

Winter 2022

Headway News



The magazine of Headway - the brain injury association

*“Walking with Willow
saved my life”*



**Headway Annual
Awards 2022**

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**Navigating the
cost of living**

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**Dave and Willow
walk Land's End
to John O' Groats**

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Are you a Friend of Headway?

Becoming a Friends of Headway member is a great way to support the charity, accessing a range of benefits while helping us to continue improving life after brain injury.

Every member receives a Headway pin badge and wristband, a discount on our award-winning publications, access to a free or

discounted will writing service and a copy of this very magazine delivered four times a year.

There are annual and lifetime options available and a discount for brain injury survivors and their loved ones, and even ways to buy a membership as a gift.

Just complete the simple form at headway.org.uk/friend to become a Friends of Headway member today.



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Our legal specialists are uniquely on your side

We only act for those who have suffered injury, not those responsible for causing them, or their insurers, and we have maintained that principle throughout our 100-year history.

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Adam McQuillan,
brain injury client

Welcome

Welcome to the winter edition of Headway News - our final magazine of the year. Which leads us to ask, how will you look back on 2022?



Without doubt it has been a very challenging year for many, and it is telling that the word 'permacrisis' has been appointed the Collins Dictionary word of the year.

The word is defined as 'an extended period of instability and insecurity'. No doubt inspired by the pandemic, war, changing governmental leadership and the spiralling cost of living, it is a word that will resonate with many.

But what about brain injury survivors and their families? Does the word resonate but for a host of different reasons? Dealing with the effects of brain injury can seem like one thing after another. Maybe it is an unknown future in the immediate aftermath of a brain injury, the physical and psychological challenges of rebuilding one's life, or the practical and emotional complexities of going through the benefits claims process or returning to work or education.

Whatever the challenges, it often feels overwhelming. But remember, you are not alone. Whatever stage of your journey you're on, we are here to support you whether that is through our helpline, our free-to-access publications, or signposting to the network of Headway groups and branches across the UK.

Support could also come via the Headway Emergency Fund, which recently surpassed the major milestone of £500,000 in grants being given to

families facing financial crisis in the immediate aftermath of ABI. You can read more about the fund on page 18.

Also in this edition, we have an article on navigating the rapidly increasing cost of living. It is a crisis affecting households across the UK, particularly impacting vulnerable families and individuals, such as those living with the effects of brain injury. We have compiled top tips on what you can do to manage your money.

Our cover story comes courtesy of Dave Thomas and his daughter Willow who offer a tale of inspiration, strength and determination as they trekked from Land's End to John O'Groats raising money for Headway along the way.

The heat of the summer seems a distant memory, but battling record breaking temperatures was part and parcel of the challenge as Dave recovers from his head injury, having been inspired to do so by his four-year-old daughter.

Finally, we are delighted to welcome back the Headway Annual Awards this year. Our amazing finalists, who represent thousands of other inspirational survivors, volunteers and carers from across the UK, are celebrated on pages 10 to 14.

Luke Griggs
Interim Chief Executive



the brain injury association

Who we are

Headway is the leading UK-wide charity that supports people to rebuild their lives after brain injury through the provision of information and support services across the UK. To find out more, visit www.headway.org.uk or you can call the freephone helpline on 0808 800 2244 if you need support.

Go digital!

Subscribe to our monthly Headway News Bitesize email at:
headway.org.uk/join-our-mailing-list

Essential contacts

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Your views

On World Kindness Day (13th November), we asked members of our online communities to tell us about the small acts of kindness that made a big difference to them.

Here's what they told us...

Having a meltdown at the till in Tesco because I'd left my wallet in the car and a very kind stranger paid my bill.

sasquatch69

A friend who lives near me who can't get her head around my brain injury but just wants me to be 'ok' popped by the other day with a gift voucher for a pedicure, because she knows I can't reach my feet anymore.

BeeYou22

Last week my niece sent me a lovely rustic plaque illustrated with wild daisies and the words 'May All Your Weeds Be Flowers' (I love my garden). Her note read simply "Love you Auntie E".

cat3

My son saying 'just go upstairs and have a rest' when I am getting to be erratic. He will come up and draw the curtains, on some days.

Writeronstack

Just having friends randomly popping over to 'catch up', have a cuppa and make me feel 'normal'. It meant so much to know they cared.

lcd8

The friendly smile and help with my bags from the person delivering my shopping. Then casually reminding me that I can ask them to bring them into the kitchen and I can ask without feeling bad as it's their job.

0101

The kindness of so many healthcare professionals going beyond their job to help.

Emma Rich

Visit our website at headway.org.uk/about-brain-injury for information on the effects of brain injury and practical guides to help you cope. You can also get in touch with our helpline to talk through your concerns and get information that is tailored to your circumstances. Contact the team on **0808 800 2244** or helpline@headway.org.uk

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Go green!

Did you know that the plastic wrap used for Headway News is recyclable? It's made from polythene film and starts to break down after just three months. It can be recycled alongside carrier bags at larger supermarket stores, not at the kerbside. Do your bit to help save the environment and recycle today.



Latest news round-up

News of Headway's ongoing work to improve life after brain injury

Researchers call for changes to cut the risk of head impact and injury in sports

New research shows the risk of neurodegenerative disease is more than double among former Scottish international rugby union players.

The study, published in the Journal of Neurology, Neurosurgery & Psychiatry has found increased risk of neurodegenerative disease among former Scottish international rugby union players, prompting the researchers to call for strategies to cut the risks of head impact and traumatic brain injury across all sports, including in training.

"These concerning figures confirm what we have known for a long time," said Luke Griggs, Interim Chief Executive at Headway.

"There is a clear link between repeated blows to the head and increased susceptibility to degenerative neurological conditions."

"Studies such as this one that looked at rugby players, or the FIELD study that found footballers were up to three and half times more likely to develop dementia, add to the growing body of evidence.

"The cardiovascular benefits to sport are clear. We should be encouraging people to be fit and active, but sport has to adapt in line with our increasing understanding of the short and long-term implications of head injuries. This means immediately reducing contact in training and identifying

ways in which rules can be reasonably adapted to prevent head injuries.

"A great deal more needs to be done by sports associations to improve awareness and understanding of brain injury at all levels, in all sports. In essence, there needs to be an evolution of attitude, a complete change in culture to ensure we protect future generations from long-term neurological damage."

You can read the full research at jnnp.bmj.com/content/early/2022/09/07/jnnp-2022-329675



UEFA on-field decisions undermining their own concussion campaign

Headway – the brain injury association, has expressed concern that officials did not allow a concussion substitute to replace Beth Mead in a recent Champions League qualifier.

Luke Griggs, Interim Chief Executive of Headway UK said: "Arsenal team doctors followed UEFA's concussion protocols, they rightly prioritised their player's welfare and prepared a concussion substitute, it is disappointing that this substitute was not allowed on to the pitch.

"It is frustrating that UEFA are not expanding the use of concussion substitutes into more competitions. Despite launching their concussion charter last year and a concussion awareness campaign, they have only allowed concussion substitutions in one competition - the 2021 UEFA European Under-21 Championship finals.

"Previously, we have seen instances of teams keeping players on the pitch after sustaining a head injury. Now we see a team doing the right thing, putting their player's safety first, and being penalised – forced to play the remainder of the match with ten players.

"Through these on-pitch decisions, UEFA are undermining their own concussion awareness and player welfare campaign. They really missed an opportunity, we could have seen women's football lead from the front on this important issue."

Energy price cap not enough for most vulnerable

Headway – the brain injury association has called on the government to go further with the support it is providing to help the most vulnerable survive the cost-of-living crisis.

Luke Griggs, Interim Chief Executive of Headway, said: "Guaranteeing that typical bills will not reach the eye-watering level of £3,500 that was predicted this winter will provide relief to many.

"But the most vulnerable in society – including brain injury survivors, carers

and families – are struggling to cope right now, let alone when typical bills hit £2,500.

"Medical expenses, home adaptations, heating or essential equipment are common additional costs for brain injury survivors. This is on top of coping with reduced household income through an inability to work because of brain injury, or as a result of family members having to give up work to take on caring responsibilities.

"The most vulnerable simply have to be first in line for targeted support."

Headway UK responds to the government's 'Our Plan for Patients'

Headway – the brain injury association has commented on the Adult Social Care Discharge Fund announced in the government's publication, 'Our Plan for Patients'.

The £500m fund aims to support discharge from hospital into the community and strengthen the social care workforce.

Headway UK's Interim Chief Executive, Luke Griggs said: "While all additional funding for social care is welcome, we need to ensure that it is targeted to meet people's specific needs.

"People with specialist care and support needs, such as individuals with brain injuries, are often overlooked, particularly as their long-term care needs often become apparent only after hospital discharge and away from a healthcare environment.



"Accurate assessment of needs by specialist clinicians and therapists both immediately after brain injury and again in the subsequent weeks and months is essential to brain injury survivors' long-term rehabilitation – and helps to prevent costly rehospitalisations and additional interventions further down the line.

"We know that many brain injury survivors face great disparities in care provision depending on where they live. We would like to see greater detail on how this fund will support specific needs and improve the lives of brain injury survivors and their families."

Latest news round-up

News of Headway's ongoing work to improve life after brain injury

World Suicide Prevention Day marked with revised factsheet

10th September marked World Suicide Prevention Day, a day for action to prevent suicides worldwide.

Tragically, research indicates that brain injury survivors are at a higher risk of suicide than the general population. A brain injury can turn people's lives upside down, with the numerous possible consequences causing many people to develop depression after brain injury.

If you are feeling depressed or suicidal after brain injury, help is available.

We've updated our factsheet *Depression after brain injury* to give more detailed guidance on coping with this devastating emotional effect of brain injury.

With expert guidance from Clinical Neuropsychologist Dr Clíodhna Carroll and Clinical Psychologist Dr Elizabeth Samuel, the factsheet now contains a list of useful apps and organisations, as well as guidance on how to cope with depression after brain injury and what to do in the event of feeling suicidal.

"Having a brain injury is a sudden unexpected event in people's lives," said Clíodhna. "It is normal and natural to experience a wide range of emotions and thoughts after such an event."

"Coming to terms with the changes to your life after brain injury can be daunting. Some people experience feelings and symptoms of depression. These feelings can be hard to make sense of and it is often hard to know what to do about these emotions, both for you and the people around you."

"This leaflet aims to provide some information about depression after brain injury, some tips to help and signposting to different resources."

You can download the factsheet from headway.org.uk/information-library, or by scanning the QR code.



SCAN ME!

Last chance for Headway Christmas cards!

Sending a Headway Christmas card to your loved ones is a great way to show that you're thinking of them, while also supporting our work to improve life after brain injury.

We have eight designs on offer from the traditional 'Bright Silent Night' to the classic 'Robin on a Holly Branch', and there's 'Santa

and Snowman Friend' to get us all in the festive spirit.

Each pack of 10 cards is priced at £3.50, and thanks to our generous sponsor Bolt Burdon Kemp, every penny will go directly to supporting brain injury survivors, their families and carers.



SCAN ME!

Recycle your stuff!

With clothes for all seasons, books for avid readers and music to please even the most discerning of ears, Headway shops offer a world of bargains and are becoming an increasingly essential high street destination as incomes are squeezed.

But our success has left us in desperate need of new stock, and that's why we need YOU!

Do you have unwanted bric-a-brac cluttering your cupboards? Perhaps old clothes taking up wardrobe space or ornaments gathering dust? Why not have a winter clear-out and donate them to Headway?

Just find your nearest shop at [headway.org.uk/charity-shops](https://www.headway.org.uk/charity-shops) or call us on **0115 924 0800** to find out how.

It's the ultimate way to recycle, a great way to tidy your house and above all, everything you donate helps us to improve life after brain injury.



World's first ABI Games a huge success!

Headway Worcestershire partnered with the University of Worcester Sports Arena to present the ABI Games for people with acquired brain injuries from anywhere in the UK, thanks to a two-year £50,000 grant from the National Lottery Community Fund, the largest funder of community activity in the UK.

The event paid tribute to the late Queen in her Platinum Jubilee year by naming the event the 'Queen Elizabeth II Games for People with Acquired Brain Injury'.

Mandie Fitzgerald, CEO at Headway Worcestershire, said: "We only had four months to create this special event after

our funding was confirmed. We managed to create a unique platform in which to celebrate the incredible skills and talents of our ABI community nationwide.

"I couldn't be prouder of the first Headway Worcestershire ABI Games and shed a tear when reflecting on all of the happiness, friendships and achievements made over the two days.

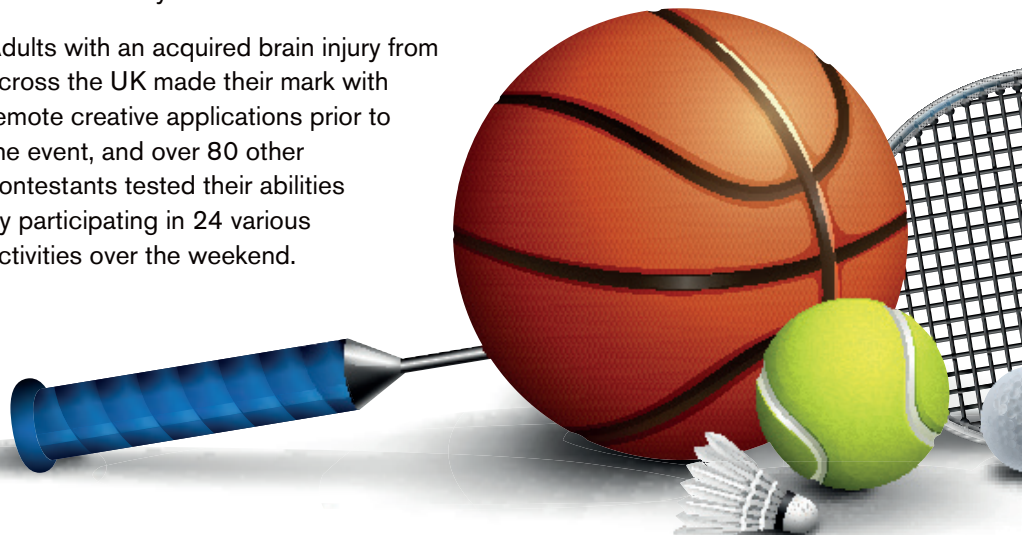
"The weekend surpassed all my expectations; I can't wait until the next event, which we have already planned for the 3rd August 2023. Thank you for the amazing support from friends, family and volunteers and the National Lottery Community Fund for making this weekend possible. We are all so very proud and thankful to everyone involved."

Adults with an acquired brain injury from across the UK made their mark with remote creative applications prior to the event, and over 80 other contestants tested their abilities by participating in 24 various activities over the weekend.



Sign up for 2023!

If you'd like to find out more, participate or volunteer for the next ABI Games on Thursday 3rd August 2023, please contact Headway Worcestershire on abigames@hwtl.org.uk or visit [headwayworcestershire.org.uk/abi-games](https://www.headwayworcestershire.org.uk/abi-games).



THE HEADWAY ANNUAL AWARDS ARE BACK!

Headway
Annual
Awards
2022

Once a year, Headway's members, friends and supporters come together to pay tribute to some very special people: brain injury survivors, carers, volunteers and campaigners whose personal achievements have earned the admiration of everyone around them.

After a two year break due to the pandemic, we're delighted to announce our 12 finalists for 2022, who have been invited to a glittering luncheon at The Landmark London on Friday 9th December.

The Carer of the Year Award

Sponsored by Barr Ellison LLP

This award celebrates the outstanding care and support given to someone with a brain injury.

barr ellison
solicitors

Beth Henderson

"I would do anything for Ian. He was my husband and I loved him, and I'd do it all again."



Beth's journey of caring for her late husband Ian started just after his 65th birthday when he experienced a stroke, the first of many. Ian went on to experience a series of small strokes and as a result, developed vascular dementia.

Agency care staff were brought on board as Ian's health deteriorated, but as Beth and Ian lived in a rural area, it was unreliable, and Beth was often left to pick up the pieces.

As the strokes continued, Ian lost peripheral vision on his left-hand side and had to have his lower left leg amputated to stop any further blood clots. Beth was adamant that she wanted to care at home for Ian, devoting her own life to her husband's, and enabling him to live at home where they could watch the garden grow, the seasons change, and the birds sing.

Michelle Kelly

"I don't do it for any other reason than it's what needs to be done, so I was very surprised to find out I'd been nominated."



Michelle and her partner Tommy had been dating for a few years when Tommy sustained a traumatic brain injury while on a work night out after slipping on ice and hitting his head on the ground.

As well as caring for Tommy's complex needs, Michelle looks after their family and has a busy full-time job. So it is remarkable that she has taken up a voluntary role at Headway Sefton.

From organising days out to hosting support groups, offering advice and welcoming new members, Michelle says, "if I can help just one person, then I'll do it."

Nicola Strong

"I'll be honest I'm quite shocked to be nominated. I don't see what I do as anything other than what needs to be done. My family need my help and I'm capable of helping so I just get on with it."



Nicola Strong's journey with brain injury began in 2008 when Tony, her boyfriend, sustained a traumatic brain injury having had a horrific fall at work.

Nicola and Tony married, and three years later as they were coming to terms with the effects of Tony's injury, their son Vinnie sustained a brain injury due to lack of oxygen during a complicated birth. Yet more tragedy struck in 2019 when, out of the blue, Nicola's dad David suffered an ischaemic stroke.

Throughout it all, Nicola's has been caring for Tony, her husband, their son Vinnie, her dad David, as well as other members of her family.

"Looking back at all I have achieved since my brain injury, it sometimes feels surreal."

Mark Kennedy

The Alex Richardson Achiever of the Year Award

Sponsored by Slater and Gordon Lawyers

This award celebrates the outstanding determination, strength and courage of brain injury survivors.



Mark Ewart

"Mark is determined to continue to get better and puts all his energy into this. He is always the first in the group to give things a go, to push himself to be stronger, and to encourage others in the group to make the effort as well."



Mark was a painter and decorator for almost 40 years, but following a tragic accident in 2020, Mark hasn't been able to return to the job he loved. Mark was at work when he fell from a ladder and sustained a traumatic brain injury.

"Doctors decided to turn off my life support machine," said Mark. "They thought I would be brain dead and paralysed. All anyone could do was wait to see whether I would ever recover."

Somehow, Mark pulled through, but the effects of his brain injury such as fatigue and memory loss, mean that he hasn't been able to return to work. But Mark still has dreams to return to his former career and has put every effort into his rehabilitation in the hopes of doing so.

Physical exercise has formed a big part of Mark's recovery and this year he completed a fundraising challenge in aid of Headway, walking between 10,000 and 15,000 steps each day come rain or shine.

Dudley Garner

"Running saved my life and helped to reinvent the new me. I wanted other people who felt down about themselves and life to have a safe space to explore the power of running in the hopes it might make them feel better about things too."



When his wife Catriona signed him up for the Edinburgh 10K, running in a charity spot for Headway Norfolk and Waveney, Dudley admits to being a reluctant participant.

But knowing it was a charity space, he felt a sense of responsibility to finish and after the event he felt an immense sense of pride. Knowing the positive impact of running in his own life, Dudley began teaching people the 'Couch to 5K' at a local park and since starting these groups in 2016, Dudley has welcomed more than 400 new runners.

More recently, Dudley took on the role of Wellbeing Running Coach at Headway Norfolk and Waveney.

Mark Kennedy

"Looking back at all I have achieved since my brain injury, it sometimes feels surreal. Without my brain injury I wouldn't have been as determined in life. It has given me a sense of purpose and drive."



Mark sustained a fractured skull and two bleeds on the brain while on holiday in Spain in 2012. Although he has made a good recovery, like many other brain injury survivors, he is left with the hidden and often complex effects such as fatigue, memory loss, depression and anxiety.

Returning to running has been integral to his recovery and he has run more than 100 half marathons as well as delivering inspirational speeches across the UK, setting up two businesses and co-authoring four books - including the story of how he and his wife have rebuilt their lives following Mark's brain injury.

*"Having the stroke
and volunteering have
both totally
changed my life."*

Peter McDaid

The Volunteer of the Year Award

Sponsored by Anthony Gold Solicitors

This award celebrates the outstanding contribution of an individual to Headway in their community.

AnthonyGold

Richard Cardy

*"The people at
Headway Kent
have helped to
open my eyes to
the world of brain
injury. It has
helped develop me
as a person and
given me a real
passion and purpose in life."*



Richard, sustained a mild traumatic brain injury in 2007 while working as a postman when a garden gate fell on him, causing him to hit his head on a concrete floor. It wasn't until eight years later doctors discovered the damage to Richard's brain by which time he had coincidentally become a volunteer for Headway Kent.

Since his involvement, Richard has been instrumental in supporting the activities on offer at the Thanet day centre and offering a listening and understanding ear for all members. During lockdown, he supported the launch of virtual sessions and offered welfare calls to help people feel less isolated and alone.

Michael Condon

*"Michael
didn't retire, he
became a full
time Headway
volunteer."*



Unable to relax into retirement gracefully, Michael started volunteering with Headway July 2019. Pre-pandemic Michael had embraced the role as volunteer but when the pandemic hit he became an incredible asset to Headway East Midlands by updating IT systems and equipment which allowed the team to work from home and continue to deliver services. Michael gave expert advice and even raised £3,200 to help fund new IT equipment by dyeing his hair bright blue!

Michael has also used his background in finance to improve financial systems and procedures as well as wearing other volunteer hats such as volunteer support worker, gardener, accountant and fundraiser.

Peter Mcdaid

*"Having the stroke
and volunteering
have both totally
changed my life. I
can honestly say I
prefer my life now
as I have learnt
to slow down and
to realise what is
important in life."*



Peter was just 45 when he suffered a life-changing stroke. Although he made a good recovery and left hospital after just nine days, Peter couldn't return to work due to his fatigue and memory loss, but he longed for the structure and routine he once enjoyed, so decided to take up volunteering.

For the past eight years, Peter has dedicated much of his life to supporting fellow brain injury survivors through his voluntary role at Headway in Northern Ireland, delivering peer support meetings, offering transport and encouraging people with his great sense of humour.

During the Covid-19 pandemic and periods of lockdown, Peter played a crucial role in maintaining weekly contact with fellow brain injury survivors and was fundamental in keeping the group connected during uncertain times. Through what was a very challenging time, especially for those living with a brain injury, Peter ensured those most isolated from society were safe and supported, keeping their spirits up with a laugh and a joke when things got tough.

*"Headway Kent have
helped to open
my eyes."*

Richard Cardy

"I never expected anything like this. I just do it because I want to help."

Dee Blackwell

The Stephen McAleese Outstanding Contribution to Headway Award

Sponsored by No5 Barristers Chambers

This award celebrates the outstanding contributions to the work of Headway made by survivors, carers, volunteers and supporters over an extended period.



Dee Blackwell

"I feel privileged to have been nominated, and very honoured to have been chosen in the top three. I never expected anything like this. I just do it because I want to help."



Dee Blackwell's son Gareth was just 19 years old when he sustained two catastrophic brain injuries. Since then, Dee has worked tirelessly to ensure that Gareth and other brain injury survivors have access to the best possible support.

Dee has shown an unwavering determination in dealing with local authorities, GPs and the DWP. On one occasion, when a brain injury survivor was facing withdrawal of his Jobseeker's Allowance, Dee fought for two years to have his benefits reinstated. She attended a number of DWP tribunals until a judge ruled in the individual's favour based on the arguments presented by Dee. The DWP agreed to backdate the allowance but failed to make payment, so Dee once again took up arms and challenged the DWP until they made good on their promise.

Chris Case

"It's such a pleasure to support Headway and if anything it's the staff and members at the charity who deserve an award for all their hard work."



Chris is a determined fundraiser from Cardiff who has raised more than £60,000 for Headway after his wife Alex sustained a brain injury.

During the aftermath of Alex's brain injury, the family received incredible support from their local rugby club and Chris combined his love of rugby and passion for supporting people with brain injuries to form the Headway Cardiff Select XV charity rugby team.

As well as raising vital funds for Headway through numerous charity matches, the team raise awareness of concussion in sport and the importance of treatment.

Dean Harding

"Many brain injury survivors like myself are left with a sense of loss after discharge, with nowhere to turn to and no idea what to expect next."



Dean was just 21 when he was assaulted at a nightclub sustaining lifelong injuries, however, that hasn't stopped him from working tirelessly to improve the lives of his fellow brain injury survivors, dedicating the past 21 years of his life to supporting the members at Headway East London.

He has held voluntary roles including Media Officer, Trustee and Campaigner, but his finest achievement is in helping to secure £140,000 of funding to support brain injury survivors through an early intervention service. This means support is given to patients at their hospital bedside to provide hope, education, emotional support and guidance following their brain injury.

Memory systems

Memory problems are one of the most common effects of brain injury. Many people affected by memory problems describe having issues such as forgetting people's names, failing to remember appointments or forgetting what they had just gotten up to do.

These examples are just some of the common issues reported by brain injury survivors, but there are countless other ways in which memory can be affected.

People may lose personal memories such as details of their wedding day, or they may forget who their close friends and family are. They may forget how to do a job or a skill they had previously done for many years such as how to drive a car. They may remember things from before their injury but forget what they did the previous day. They may forget last year's news, or plans made for tomorrow.

Memory problems can cause difficulties with day-to-day functioning, but it has wider consequences than this. In a survey completed by Headway in 2021 as part of our ABI Week campaign *Memory Loss: A campaign to remember*, 85% of brain injury survivors reported their memory problems had a negative impact on their life, while 65% felt their personal relationships had been affected.

The reason that there is so much variation in types of memory problems is that memory is not one single skill – rather, there are multiple memory systems and types of memory, any of which can be affected by brain injury.

In this feature, we focus on some of the different ways that memory can be classified.

Stages of making a memory

There are broadly three stages involved in making a memory – these are termed encoding, storage and retrieval.

Encoding requires taking information into our memory in the first place; it is where we are ‘registering’ information into our memory.

Storage refers to the process of keeping the information in our memory. Sometimes repeating information or thinking about it every now and then can help with storing it – for example when we revise before an exam or interview!

Retrieval means extracting the information from our memory when we need to use it. This is usually what we refer to when we say we ‘remember’ things.

Length of storage

We take information in through our senses – through our vision, our hearing, our sense of smell etc. As we do this, our sensory memory stores the information for less than a quarter of a second.

The information is then held in our working memory system for a few seconds. We use this memory system when we need to ‘hold on’ to information for a short period of time, such as remembering the sentences we have just read in a book so that we can follow the storyline.

Finally, information from longer than 10 seconds ago up to decades is held in our long-term memory system.

Types of information

There are many different types of information, and differences in the way that we remember these.

General knowledge, knowing the meaning of words, social customs and so forth, is referred to as semantic memory. Generally we cannot exactly say how or when we learned these things – for instance knowing that breakfast is the first meal of the day, knowing that elephants have trunks, etc. We gradually accumulate this information over time and can retrieve it when necessary.

Episodic memory refers to our personal memories, things that have happened in our personal life, for instance what we did yesterday. It is the type of memory that most brain injury survivors have problems with remembering.

Learning a new skill such as learning to play an instrument or learning to drive is called procedural memory. People improve with practice, but they do not necessarily remember how they actually learned the skill.

For more information on this topic, see our booklet *Memory problems after brain injury* available at www.headway.org.uk. You can also scan the QR code to download a PDF of the booklet.



SCAN ME!

Did you know...

There is no single part of the brain that is responsible for processing memories. Rather, many different parts of the brain are responsible for the different processes that underlie the encoding, storage and retrieval of memories.

Memory is strongly linked to the skill of attention – if someone is not attending to information, they are not able to efficiently store it in order to form a memory. Sometimes when people report having problems with memory, in actual fact it may be that they have an attention problem instead.



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NAVIGATING THE COST OF LIVING

At Headway, we understand that the cost-of-living crisis is affecting individuals and households across the UK, including many brain injury survivors and their families.

In this feature we offer some guidance on what you can do to manage your money at this difficult time.

Managing your money

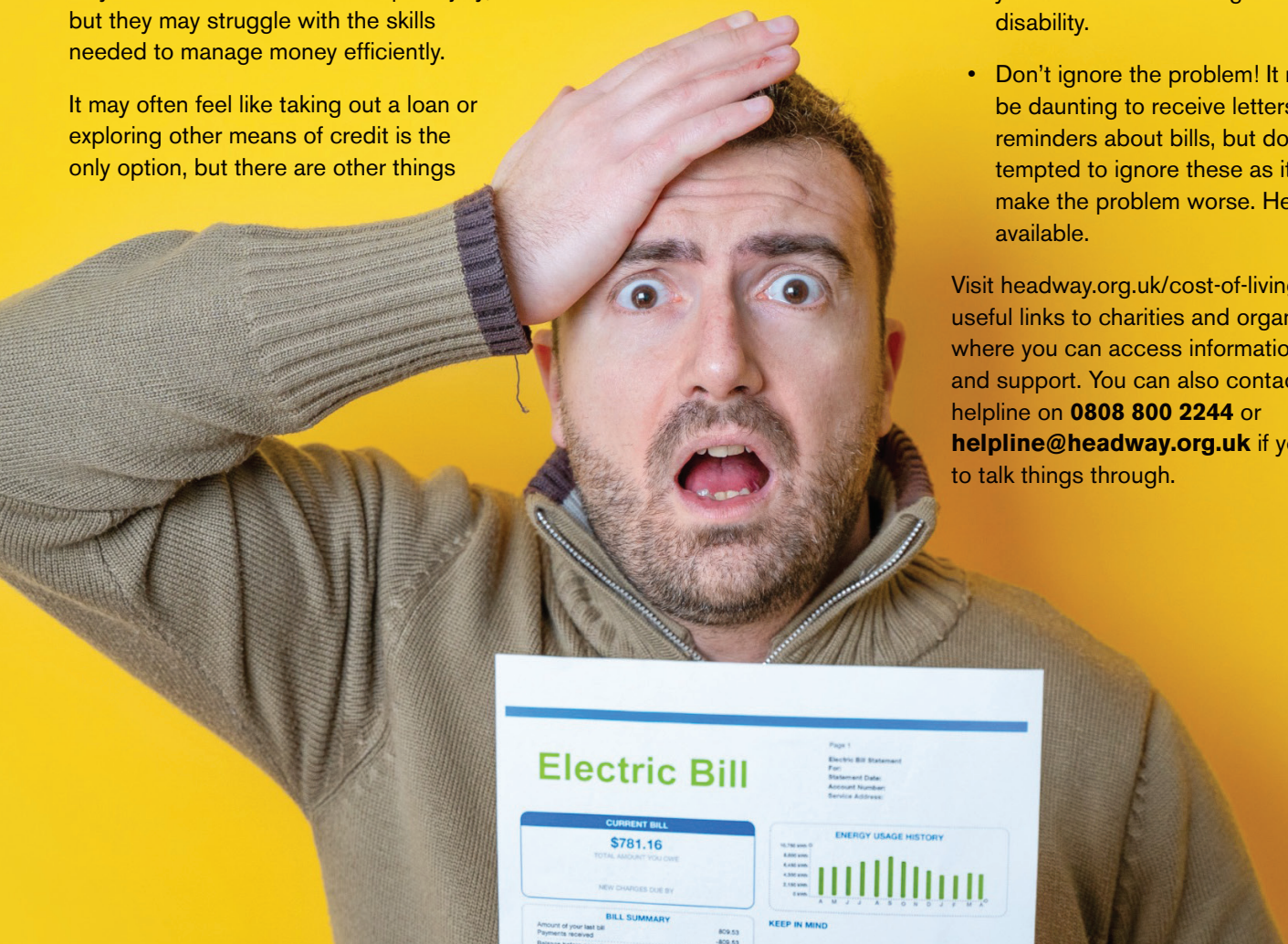
Many people find that their financial status is impacted by sustaining a brain injury, for instance if they are unable to return to work or need to pay for equipment or adaptations to their home. For some people, their financial status may remain the same as it was pre-injury, but they may struggle with the skills needed to manage money efficiently.

It may often feel like taking out a loan or exploring other means of credit is the only option, but there are other things

you can consider. Here, we offer some top tips for managing your finances.

- Consider contacting your bank, local Citizens Advice or Money Helper (www.moneyhelper.org.uk) for specialist advice and support on managing money. Your local council may also have a specialist financial advice service available.
- Consider seeking advice from your nearest Jobcentre or a benefits advice service on benefits that you may be entitled to following your brain injury. Your local council may also be able to offer financial assistance with paying things such as energy bills.
- Ask someone such as a close relative or a friend who you trust to help with managing your money. Try to identify which parts of money management you find difficult and ask if they can help you out, for instance, with organising paperwork such as bank statements.
- Consider using an app to help with managing your finances and budgeting.
- If you are struggling to meet bill payments, speak to your bank or service provider. Remember that under the Equality Act, all service providers (banks, utilities companies) must treat you fairly by making reasonable adjustments so that you are not disadvantaged by your disability.
- Don't ignore the problem! It might be daunting to receive letters or reminders about bills, but do not be tempted to ignore these as it will only make the problem worse. Help is available.

Visit headway.org.uk/cost-of-living for useful links to charities and organisations where you can access information and support. You can also contact our helpline on **0808 800 2244** or **helpline@headway.org.uk** if you'd like to talk things through.



Headway Emergency Fund surpasses £500,000 in grants

The Headway Emergency Fund has given over £500,000 in grants to families facing financial crisis in the immediate aftermath of an acquired brain injury.

Since its launch in 2011, funding has been distributed to thousands of families to help them cope with the sudden practical implications of brain injury.

People who sustain severe brain injuries are often sent to specialist trauma centres which can be located hundreds of miles from where their relatives live. This can put extreme financial pressure on families just at the time when their focus is on getting to the bedside of their loved one.

We also provide support when brain injury survivors are discharged from hospital and they find themselves with new and unexpected financial challenges, for example paying for different accommodation or needing to furnish a new place to live.

The emergency fund allocates up to £1,000 for each award and this can make a huge difference at the most difficult of times. The Emergency Fund is supported by the Stewarts Foundation,

which has financed all of the awards since launch.

Stuart Dench, Managing Partner of Stewarts and Chairman of the Stewarts Foundation, said:

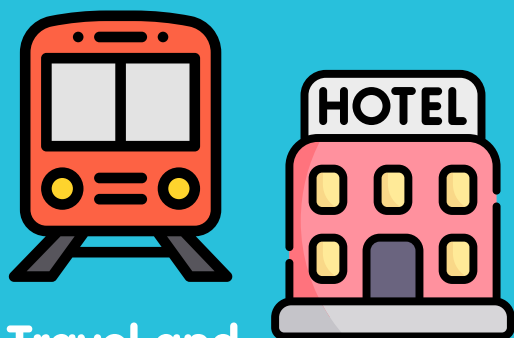
“We frequently see the impact that brain injury can have on a family’s finances. We are immensely proud to have

launched the Emergency Fund with Headway and to see it reach this important milestone is hugely gratifying.

“Families should be able to concentrate on caring for their loved ones at a critical time, without the worry that financial hardship can bring.”



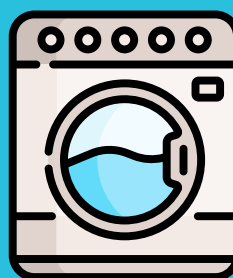
Types of support provided:



Travel and accommodation

People who sustain severe brain injuries are often sent to specialist trauma centres which can be located hundreds of miles from where their relatives live.

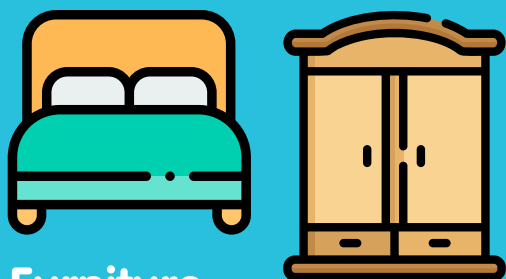
This means relatives often need financial support for travel and accommodation so they can be at the bedside of their loved one and remain close while they are in hospital.



White goods and clothing

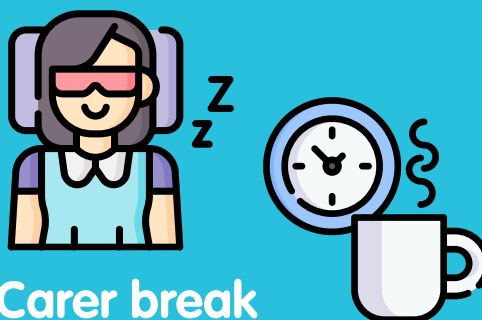
Effects such as continence problems can occur after a brain injury, this can have a major impact on everyday life and puts greater importance on having effective and reliable white goods such as a washing machine or dryer.

Sometimes a brain injury causes weight loss and financial support is needed to buy more clothing.



Furniture

When a brain injury survivor is discharged from hospital, they may find themselves in new accommodation that will need furnishing. Or possibly they need some specialist furniture as a result of their injury.



Carer break

Caring for a brain injury survivor can be an immensely demanding role and the emergency fund can provide respite for carers, allowing them to take time out from their caring role.

**Total amount
awarded:
£500,000**

**Families
supported:
2,400**

Travel 71%
Clothing 9%
Accommodation 5%
White goods 5%

Furniture 5%
Carer break 2%
Other 3%

Stevie Ward: "I WANT PEOPLE TO SEE CONCUSSION FOR WHAT IT IS."



Stevie Ward

These days it's refreshing to hear of a youngster signing for a local team, rising through the ranks and leading them to glory.

And if Rugby League needed its own version of football's Roy of the Rovers, perhaps Stevie Ward fits the bill, a talented local lad who supported Leeds Rhinos. He signed for the academy in 2005 aged 12 and quickly gained a remarkable reputation for his uncompromising style.

He made his first team debut with Leeds in 2012, going on to win the Super League three times and two Challenge Cups, including the 50 points to zero thrashing of Hull Kingston Rovers. "That was a good day," said Stevie in his understated way.

In December 2019, Stevie became captain of the Rhino's First Team. But soon after, he sustained debilitating concussion injuries. Just a month later in a game against Wigan, Stevie's head got caught between another player and the pitch. After taking another jolting hit in the second half, Stevie felt unsteady and was substituted. However, on the way home he felt the nausea so common with concussion.

Immediately following this first brain injury, Stevie took a break from training in line with Rugby League's concussion protocol, which mandates a gradual return to play and a minimum of six full days between games. He returned two weeks later when a coming together of heads saw Stevie needing stitches, but worse was to follow as Stevie experienced painful foggiess, anxiety, and more nausea. He hasn't played rugby since.

After the concussions, Stevie continued to experience migraines, dizzy spells, nausea, confusion, and anxiety. He was sensitive to noise, light and looking at screens triggered migraines. Exercise also triggered nausea and headaches which was particularly hard to deal with. Showing little improvement over time, Stevie retired from professional rugby in January 2020 aged 27.

This coincided with the pandemic, and a lockdown. Stevie battled physical



“The term concussion doesn’t reflect the seriousness of what’s happening; it’s a hidden effect, but the brain is still inflamed, still injured. You can play on with some injuries, but the last thing you want to do is play on with an injured brain.”

symptoms and a sense of uncertainty and loss following his retirement. His routine was gone, and he couldn’t exercise or mix with loved ones. Stevie was in a dark place.

He credits partner Natalie with helping him through. “It’s not just the person injured who takes the load; your partner lives that journey with you. She was my rock, and I owe her an immense debt for sticking it out,” said Stevie.

A couple of years on and Stevie is seeing gradual improvements in his health and is even training for a 5k run. “There are still good days and bad, but the bad days are becoming less frequent,” he said.

One of the things that helped Stevie was his mental health initiative, Mantality. Founded in 2016, Mantality supports men with their mindset, mental health and to consider counselling.

He said: “It does take courage to be open and put your feelings out there, convincing others that it’s ok to take up counselling. Our mission with Mantality is to encourage people to be more open about their feelings and mental health and to seek professional support.”

Progress in protecting players

Stevie believes improvements have been made to help protect Rugby League players. “Head Injury Assessment was brought in the same year I made my Leeds debut. I felt lucky it was in place and it is being taken more seriously, though I really want people to see concussion for what it is, a brain injury.

“The game is going through a transition in how it treats brain injury, but it’s a challenge allowing the game to keep its identity whilst not risking the long-term health of players.”

One of Stevie’s most memorable rugby moments was playing in a testimonial match for Rob Burrows, who was diagnosed with Motor Neurone Disease (MND) aged 37.

Stevie said: “My injuries are bad at times, but there are others worse off; it’s sobering the emergence of rugby professionals with MND, dementia and other illnesses. Not just players who retired years ago; current players are getting ill most likely from how casually brain injury has been looked at in the past.

“There was no more powerful experience than captaining the team for Rob Burrows’ testimonial.

“The care and empathy everyone felt that day. We need to take that emotion and use it to look after players and safeguard the future of the game. Professionals should be allowed to do the job they love without risking their future health.”

In October 2022, Stevie appeared alongside Headway’s Interim Chief Executive Luke Griggs at a government round table discussing concussion in sport. Stevie provided a detailed personal testimony, while contributing to the discussion on how to improve player welfare and safety at a professional and grassroots level.



Stevie (right) joined Headway Interim Chief Executive Luke Griggs for a round table discussion in the Houses of Parliament

You can find out more about Headway’s ongoing concussion in sport campaign at [headway.org.uk/concussion-aware](https://www.headway.org.uk/concussion-aware).



#HeadwayHeroes

"You guys saved my life and are AMAZING."

Huge congratulations to the 2022 London Marathon team of Headway Heroes!

Our team of 37 runners covered a combined total of almost 1000 miles, raising over £85,000 in support of brain injury survivors, their families, and carers.

Behind each Headway Hero lies a story of the struggle, courage, and determination it takes to face life following a brain injury.

Here are just some of the stories from this year's runners...

Steve Denniss

Remembering Amy

"My desire to run for Headway is borne out of a lasting memory of the love and laughter brought into our lives by Amy, who suffered head injuries from a cycling accident and sadly she wasn't able to recover.

"Despite setbacks including Covid, a serious car accident and a train strike the day before, I managed to complete the 2022 London Marathon in 4 hours 50 minutes.

"Encouragement from family, friends, the Headway team, complete strangers, and a hug from a loved one at mile 22 helped me to keep smiling through the hardest times.

"The sheer joy of crossing the finish line can be seen clearly written on my face!"



Joy as Steve crosses the finishing line



Adam celebrates his marathon finish with family

Proud Ian clutches his medal... and some well deserved refreshments!



Ian Scott-Logan

"Almost two years ago I was involved in a horrific road traffic collision and as a result I had several injuries, including an acquired brain injury. I was so scared I would never be physically able to run again.

"I feel so passionate about saying that Headway saved my life. I was lost in my injury, I felt so scared and frightened for what the rest of life would look like. When I first spoke to the Headway helpline I felt the weight lift from my shoulders.

"I would 100% run in the marathon again. There is no other experience quite like it!"

Adam Waters

"Thinking about my triplet brother pushed me through this challenge – especially miles 17-24!

"I am in awe of the fight my brother has shown over the last year since suffering a traumatic brain injury from being hit by a car while cycling. It really helps put the small amount of pain you are feeling into perspective."

Cameron Wilson

"I used to be an avid rugby player and it was a massive part of my life since I was five years old, but I have been forced to stop due to having too many concussions.



"This massively affected my life, and to try and focus my energy elsewhere I decided to run the London Marathon in support of Headway."

Cameron gets support from the crowd



Orlaith's marathon survival kit and Headway running vest



Orlaith in the finisher's hall of fame!

Orlaith Sealy

"I absolutely loved running the London Marathon. The excitement coming from the crowds of supporters; and being part of a tribe on a journey, for either themselves or for the benefits of a charity like Headway, connects each runner, and makes the experience so wonderfully positive.

"It is a unique and very special day. I kept thinking about our patients we provide neurophysiotherapy to in our clinic and that visit Headway for support. As the donations were coming through, I knew it would help fund much needed support for them and their families to cope with their life changing brain injury."

Nick Fletcher

"Almost ten years ago, a rotting telegraph pole blew over as I walked past, smashing my skull to pieces, and leaving me for dead on the pavement.

"My life was saved by an off-duty fireman who applied emergency care before the ambulance arrived, and the neurosurgeon who happened to be based in the nearby hospital.

"Our team ran the London Marathon in support of Headway because it helps so many people with traumatic brain injuries. My parents had been told about this charity on day one of my stay in the neuro intensive care ward. They knew, and subsequently I knew, that I would have their support if I needed it."

Bernadette Bendall

"In 2014 I fainted in my kitchen and hit my head on the tiled floor. Hard. I fractured my skull, which caused bleeding on my brain and brain shift.

"Living with a brain injury can be challenging. Extremely so for some people. This is where Headway comes in.

"This is why I decided to run the London Marathon, to raise funds for the national charity that supports people with brain injuries – no matter how they're caused – and their families."

We'd like to say a huge THANK YOU to all our Headway Heroes - we loved seeing you pass the Headway cheering station at Mile 6!



#HeadwayHeroes

JOIN OUR MARATHON HEROES...

If you've been inspired by the stories of our wonderful fundraisers and would like to take on a challenge of your own, we'd love to welcome you to Team Headway!

Whether you're a keen runner, have your eyes on an epic overseas trek or would like the thrill of a skydive, head to headway.org.uk/challenges to find your perfect challenge.

Here are a few highlights for '23..



TCS London Marathon 2023

Next year's London marathon returns to its traditional April weekend, after being moved to later in the year due to the Covid-19 pandemic.

That gives just a few months to rally together an intrepid team of runners to take on the ultimate challenge, joining fellow #HeadwayHeroes at the start line of this iconic event.

Where: Central London

When: Sunday 23 April 2023

Registration Fee: £50 +VAT (included in minimum sponsorship)

Minimum Sponsorship: £1,850

In return for your miles, as a Team Headway member you'll receive...

- A personalised Headway running vest
- One year of complimentary Friends of Headway membership
- A fundraising pack with useful hints and tips
- A Headway cheering station en-route
- Support from our dedicated fundraising team, just a phone call away

If you are lucky enough to have secured your own place in the ballot, why not join us to ensure your fundraising efforts help to improve life after brain injury?

Contact events@headway.org.uk to register, find out more, and apply to be part of our team!



Inflatable 5k

The world's largest and best Inflatable 5K is coming to locations across the country in 2023, and the famous obstacle course is now even bigger, bouncier and better! You'll tackle 32 gigantic obstacles on the 5K distance. Fancy a fun but surprisingly tough challenge? This could be perfect for you!

Where: Peterborough, Leeds, St Albans and Stratford-upon-Avon

When: Dates throughout 2023

Registration Fee: £30

Kilimanjaro Trek

Imagine the feeling of elation as you stand at the summit of the highest mountain in Africa. At the end of this epic trek you'll have pushed yourself to the limits both physically and mentally, but you'll have completed one of the world's great challenges and experienced the beauty of this special part of Tanzania. A true once-in-a-lifetime challenge (although you might want to do it again!)

When: June or September 2023

Registration Fee: £299

Minimum Sponsorship: £5,400

Inca Trail Trek

This classic Inca Trail encompasses three high mountain passes – the highest being 4,200m. The trek will be tough and will certainly test you, but upon witnessing the sight of Machu Picchu through the Sun Gate, mirrored with breath-taking views across the Andes, your efforts are more than worthwhile.

When: May, August or November 2023

Registration Fee: £299

Minimum Sponsorship: £4,490 - £4,690 + fees and permits

Manchester Marathon

The London Marathon may get most of the attention, but the Manchester Marathon is no less impressive. Take on this fast, flat and friendly route and be cheered on by the incredible Mancunian supporters as you run to improve life after brain injury.

When: Sunday 16 April 2023

Registration Fee: £90

"Let's go for a walk then, daddy!"

A father and his young daughter have completed an incredible feat of grit and determination inspired by a life-changing event.

Dave Thomas, who is rebuilding his life following a brain injury, has trekked the length of the country from Land's End to John o' Groats with his four-year-old daughter Willow.

Now aged 40 and living in London, Dave sustained a brain injury playing rugby at the age of 33 when a fierce tackle caused a severe whiplash effect as he fell backwards and hit the floor.

Despite his efforts to continue as normal, the injury caused a range of long-term effects that put strain on his career and pressure on him and his family.

Before his brain injury, Dave managed gyms and had been a health and fitness trainer. For nearly a year after the incident, he tried to continue life ignoring the headaches, mood swings and dizzy spells that were caused by his brain injury. But eventually, Dave was forced to take a step back from his career.

Dave said: "I felt as though I had lost my identity and I wasn't in a great place, but Covid and lockdown made things even worse.

"Over a year of cancelled medical appointments and not seeing family or friends for 12 months meant I was scared and lonely. On the day we found out our long-awaited Christmas 2020 plans with family were cancelled I was as low as a person can be.

"My sole remaining motivation was my wife and children, but I was also acutely aware they were stuck in a house with me at my worst. One day, my daughter Willow asked me why I was sad. I explained that I was just tired and poorly, but I was trying to be happy for everyone."

"Willow asked what would make me happy. I told her that 'spending time with you, Ash, and your mum makes me happy, like when we go for a walk.'

"Let's go for a walk then, Daddy, she said. So, we did."

Dave credits Willow with giving him the motivation and strength to complete the epic feat, which the pair embarked upon in June.

"We walked every day; just the two of us. The miles built up, and the fog gradually lifted," said Dave. "I was still a wreck, but it was a glimpse of hope and those little daily walks, usually chatting and singing;

sometimes just walking in comfortable silence, were the life support I needed to make it through the darkness and, as the world opened up, I finally received the medical support I needed and completely overhauled my life.

"I started a psychology Masters to understand more about trauma and brain injuries and see if I can figure out my own head. I started walking and running hundreds of kilometres every month and I've been sober for 18 months. Walking with Willow was the start and it saved my life."

"Now, after the pandemic, I guess we have taken it to the next level having walked the length of the country and we finished just in time for her to go back to school!

"Willow walked for as long as she wanted, sometimes it was several miles per day and then I'd carry her for the rest. She is 24 kilos, but I swear she got heavier during the walk!

"We also took the time to smell the flowers and appreciate nature, and seeing Willow's love of the outdoors develop was one of the most rewarding things."

Despite battling through rugged terrain, difficult trails and the extreme heat of a record-breaking summer, Dave kept his spirits up by charting the progress on his Instagram page, @dave_unfiltered, where he wrote about the wonderful locations he passed through and the different perspectives on life that the challenge has given him.

Through their determined efforts, Dave and Willow have raised around £15,000 for Headway - the brain injury association and continue to grow this support through their JustGiving page.

The efforts of Dave, Willow and all of the supporters who have donated will allow Headway to help improve the lives of many people who are affected by brain injury.



Inside your incredible brain

After two years and eight editions of this magazine, we've reached the end of our regular feature exploring the incredible regions of the most complex organ in the human body – the brain.

Before we go, join us as we take a look at **the parietal lobes...**

Location

The parietal lobes are located behind the central fissure and above the 'Sylvian fissure'. These 'fissures' are deep grooves on the surface of the brain, and are key landmarks that help with mapping out the brain.

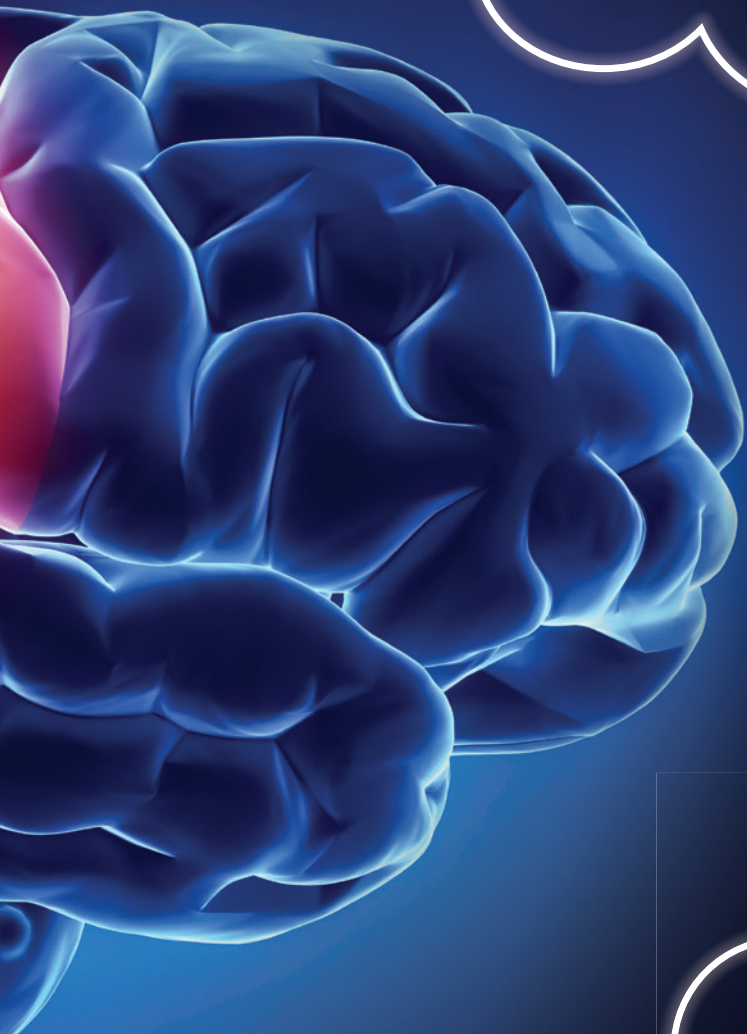
Processes sensations

The parietal lobes contain the somatosensory cortices; these are areas on the surface of the brain (the cortex) which are responsible for processing sensation, such as touch, pain and temperature.

Two lobes

As with all of the four lobes of the brain (frontal, temporal, occipital, parietal), there are in fact two parietal lobes, one on either side of the brain.





Movement difficulties

Damage to the parietal lobes can cause issues with movement in space, for instance being unable to reach out to grasp an object. It can also cause apraxia, which is the inability to perform certain purposeful movements despite understanding what needs to be done and how to do it.

Hemineglect

Hemineglect is a condition caused by parietal lobe damage, in which one area of space fails to be attended to so that the person appears to not notice it. For example, a person may only shave half of their face, or only copy half of a picture when instructed to do so.

General skills

Some of the skills that the parietal lobes are responsible for are proprioception (awareness of the positioning of body in space, such as being aware that your feet are under the table when sat down), touch, space navigation, and language processing.

Reading and maths

Damage to the parietal lobe can cause problems with reading, writing and solving mathematical problems.

CREATIVE EXPRESSION

Lisa started to attend Headway South Staffs 18 months after she had a stroke at the age of 49, which left her with absent seizures and weakness to her left side.

"Before my ABI I was just a normal, independent, average person, working full time and bringing up my teenage daughter. I had a good social life and was very active.

"After my stroke I felt invisible. I was so tired and couldn't even communicate with anyone. I needed help to do everything, personal care, cooking and domestic tasks, everything was beyond me, my independence had gone. Then I found Headway.

"I put my paintbrush down years ago, not through choice but circumstances. Headway South Staffs gave me the opportunity to hold that paintbrush again and to release the paint from the brush onto the canvas.



"I have ideas that come into my head, and I pick up the brush and start to paint. It was a passion I thought I had lost, my escape, my love of art.

"Anyone can paint. It doesn't have to be a masterpiece, it's more about being able to express yourself, by using a different media.

"I now have a purpose in my life. I could not have made such a good recovery without the support of Headway South Staffs."





Leading Personal Injury and Medical Negligence Lawyers



Boyes Turner is proud to be an active supporter of Headway. Kim Milan, head of our Personal Injury team, is a Trustee of Headway Thames Valley.

Our specialist lawyers and brain injury support team have the knowledge, experience and commitment to ensure that you and your loved ones get the result you deserve and the support you need. We are more than happy to visit you in hospital or at home at times that suit you. We provide national coverage.

A special thank you to my lawyer Kim. Her input has changed everything for me. She has given my life a level of security and stability that I never thought I was capable of achieving post-accident.

Jessica Stevens

Contact Kim Milan on
0118 952 7137 or
claimsadvice@boyesturner.com
boyesturnerclaims.com

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We work quickly and effectively to achieve just and fair compensation for you. Our Personal Injury Lawyers have proven legal expertise in obtaining the best results for our clients in all types of injury claims.

In particular Jane Goulding has an outstanding reputation in brain injury, spinal injury and other catastrophic injury cases.

For specialist advice on all personal injury and clinical negligence claims, speak to one of the UK's leading law firms.

For a no obligation consultation please contact us.

Jane Goulding | 0345 050 3296 | jane.goulding@freeths.co.uk | www.freeths.co.uk

"Jane Goulding is a tenacious litigator who gets the best results."
The Legal 500, 2022

"The team is practical, realistic and helpful, thoughtful and empathetic. Their practitioners are very intelligent and personable solicitors who really care."
Chambers & Partners, 2022

Legal 500 and
Chambers & Partners

**Top
Ranked**

Putting your life back on track

It's what we do



Prince Evans LLP is a specialist brain injury practice that focuses upon representing the interests of our clients and their families to the full.

We are understanding and knowledgeable of the multiple complexities that are experienced by all when a loved one is affected by brain injury.

We provide a free nationwide no obligation consultation to discuss respective claims and where our expertise can assist; including with potential interim payments, rehabilitation and case management and support. We offer no win, no fee funding.



For more information on how we can help, contact
Gary Smith, Head of Personal Injuries

Call free on 0800 019 0991

Email: gary.smith@prince-evans.co.uk

Gary Smith is a member of Headway – the brain injury association's Personal Injury Solicitors list



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