

## Headway Black Country

### Sandwell Life Skills Activity Session Programme

Our sessions have been designed to assist clients to adjust to life changes, increase independence, re-learn life skills, improve cognitive skills, benefit from peer support, improve social skills and reintegrate into the community. We are adopting an Occupational Performance approach, strengthening the focus across all our sessions on skills for daily living. Within all sessions there are supervised breaks for the groups to take refreshments and structured opportunities for socialising and peer to peer support.

Friday AM	10.15 -12.00	Rebuild	<ul style="list-style-type: none"> <li>• Group activities to aid daily living skill</li> <li>• Supporting the use of compensatory strategies within a group setting</li> <li>• Education about the effects and management of Brain Injury within a group setting</li> <li>• Supporting clients to manage and cope with their difficulties within a person centred group setting</li> <li>• Supporting psycho-social adjustment within the safe environment of a group setting</li> </ul>	<ul style="list-style-type: none"> <li>• To improve cognitive skills and aid clients in the use of appropriate strategies to support daily functioning within a group setting</li> <li>• To improve clients understanding of Brain Injury</li> <li>• To enable clients to adjust to life changes and improve self-esteem within a group setting</li> </ul>
Friday PM	12.30 – 14.30	Rebuild	<ul style="list-style-type: none"> <li>• Applying the skills and strategies from the morning session to improve social skills</li> <li>• Opportunities to socialise in an understanding and supportive environment</li> <li>• Themed relaxing activities</li> </ul>	<ul style="list-style-type: none"> <li>• To facilitate social interaction</li> <li>• To encourage clients to exercise choice</li> <li>• To encourage peers support</li> <li>• To build confidence and self-esteem</li> </ul>

**N.B The above programme is the session timetable from 30<sup>th</sup> April 2018.**

Charges are as follows:

For Sandwell – Whole day - £50