

GET IN TOUCH!

If you would like more information or want to request to be put on our mailing list and receive reminders about our events please contact:



07715212792



headwayscunthorpe@headway.org.uk



Headway Scunthorpe
A volunteer-led branch of
Headway - the brain injury association



Huntington's
Disease
Association



Become A Volunteer For Us:

If you want to personally make a difference to the lives of people with neurological conditions, then there is no better way than getting involved with Neuro Café.

How can you help? We are looking for volunteers to support with a range of responsibilities.

- 1 Helping The Neuro Café Events
- 2 Planning Activities & Events
- 3 Fundraising
- 4 Admin Tasks
- 5 Making & Serving Refreshments

- 🧠 A place to meet like-minded people.
- 🧠 A place where you feel less isolated.
- 🧠 A place to find social support and make contact with others, where you do not have to explain yourself because other people understand.
- 🧠 A place to have a cup of tea or a coffee and meet new people.
- 🧠 A place to tell us about anything else that you might be interested in.
- 🧠 A place to be heard and develop ideas.
- 🧠 A place to get information about benefits, social events, other groups and support networks, services that are available, schemes and projects happening in the area and national changes in service provision.

The Neuro Café is free to attend!





**The Neuro Café -
Scunthorpe & North Lincolnshire**

An inclusive space welcoming people with neurological conditions and their family members, aiming to help you find support and discover more like-minded people to share your journey with.

The Neuro Café is free to attend!



13:00 pm - 15:00 pm



The Pod's Leisure Centre, Ashby Rd, Scunthorpe, DN16 1AA



Second Tuesday Every Month



No need to book, just come along, meet old friends and make new ones.

Have A Question? Contact Us:



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The group offers a social space to connect with others going through something similar. It is also a place for family members, carers and friends to unwind.

Being diagnosed with a long-term neurological condition can be devastating, with all aspects of life being affected.

People can often become isolated and want to talk with others who understand what they are going through. This can help them deal with whatever challenges they face.

The Neuro Cafe aims to enhance the services already provided by the statutory sector and third sector by offering a peer-led environment where people can share lived experiences.



The Neuro Cafe is somewhere to connect with others and hear about what is happening locally; to learn more about wellbeing, healthy living and engagement; maintaining and developing new skills.

The group encourages giving to others and being mindful; this is their place and everyone can contribute, influence and help to shape the service going forward.

The Neuro Café Scunthorpe and North Lincolnshire belongs to the people who attend and those who want to get involved.

There are already exciting plans to develop what is offered based on the ideas and needs of people with neurological conditions.