

# Support Groups

## SUPPORT GROUP INFORMATION

The support groups are free and open to people with a clinically diagnosed ABI their families, carers and friends.

The groups focus on topics that can affect people living with brain injury, such as fatigue, memory problems and anxiety. The facilitator guides a group discussion and information is available to take home and new members will receive a family and carers information pack. The facilitator will talk to you about other services we offer and can signpost you into them. We sometimes have guest speakers who are experts in their field of ABI and from other West Sussex based charities. There is also time for refreshments, chatting and socialising. You can attend as much or as little as you like and those who attend the groups are welcome at our Social Groups.

Please contact the Support Group Facilitator before you attend the group to find out more and confirm time and venue.

### WORTHING SUPPORT GROUP & BOGNOR REGIS SUPPORT GROUP

Support Group facilitator – Helen Canning 07531 146516  
[worthingsupportgroup@headwaywestsussex.org.uk](mailto:worthingsupportgroup@headwaywestsussex.org.uk)

### CRAWLEY SUPPORT GROUP & HORSHAM SUPPORT GROUP

Support Group facilitator – Graham Manvell 07747574077  
[crawleysupportgroup@headwaywestsussex.org.uk](mailto:crawleysupportgroup@headwaywestsussex.org.uk)

*"It helps having the support of others who understand ABI – I don't feel alone anymore."*

- Support group member

*"I had not left my flat for three years, then I came to a support group. Later that week I went out to play cards with my old friends."*

- Support group member

