

Fact Sheet on: ABI Café



How to get in touch:

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(pronounced Kier-tis) is a Gaelic word for equality, fairness and justice.

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What is ABI Café?

Our ABI Café is a support and information group for people with an Acquired Brain Injury and their carers. The group is open to all who live in the East Dunbartonshire area and are affected by an acquired brain injury. The café provides a friendly and welcoming environment and is run in partnership with Headway the brain injury association.

The purpose of the Group

The purpose of the group is to give people with an acquired brain injury an opportunity to meet others in similar circumstances. The group has regular guest speakers and discussion topics which help raise awareness of support and help available to them.

What is an Acquired Brain injury?

An acquired brain injury occurs as a result of trauma or injury to the brain following an accident or physical trauma or following a stroke or brain tumour.

An acquired brain injury can result in changes to memory, language and problem solving skills. It can also affect people physically, emotionally and behavioural which can either be permanent or temporary.

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Who can join?

This group is open to all who live within the East Dunbartonshire area who are living with or caring for someone with an acquired brain injury. This group currently runs monthly in Kirkintilloch, normally on the first Thursday of a month.

How to get involved?

If you are interested in attending this group please contact either Ceartas on **0141 775 0433** or Headway Glasgow on **0141 332 8878** to find out more.

Testimonials

“It’s a place where people with ABI can gain confidence to speak in a group. They feel included, not excluded and get support, friendship, ideas and info from people with similar difficulties”.

“We have found out more info about access to support agencies for ABI in the last 30 minutes than we have been told in the last three years since the stroke happened”.

“Everyone is treated equally no matter what type of ABI they have.”

Further Information



Ceartas Advocacy is a charity which provides free independent advocacy for anyone aged 16 and over who lives in the East Dunbartonshire area. We work with people affected by dementia, physical disability, learning disability, mental health issues, sensory impairment as well as acquired brain injuries. For further information please visit our website www.ceartas.org.uk.



Headway Glasgow is a charity which works with people with acquired brain injury, their families and carers in the Glasgow area. They aim to provide information support and services. For further information on the work that they do please visit their website www.headwayglasgow.org.