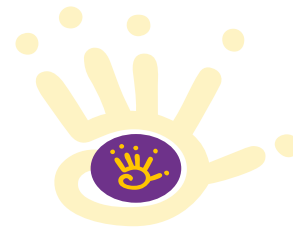


## How Do You Get Involved?

You need to:


- Have an Acquired Brain Injury
- Be independent in self care
- Have an NDIS plan or another funding source
- Be under 65 years of age
- Be an Australian citizen or permanent resident

Headway ADP is situated in the heart of Bankstown at 6 Percy Street. Call us on 9790 0046 or 9790 0344. Our purpose built, air conditioned premises is a 10 minute walk from Bankstown station, 200 meters from Bankstown Sports Club and adjacent to a local reserve. We have outstanding cooking facilities, a spacious recreational area and friendly, welcoming staff who are available Monday to Friday from 8:30 am to 4:30 pm.



headwayadp



Check out our website [www.headwayadp.org.au](http://www.headwayadp.org.au) for stories, our social calendar, information about our service and other great content. We would love to hear from you.

Checkout and like us on our facebook page:  Like  
Headway ADP.

Headway ADP is registered with the Australian Charities and Not for Profit Commission.

Headway ADP is a registered NDIS Provider.

 Headway ADP House  
6 Percy Street  
Bankstown NSW 2200

 Phone 1: 02 9790 0046  
Phone 2 : 02 9790 0344  
 Fax : 02 9796 2523

 E: [admin@headwayadp.org.au](mailto:admin@headwayadp.org.au)



headwayadp



*'Encouraging participants with an Acquired Brain Injury to achieve their life goals'*

HEADWAY ADULT  
DEVELOPMENT PROGRAM

ACQUIRED BRAIN  
INJURY SPECIALIST

Groups at  
Headway ADP

[www.headwayadp.org.au](http://www.headwayadp.org.au)





## What Do We Offer?

- Ten Pin bowling
- Cooking
- BEAT (Brain, Exercise, Art and Talk)
- Yoga
- Fishing 4 Therapy
- Participant get togethers
- Coffee Club
- Lawn bowls
- Newsletter
- Our centre based groups run throughout the school terms.

## Social Outings:

Headway ADP puts on great events and outings. Come along to experience a range of activities that promote fun, learning and friendship. Take a look at our “What’s On” page on our website or go to our facebook page for all of the latest social events and activities.

## Why Groups?

After a brain injury it is easy to lose confidence with people, lose social contacts and become socially isolated. Headway ADP knows the value of rebuilding social networks and relearning skills in an environment that is both supportive and inclusive.

Our groups promote independent living, memory, physical health and most critically, friendships and fun.



## Your Choice

Headway ADP offers a range of social and skill development groups and activities. Groups are run at Headway House and in the community at large. Attending groups can build social connections, improve cognition, mobility and speech. Our aim is to improve your life skills, in a safe and supportive environment.

Popular activities include:



BBQs



Beach outings



Sporting Clubs



Visits to exhibitions & museums



Brain Injury Awareness Week



Melbourne Cup



Harbour cruises



National parks



Australia Day celebrations and many more

**HEADWAY ADP** is funded by South West Area Health Service which has played an important role in improving the lives and social participation of people with an ABI.