

# HEADWAY CARDIFF

Supporting people affected by an Acquired Brain Injury across  
South-East Wales

Every year over **1 million** people are affected by a **Brain Injury** through either; Trauma, Haemorrhage, Infection or Brain Tumour.

Following an **Acquired Brain Injury**, people experience a variety of difficulties, including:

- **Personality Changes**
- **Communication Problems**
- **Limited Mobility**
- **Poor Memory**
- **Depression**
- **Fatigue**
- **Anxiety**
- **Understanding Information**
- **Poor Organisational Skills**
- **Weakness and Spasticity**
- **Lack of Concentration**
- **Poor Social Skills**
- **Lack of Insight**
- **Mood Swings**

If you have an acquired brain injury, and live in South-East Wales, **Headway Cardiff** may be able to help you.

Ask your GP, Consultant or Social Worker for a referral to **Headway Cardiff** or you can contact us yourself.

## Contact Us:

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Cardiff  
CF5 2YN

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