

# BRAIN INJURY & ME

## A free educational programme to help adults adjusting to life after brain injury

### A brain injury can happen to any of us at any time in our lives.

Some of the causes are:

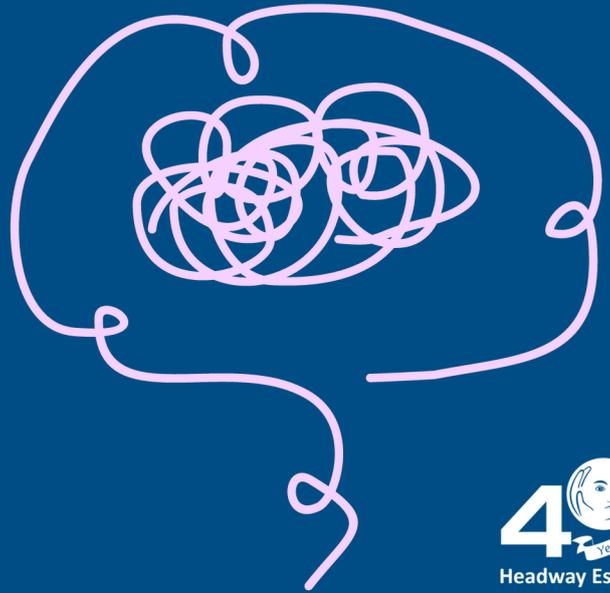
- Trauma injury: such as falls, traffic collisions, assaults, clash of heads (sporting injuries)
- Strokes and haemorrhages
- Infections (meningitis/encephalitis)
- Brain tumours
- Lack of oxygen to the brain (hypoxia/anoxia)
- The effects of substance misuse.

### Our brains are amazing but what happens when we injure our brain?

A Brain injury can change how the brain functions and can lead to difficulties with memory, thinking, communicating, moving, fatigue, and planning skills to name a few. It can affect day to day life for the person with the injury, as well as for their family and friends.

For more information, please contact:  
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Registered charity number 1008807



**Brain Injury and Me has been designed to provide focused support for you and your family following brain injury and to help with getting life back on track .**

The sessions are informal and use group discussions, Powerpoint presentations, and video clips showing people discussing their life post injury. We provide handouts at the end of each session.

Weekly topics include:

- Brain anatomy
- Fatigue
- Attention and concentration skills
- Memory
- Emotional wellbeing
- Healthy living

Perhaps most importantly of all is that these sessions allow you to talk to other people facing similar challenges, to gain peer support, discuss helpful strategies and to build friendships.

*"I found the course absolutely amazing and wonderfully helpful in restoring my self-confidence. It also helped in allowing me to function in group work. It restored my sense of identity and accepting my new self. It helped me 'fight through the fog.'"*

