



COMMUNITY SUPPORT SERVICES (CSS)

YOUNG PEOPLE'S NETWORK– Service Outline

What is it?

A network providing specialist support to younger people (16 – 30 years), with acquired brain injury (ABI), living within the Headway East London catchment area.

Where will it happen?

The group is based at Headway East London in Hackney.

What support is offered?

A co-ordinator manages the network and supports the members. The network includes telephone contact, network meetings and outings. The network relies most of all on peer-support: on people working together to find solutions to shared problems. If people can make friends through the network, this will be a sustainable support system that will be valuable in the long term. People joining the network have to be willing to work with others and be positive about them. In some cases, the network might be able to introduce a person to other useful things (for example getting involved in other Headway East London projects), but the emphasis will be on members working together to create something new. Emphasis is placed on members gaining support and feedback from each other on areas of difficulty such as socialising, relationships, careers and identity.

What are the benefits?

The network helps younger people get together with others in similar situations, people who can relate and understand and who won't make hasty judgements. Members of the network have the chance to help other people and to find help for themselves, improving their self esteem, doing things they enjoy and exploring questions about life after injury. The network co-ordinator is available to give advice or information and will help new people get involved. The network is also a chance for people to get a break from their family, and for their family to get a break from them.

How long does it last?

A person can be a member of the network for as long as they want.

How can I get involved?

You will need to complete a referral form and have an assessment with one of the staff at the Headway House. The referral form can be downloaded from our website at: www.headwayeastlondon.org. If you would like more information about the network, please contact Headway on 020 7749 7790.

Please note: network members who want to attend meetings or outings must be able to travel independently or arrange appropriate transport for themselves.

Outcomes and Evidence

Outcomes	Evidenced by:
Younger people with ABI have opportunities to meet new people, make friends and have a social circle where they are accepted	Service audit, case studies
Younger people with ABI have opportunities to take part in stimulating social outings	Research project, service audit, case studies
Younger people with ABI are given the opportunity and support to take responsibility for the maintenance and development of the network	Service audit, case studies
Younger people with ABI are given challenges in a safe and supportive context	Service audit, case studies
Younger people with ABI can gain advice, feedback and support from peers as well as professionals	Service audit, case studies. Discussion group transcripts
Younger people with ABI are less isolated	Research project, service audit, case studies
Younger people with ABI have improved self esteem and confidence	Service audit, case studies
Younger people with ABI are helped in developing insight and understanding their own situation, strengths and weaknesses and support in helping others do the same	Service audit, case studies
Younger people with ABI are assisted, where possible, with the development of realistic work and educational goals and with acquisition of relevant work, voluntary or educational placements	Service audit, case studies
Younger people with ABI are referred to other support agencies, where relevant, including internally to other HEL projects and services	Service audit, case studies
Families of younger people with ABI receive respite	Family/carer audit

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