Attending Meetings (minute taking, chairing meeting)
- Contributing Stories
- Typing, layout and photography
- Editing

The Newsletter Team meets regularly to plan and allocate work for the coming edition. Participants can be provided with one on one support to improve a variety of skills including computer use, photography etc.