



A very warm welcome to

Headway East Northants

Supporting, developing and enriching the lives
of adults with Acquired Brain Injury



Headway East Northants ('HEN') is an independent registered charity and a specialist service provider to those with an Acquired Brain Injury who are over the age of 18 and living in East Northants, Wellingborough, Corby, Kettering and Districts.

The Charity is affiliated to Headway UK.



Our aim is to raise awareness of brain injury in East Northants and to provide information, support and services to people with a brain injury and their families/carers.

Our Irthlingborough-based activity centre provides a positive, supportive environment, offering a range of purposeful activities which help improve self-esteem, enabling people to live more independent, socially-inclusive lives. Our staff team is supported by a team of 16 volunteers.



Examples of regular activities include cookery, art & craft, woodwork, upholstery, quizzes, Boccia, bowling, IT, ukulele, guitar, cognitive activities and peer groups and much more!

[Click Here](#) to run for Headway East Northants