



DIRECT

Digital Rehab Connect Service (DIRECT) is the latest service provided by Headway Southampton. This service is accessible using online technology for adults affected by acquired brain injury from the comfort of their own homes. It removes the barrier of transport and mobility, enabling access to service users for a variety of 1:1 and group activities through a mobile device or a computer.

Digital awareness training

1:1 and group workshops, providing training and support to help users access the digital world using their mobile phone or other devices. From social media to ordering shopping online, we hope this will increase independence and connection.

Brief counselling

Up to six sessions are available for each adult with acquired brain injury as well as their family and carers using Zoom.

Online group sessions

Weekly activities such as a quiz, Pilates and other creative and engaging sessions accessible using mobile or tablet device. This will also include mental health workshops as well as cognitive & memory sessions.

Mentoring support

1:1 mentoring support from a trained Rehabilitation Officer to develop strategies to help with everyday life including emotional and practical strategies.

Drop-in sessions

Online drop-in sessions with a trained staff member to discuss any specific support needs of individuals as well as providing advocacy and advice regarding benefits and welfare support.

Peer group support

Connecting carers and family members to share experiences and build friendships to support one another. Carers and family members have access to our 1:1 support as well as group support.

We are grateful for the support we have received from the **National Lottery Community Fund** which enables the **DIRECT** service to be accessed completely free of charge until 2024.

For more information, please contact:

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