

Headway South Lanarkshire Cognitive Skills Group

What is it?

Weekly sessions for survivors of acquired brain injury who wish to work on cognitive skills such as attention, concentration, memory strategies, problem solving.

When? : Monday afternoons. Next 8 week block starting August 17th.

Time: 2pm – 4pm

Total places available = 8.

You must be a survivor of acquired brain injury and an active member of Headway South Lanarkshire, i.e. attending Support Groups, in order to be eligible. Contact Liz Gibson on 01698 892 905 or 07955 338 998 to find out how to join Headway South Lanarkshire and benefit from these services.

Format:

Arrive at 2pm, have a cup of tea or coffee and a rest to recover from your journey before the cognitive skills session begins at 2.30pm.

Regular attendance at sessions is required. If you cannot attend a session please phone Liz.

Main Resources:

The Brain Injury Workbook by T Powell and KMalia and Brainwave-R Cognitive Strategies and Techniques for Brain Injury Rehabilitation
by Kit Malia, Kristin Bewick, Michael Raymond, and Thomas Bennett.

For further information please call:

Liz Gibson

Coordinator

Headway South Lanarkshire

01698 892 905 / 07955 338 998