



## Headway Somerset

**Headway Somerset** was founded in 1990 by parents of a brain injured daughter who found there was no specialist advice and support for people in their situation in Somerset. They are affiliated to the national Headway (Brain Injury Association) charity.

Headway's mission is to promote understanding of all aspects of brain injury and to provide information, support and services to people with brain injury, their families and carers.

Through the three day centres at Bridgwater, Henton and Yeovil they offer a relaxed, safe and pressure free environment where clients can enjoy therapeutic activities and social contact. These activities include IT computer skills, art therapy and yoga sessions. This provides social contact in order to aid recovery and rehabilitation, whilst at the same time allowing valuable and much needed respite for families and carers.

The Somerset Community Foundation awarded a Comic Relief Grant towards yoga sessions which help to focus the mind and balance the body. This is provided by qualified tutors who understand the special needs and issues of brain injury.



Commentating on the grant Fundraising Manager, Alison Mills, said *"the Grant from Comic Relief to fund the yoga sessions will provide a much needed therapeutic activity to help adults with acquired brain injury as part of their rehabilitation."*

**Somerset Community Foundation promotes vibrant, inclusive communities in Somerset through developing a culture of local giving and enabling voluntary groups to combat disadvantage and isolation**

**Somerset Community Foundation has awarded over £2million in grants, supporting local voluntary groups in Somerset. If you would like to know more please contact us directly on [info@somersetcf.org.uk](mailto:info@somersetcf.org.uk) or telephone 01749 344949**