

What is the Younger Person's Network?

The Younger Person's Network is a free personal development programme which combines physical, emotional and practical support for young people with a brain injury aged 16-20.

The programme has been developed to provide a range of fun, practical and personal development modules. This is intended to help young people increase positive experiences across aspects of their lives, including relationships, daily activities, leisure, work and training. The young people will work with a mentor to help them develop realistic and achievable goals, as this is an important step in living an independent and happy life.

Participants may get involved in a range of exciting outdoor activities including, abseiling, orienteering and many more. They may also participate in teambuilding activities, IT and digital media training and a range of outings in the community.

Physical, emotional and practical support for young people with a brain injury aged 16-20.



**BRAIN
INJURY
MATTERS**

Contact details

Brain Injury Matters

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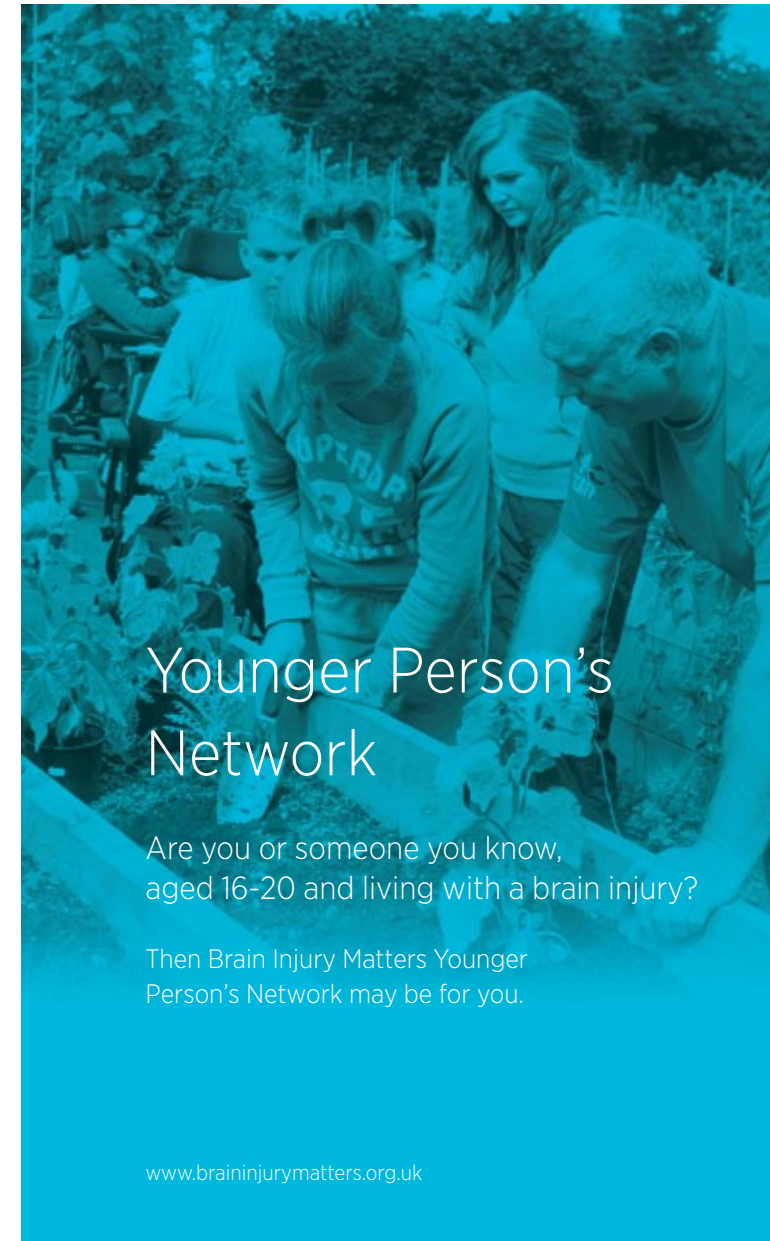
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Charity No XR26050



Younger Person's Network

Are you or someone you know, aged 16-20 and living with a brain injury?

Then Brain Injury Matters Younger Person's Network may be for you.

www.braininjurymatters.org.uk

Who can apply?

Anyone can make a referral, whether you are a social worker, GP, counsellor, youth worker, family member or wish to refer yourself. Referrals must be for young people aged 16-20 who have an acquired brain injury. We are unable to offer places to individuals with a progressive illness or congenital brain injury. Applicants must also be independent in personal care or be able to bring someone along to support them with their personal care.

Once a referral is made?

When a referral is made, YPN staff will meet with the participant and their family and discuss how we can best support their needs in the programme and help set personal goals. Throughout the YPN modules, participants will have the opportunity to meet individually on a one to one basis with members of the YPN team to review goals.

The programme is currently running and participants can join the programme throughout the year.

How much does it cost?

The programme is free however participants are required to make their own transport arrangements.

Apply today

If you feel the Younger Person's Network would be suitable for you or someone you know, the next step couldn't be easier. Just complete a referral form and send it through to us today.

Forms can be downloaded from our website www.braininjurymatters.org.uk or you can contact us and we can email or post one out to you.

How you can help?

Brain Injury Matters is a local charity and our work depends on your generosity. There are many ways you, your family, your school or your company can help. By participating in one of our events, organising an event of your own or by making a donation, you will help raise much needed funds that will help us to provide necessary services for people with brain injury and their families.

Donate

You can donate now by texting "GIFT15" and the amount of you wish to donate to **70070** or set up your own Just Giving page by visiting

www.justgiving.com/braininjurymatters



In addition to the activity modules, participants will also take part in interactive personal development modules covering topics on:

Brain Injury Awareness

This module will provide participants with an understanding of the brain and how the brain works, as well as and taking a personal look at the effects of Aquired Brain Injury on participants.

Health and Wellbeing

This module looks at different influences a young person may experience in their lives, such as alcohol and drugs, and helps young people to weigh up decisions about them and how they may impact on their lives. Participants will also discuss important issues such as healthy lifestyles, sexual health and nutrition.

Interpersonal Skills

Communication skills can often be affected after brain injury. Our Clinical Psychologist will work with young people to help them to get the most out of important relationships.

Planning & Problem Solving in Everyday Life

Knowing and managing your finances is an important part of growing up and becoming more independent. This module will focus on developing independence and managing money effectively.

Cognitive Skills

This module will focus on memory and present participants with the skills to use it best. It will explore the use of strategies to compensate for cognitive problems such as attention and concentration.

Emotional Wellbeing

This module will focus on self-esteem and building personal resilience, as well as managing mood, stress and anxiety. Participants will explore their strengths while learning about themselves through looking at their achievements and behaviour.