

The Headway Podcast: Your Resource for Brain Injury Support & Stories (<https://www.activelink.ie/node/108862>)

We are thrilled to announce the launch of The Headway Podcast, a new resource dedicated to individuals navigating life with brain injuries and their loved ones. Hosted by Shane Fitzgerald and Rachel Coyle from Headway, this podcast provides a platform for sharing personal narratives, strategies, and unwavering support for those affected by brain injuries.

Why Listen to The Headway Podcast?

- **Inspiring Stories:** Hear from individuals who have overcome challenges and triumphed in their journeys with brain injuries.
- **Expert Insights:** Gain valuable advice from healthcare professionals and experts in neurorehabilitation.
- **Practical Strategies:** Learn about effective coping mechanisms and assistive technologies to improve daily life.
- **Community Support:** Connect with a community that understands and supports your experiences.

Upcoming Episodes:

1. Introduction to The Headway Podcast
2. The Brain and Brain Injury
3. Living with Changes in Your Attention & Concentration
4. Living with Changes in Your Planning & Organising Skills
5. Living with Changes in Your Memory
6. Fatigue and Sleep
7. Anger, Irritability, and Mood Swings
8. The Family Guide to Brain Injury
9. Relationships and Intimacy
10. Alcohol After a Brain Injury
11. Returning to Work
12. Returning to Driving
13. Feeling Low and Anxious
14. Neurorehabilitation Techniques
15. Assistive Technology
16. Coping Strategies
17. Discussion on Advocacy
18. Pro Boxing: Personal Narratives
19. Building Confidence Post-Injury
20. Life After Stroke: Survivor Stories

Where to Listen:

- [Spotify] <https://open.spotify.com/show/3zmw2dhL3bS6QwzuKC8APu>
(<https://open.spotify.com/show/3zmw2dhL3bS6QwzuKC8APu>)
- YouTube: <https://www.youtube.com/@HeadwayPodcast> (<https://www.youtube.com/@HeadwayPodcast>)
- Apple Podcasts <https://podcasts.apple.com/us/podcast/the-headway-podcast/id1736128503>
(<https://podcasts.apple.com/us/podcast/the-headway-podcast/id1736128503>)
- Amazon Music <https://music.amazon.co.uk/podcasts/5d0e32a5-5bc9-450c-b5ba-df132d415bc7/the-headway-podcast>
(<https://music.amazon.co.uk/podcasts/5d0e32a5-5bc9-450c-b5ba-df132d415bc7/the-headway-podcast>)

New episodes are released every Thursday. Subscribe now and join us on this journey of support, education, and inspiration.

Stay Connected: Follow us on social media for updates, behind-the-scenes content, and more: @HeadwayIreland

Your support is invaluable to us as we embark on this meaningful journey together. If you or someone you know is affected by a brain injury, The Headway Podcast is here to provide the support and information you need.

Thank you for being a part of our community!

Region

Nationwide

Date Entered/Updated

11th Jun, 2024

Expiry Date

15th Jul, 2024

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