

Summer 2023

Headway News



The magazine of Headway - the brain injury association

ACTION FOR

BRAIN INJURY WEEK 2023

*Every 90 seconds,
someone in the
UK is admitted
to hospital with
a brain injury*



**Every
90 Seconds**

Page 10



**Headway on the
World Stage**

Page 18



**Headway
Heroes!**

Page 22

HEADWAY WEBINARS

A brand new series of webinars, designed to educate and inform on various topics relating to brain injury, including...

- Moving towards digital care
- Understanding and responding to behaviours that challenge following ABI
- De-mystifying mental capacity
- Memory loss - impact and rehabilitation
- Third wave therapy
- Public affairs round-up

Read more on page 29.



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Clare, our brain injury client

Welcome

Welcome to the summer edition of Headway News magazine!



As the temperature rises and the days grow longer, we bring you a vibrant collection of stories, events, and initiatives to bolster spirits still further.

There is no better example than our 'Every 90 Seconds' Action for Brain Injury Week campaign. This annual event serves as a beacon of hope and solidarity, raising awareness about the impact of brain injury and the incredible work being done across the Headway network in supporting individuals and families on their journey to recovery.

The campaign raised awareness of how common brain injury is with the arresting statistic 'Every 90 seconds someone in the UK is admitted to hospital with an acquired brain injury', but another line from the campaign that I know resonated with many is: 'Headway re-builds meaningful lives'. This sense of community and togetherness was captured with great warmth in the campaign videos shared as part of the week.

Another event with community at its heart is the Look Ahead in the North (LAN) weekend which has been a highlight for groups and branches in the Northeast and Cumbria since the turn of the century. Zipwires, tree top challenges and giant swings make for a memorable weekend, not only because of the comradeship it brings, but also from the challenge and sense

of achievement from taking part in activities many thought would not be possible after a brain injury.

Finally, on pages 18 and 19 we have a feature on how Headway Essex has led an innovative and powerful theatre performance that tells the stories of brain injury survivors. It is a moving experience when the magic of theatre mixes with personal stories, illuminating the resilience and strength of those living with brain injury.

We hope that this summer edition of Headway News magazine serves as a source of inspiration, knowledge, and connection as we discover the remarkable stories that shape the Headway community and ignite a spark of hope within us all.

Colin Morris
Director of Communications



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

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The Headway Approved Provider Scheme

What if ABI survivors and their families could access high-quality care everywhere?

This is what the Headway Approved Provider Scheme is all about; a programme open to residential health and care services, specialising in acquired brain injury (ABI).

Why should you apply to the scheme?

- Our assessments are conducted by ABI experts
- We share action plans and recommendations to help you improve your service continuously
- As an Approved Provider you receive continuous support from us

Did you know?

There are currently 62 accredited units supporting brain injury survivors. If you are a professional with experience in brain injury, a family member or a brain injury survivor and want to help make a difference, YOU could apply for a role in the scheme.

Training with Headway

You said it, we did it!

We have developed an exciting and varied programme, following some valuable feedback from our community. Featuring:

An introduction to brain injury - a session created for family members and carers new to the world of brain injury to support them in understanding the hidden effects of brain injury.

Understanding brain injury - this session goes into more detail and is suggested for health and social care professionals.

Understanding behaviours that challenge - this session looks at behaviours from a different point of view, to support carers in reflecting on how best to help the individual.

Understanding MY brain injury - we often receive feedback from brain injury survivors that they still need support to understand the hidden effects of brain injury and are unaware of the support available. We created this session by combining the knowledge and experience of professionals and brain injury survivors to share the message that "there can be life after brain injury".

Solicitors training - this session is to support solicitors and legal teams in understanding the cognitive, behavioural, and emotional difficulties following brain injury and how these could impact the quality of life and determine tailored support.

Did you know?

We also provide group training sessions tailored to your specific needs; if you are interested, please use the enquiry form on our website www.headway.org.uk/about-brain-injury/professionals/training/

In this issue...

06-09 **Latest news round-up**

10-15 **Every 90 Seconds**
ABI Week 2023

17 **The Look Ahead**
Another fun-filled weekend in Northumberland

18-19 **Making Headway**
A powerful performance by Headway Essex

20-21 **Cost-of-Living Crisis challenges**

22-23 **Honouring our London Marathon Heroes**

24 **Royal fever**
Headway joins in the coronation celebrations

25 **Summertime quirky finds**
Brilliant bric-a-brac from our UK shops

26 **John's (animated) story**
A deeper look at our ABI Week animated video

27 **On A Good Day**
An inspiring podcast about brain injury

28 **Creative expression**
Claire's story, expressed in a beautiful poem

29 **Headway webinars**
Join us for our new series of webinars

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

Nominate now: Could someone you know win a Headway Award?



The Headway Annual Awards celebrate the inspirational achievements of people living with brain injury and the dedication of those working to support them.

Each finalist will be invited along with a guest to a glittering luncheon at The Landmark London on Friday 8th December.

Do you know someone who has defied their brain injury to achieve a great milestone? Or perhaps you know someone that often goes above and beyond when caring for someone with a brain injury?

Or maybe you know of a long-standing Headway volunteer who is overdue public recognition and thanks?

Visit headway.org.uk/nominate to tell us their story!

Movement for Good

We could receive £1,000 with your help!

To nominate Headway, simply visit movementforgood.com and click the 'Nominate a charity' button to get started. Search for Headway – the brain injury association as your chosen

charity. There are lots of local Headway groups on there too.

It only takes two minutes, and your support will help us continue our work to improve life after brain injury.

Thank you!



Please take one minute
to nominate us
for £1,000!



Make room for summer!

Hopefully, by the time this magazine hits your doormat, warmer weather will be here.

However for some the new season can mean fashion anxiety; maybe you're short of short sleeves? Perhaps your old favourites are a little too holey or you've found those previously comfy shorts don't quite fit?

Never fear! Headway shops can help. Pop down and rummage the racks to fill your wardrobes with those stylish summer staples. Oh, and don't forget in these tough times our shops are FULL of sustainable bargains!

Speaking of wardrobes – you'll no doubt need to make space for all that new stuff, so why not bag up your old items and donate them to Headway? We love to receive clothes for all seasons, books, bric-a-brac, small electricals... you get the idea!

Search for your local shop at headway.org.uk/charity-shops.

We can't wait to welcome you.

First ever UK-wide concussion guidance for grassroots sport published

The government and the Sports and Recreation Alliance have published new UK-wide concussion guidance to help people identify, manage and prevent concussion affecting players in grassroots sport.

'If in doubt, sit it out' is the message for all players, coaches, parents, schools, National Governing Bodies and sports administrators. The guidance, developed by clinicians, academics and sports governing bodies, forms part of government's Action Plan on Concussion designed for all grassroots sport.

Headway Chief Executive Luke Griggs described the guidelines as an "important step", but warned they needed to be accompanied by a full public health campaign.

He said: "Taking a pan-sport approach to concussion is sensible. Having one set of guidelines should reduce the inconsistent

way in which concussion is managed, particularly within youth and grassroots sport.

"However, despite the increased awareness of brain injury in elite-level sport, there remains a great deal of work to be done to improve understanding at all levels of community sport.

"This cannot start and stop with a document put on a government website or emailed to clubs. Guidelines are often only effective if accompanied by educational campaigns that achieve buy-in from all stakeholders.

"We would like to see the government launch a public health campaign to ensure these guidelines are not just seen, but the reasons behind them are fully understood and accepted by all."

"This has to be a hearts and minds campaign to get people to understand the very important reasons for these guidelines."



New factsheet launched on anxiety after brain injury

Anxiety after brain injury is the latest factsheet to be added to Headway's library of freely downloadable publications.

The factsheet describes what anxiety is, how anxiety can develop after brain injury, where to get professional support with this issue and offers self-help tips for coping with anxiety.

With research suggesting that up to a third of brain injury survivors experience anxiety, it is vital that people are made aware of the possible impact of anxiety after brain injury, and more importantly, how to cope with it. The factsheet has been written with expert input from

people directly affected by brain injury themselves, and Consultant Clinical Neuropsychologists Dr Ben Marram and Dr Lisa Logue. Many thanks to all contributors to this factsheet.

Dr Marram said, "We are delighted to share the updated *Anxiety after brain injury* factsheet, produced in collaboration with survivors and clinicians working in brain injury.

"We recognise the prevalence and impact anxiety has on survivors and their families, and hope this factsheet provides some helpful guidance on what can help, or where to get more information if you feel like you need more support."

To download the factsheet, visit [headway.org.uk/information-library](https://www.headway.org.uk/information-library) or scan the QR code.



Latest news round-up

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

Headway and HM Prison & Probation Service launch innovative brain injury pilot

Headway has secured funding from HM Prison & Probation Service (HMPPS) to provide specialist brain injury training to probation practitioners through the 'Brain Injury Support Programme.'

The programme will help probation practitioners recognise potential causes of brain injury and support individuals subject to probation in the South-Central region, including those in Fareham, Reading and Southampton.

Charlotte Curness, Justice Project Manager for Headway, said: "We are thrilled to be given the opportunity to provide this much-needed support to probation practitioners and people on probation with acquired brain injuries (ABIs) in the South-Central Probation Delivery Unit.

"There are many possible causes for ABIs, including those sustained through a fall, accidents, tumours and strokes.

"The consequences of ABI can have a detrimental impact on an individual's journey through the criminal justice system - including their time in custody, transition back to the community and engagement with probation."

Probation practitioners are highly likely to encounter people who have had an ABI, the impact of which can often be misunderstood due to the complex, fluctuating and often hidden effects that can be confused with other conditions, such as mental ill health.

This service will allow practitioners to identify signs of ABI and adopt techniques to minimise non-compliance. Headway will use the HMPPS funding to create and deliver the training package, as well as a referral pathway to enable practitioners to refer people on probation to access Headway support.



Hard Hat Awareness Week

Hard Hat Awareness Week 2023, now in its fourth year, will take place on 12th-18th June 2023.

Hard Hat Awareness Week is an annual event that promotes the importance of head protection in the workplace. The campaign aims to remind people about the importance of wearing hard hats and taking any impact to the head seriously.

Even a minor brain injury can have a major impact, so the message is that

Take time to stop work

Report the incident

Recover fully before returning to work

hard hats are a crucial part of personal protective equipment (PPE) in many industries, including construction, mining, and manufacturing.

During Hard Hat Awareness Week, employers, safety professionals and workers are encouraged to participate in events and activities that promote the importance of head protection. But it is not just about wearing a hard hat; it is also vital that the hat is maintained and inspected regularly, as well as stored appropriately.

Colin Morris, Director of Communications at Headway, says: "Headway is proud to be supporting Hard Hat Awareness Week, making more people concussion and brain injury aware is vital to keeping hard hat wearers safe. People need to know the signs and take concussion and brain health seriously."

Government commits to benefits assessors with specialist knowledge of health conditions

Headway has welcomed government commitment to introduce assessors with specialist training for disability benefit assessments.

The government's Health and Disability White Paper, published in March 2023, states that the Department for Work and Pensions (DWP) will test the use

of specialist assessors with knowledge of health conditions. The paper goes on to say that 'assessors will take part in training to specialise in the functional impacts of specific health conditions.' Headway has been calling for this change for several years through its Right First Time campaign, which has repeatedly highlighted the need for assessments of complex conditions such as brain injury to be carried out by people with expert knowledge.

Up for a challenge?

Join the Queen Elizabeth II Games for People with Acquired Brain Injury!

Headway Worcestershire is proud to present the second Acquired Brain Injury Games.

People with acquired brain injuries from anywhere in the UK are invited to participate in this event, which is being held on 3rd August 2023 at the University of Worcester Sports Arena.

With a range of exciting and engaging challenges that cover physical activities,

creative expression, cognitive skills and life skills, the games offer a fantastic opportunity to celebrate the wonderful achievements of those affected by brain injury. Visit headwayworcestershire.org.uk to find out more.



The Spring Budget



Whilst there was disappointment in the lack of funding set aside for ABI in the Spring Budget, the Chancellor made some announcements which were cautiously welcomed by Headway.

- The launch of a £100 million pot for charities; particularly frontline charities and community organisations most impacted by increased demand for support from vulnerable people.
- A postponement to the planned 20% energy bill rise, following a campaign organised by Martin Lewis and supported by Headway.
- The publication of the long-awaited Health and Disability White Paper, which sets out a number of initiatives that will help brain injury survivors navigate the often-complicated social security system.

25 years of changing lives in East London

It's Headway East London's 25th Birthday! To celebrate a quarter-century of transforming the lives of people living with brain injury, Headway East London is staging the largest exhibition in its history, and the only one of its kind that is co-produced with people with brain injury.

differently various is a free exhibition and events programme at the Barbican

in London from 29th July - 6th August, celebrating the creativity and community of people living with brain injury. Curated by Headway East London's members in the Barbican's iconic Curve gallery, differently various will showcase art created at their on-site Submit to Love Studio, alongside a programme of tours, creative workshops and film screenings.

Headway East London opened its doors for the first time on Thursday 12th March 1998, with just one staff member, a single volunteer and three survivors of brain injury. Over 25 years the Hackney-based

charity has become a leader in delivering innovative, tailor-made services for people living with brain injury.

With 4,000 people expected to see the exhibition, it is a one-of-a-kind opportunity to share stories, highlight the challenges of living with brain injury, and celebrate the diversity and creative potential of the brain injury community.

To find out more, visit: www.barbican.org.uk/whats-on/2023/event/headway-east-london-differently-various

EVERY 90 SECONDS

ACTION FOR

BRAIN INJURY WEEK 2023

Every 90 seconds, someone in the UK is admitted to hospital with a brain injury – that's a staggering 350,000 people per year.

Headway's Action for Brain Injury Week is an annual campaign designed to raise awareness and understanding of acquired brain injury (ABI) and to help give survivors and their loved ones a voice.

This year, our ABI Week campaign entitled *Every 90 Seconds*, took place from May 15-21 and highlighted how common brain injuries are and how they can affect any of us at any time.

Brain injuries can have many causes including strokes, tumours, falls, road traffic collisions, assaults, and concussions and can have life-long consequences for survivors and their loved ones.

Throughout ABI Week, Headway shared real-life stories from brain injury survivors and their partners, talking candidly about brain injury and how Headway is helping them to rebuild their lives. Find their stories on Page 12.

**EVERY
90
SECONDS**

**SOMEONE LIKE YOU
IS ADMITTED TO A UK
HOSPITAL WITH A BRAIN
INJURY - CHANGING LIFE
IN AN INSTANT.**

**TAKE A SECOND
TO GET INVOLVED**

Colin Morris, Director of Communications at Headway - the brain injury association, said: "Every 90 seconds, someone in the UK is admitted to hospital with a brain injury – it's a startling statistic that I'm sure will stop many of us in our tracks. People tend to think these things only happen to other people, but the reality is brain injuries can impact any of us at any time - and it only takes a second for someone's life to be changed forever.

We want people to see how they can support our work to rebuild meaningful lives and to take a second to consider donating their time volunteering with Headway or simply to share our message."

Explore the campaign at every90seconds.org.uk

"One of the main things for me is the community we have at Headway."

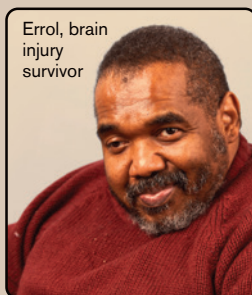
Yoki, Brain Injury
Survivor



Behind the Scenes

For ABI Week 2023, Headway created some powerful campaign videos in which brain injury survivors tell their stories in their own words. A big thank you to Headway Devon for hosting filming this year. You can watch the videos on our website and social media channels.

“For me, asking people to learn more about brain injury is the most important thing. There are some important people out there who don’t know a thing about it. People need to know that brain injury is a part of life.”



EVERY 90 SECONDS: in your words

This year’s campaign has been a huge talking point across our digital media channels. Thank you to everyone who has gotten involved in spreading the important message of *Every 90 Seconds*. Here are just a few things you’ve shared:

"Mindset is huge when it comes to what we are going through so when you find yourself struggling dig deep and find some comfort in what we do have rather than what we have lost." (Matt)



“Wenda was delighted to attend @HeadwayUK Carer's Exhibition in The Braid Ballymena. There was such a positive buzz around the room and the individual stories were inspirational!” (VolunteerNow1)



TBI first hand experience, really messes you up, changes your outlook on life. Headway are doing a great job raising awareness. Without you I would have been completely lost. (Khalid)



EVERY 90 SECONDS: in numbers

The hard hitting statistic at the heart of the campaign highlights just how often acquired brain injury occurs in the UK. But what does this mean when it comes to numbers of people admitted to hospital?

Using hospital admission statistics, Headway has compiled a dataset on all acquired brain injury (ABI) related

hospital admissions in the UK. These figures are for meningitis, brain tumour, stroke and head injury admissions and you can read more about each of these types of acquired brain injury – and more – on the Headway website at www.headway.org.uk/statistics

*Data is for England, Wales and Northern Ireland hospital admissions only and based upon Headway's Hospital admission statistics over a 10-year period.

MENINGITIS

7000

BRAIN TUMOUR

36,000

STROKE

122,000

HEAD INJURY

150,000



Joseph's Story

"I had a typical teenager's life in the big city, playing football with other people and I liked the nightlife and going out. I had a motorbike and was just going through the motions of growing up.

"Then I had a road accident which left me disabled. I hit a car. I had gone through the windscreen on my motorbike.

"From there, my life changed. I was a different person. I was unconscious for about three weeks. When I woke up, I went to roll up to

get out of bed, but I couldn't move my arm and my leg, so I banged and smashed myself on the floor. They had to put cot sides next to the bed. That's when I first realised there was something different and something wrong.

"I probably fell into a rut where I didn't really look after myself very well. All I used to do was go to the pub, have three halves of lager every day and play darts; there was nothing for me to do. There was no centre, nothing like Headway. You were on your own.

"Being with Headway has taught me about myself and others because I used to think it's quite easy - when you've got no one around you who understands you - to sit in the corner. We're all different down there, but we're all a team.

"We're like a bicycle chain; if we don't pull together, we're not going anywhere."



Nigel's Story

"I was standing at a bus stop. Beyond that, I have no idea because I woke up in hospital. Absolutely everything changed – instantly."

Nigel had suffered a stroke and, after his discharge from hospital, was left with many challenges, including memory loss, fatigue and difficulty

with his balance. Unfortunately, he also suffered a second stroke in 2022, shortly followed by a heart attack.

"It's like running into a brick wall. Inside here, I'm still me. It might be a slightly different me, but I'm still me. I ask that you accept me, take me for what I am."

"Headway has been extraordinarily helpful. There is so much of life that once you have a stroke, you suddenly lose, and it's like becoming disconnected from life. And coming to Headway, I've become connected to all these people, and I've become connected to Headway - and it's belonging again."



Brigitta's Story

"I don't remember nothing, nothing at all," she said. "I don't remember nothing the day before either. Apparently, I was out with my friends."

Due to her brain injury, B cannot remember the events leading up to her assault. The severity of her brain injury meant she had to re-learn many life skills, including how to walk again. However, she has difficulty remembering some of these huge milestones.

"I don't remember a lot of things that happened for at least half a year. I would love to get back to where I used to be, but it is a struggle. I needed Headway. I always had them with me ever since I came home from hospital.

"My biggest thing is never to give up. I really, really push myself all the time. Definitely, never give up, always try."





Simon's Story

"Life was good, and things looked rosy, and then wham - this happened. I can't really remember much for the first seven or eight months; it was pretty dreadful."

Following his stroke, Simon was left with aphasia, which can cause people a wide range of difficulties, such as challenges when speaking, reading, or writing.

"It is very difficult for people to understand. It affects people in totally different ways. Brain injury can happen to anyone, and it does."

Simon's difficulties have improved following intensive speech therapy, and with support, he has re-learned how to do everyday tasks like making a cup of coffee. He has also received vital support from Headway Devon, where he enjoys taking part in art sessions.

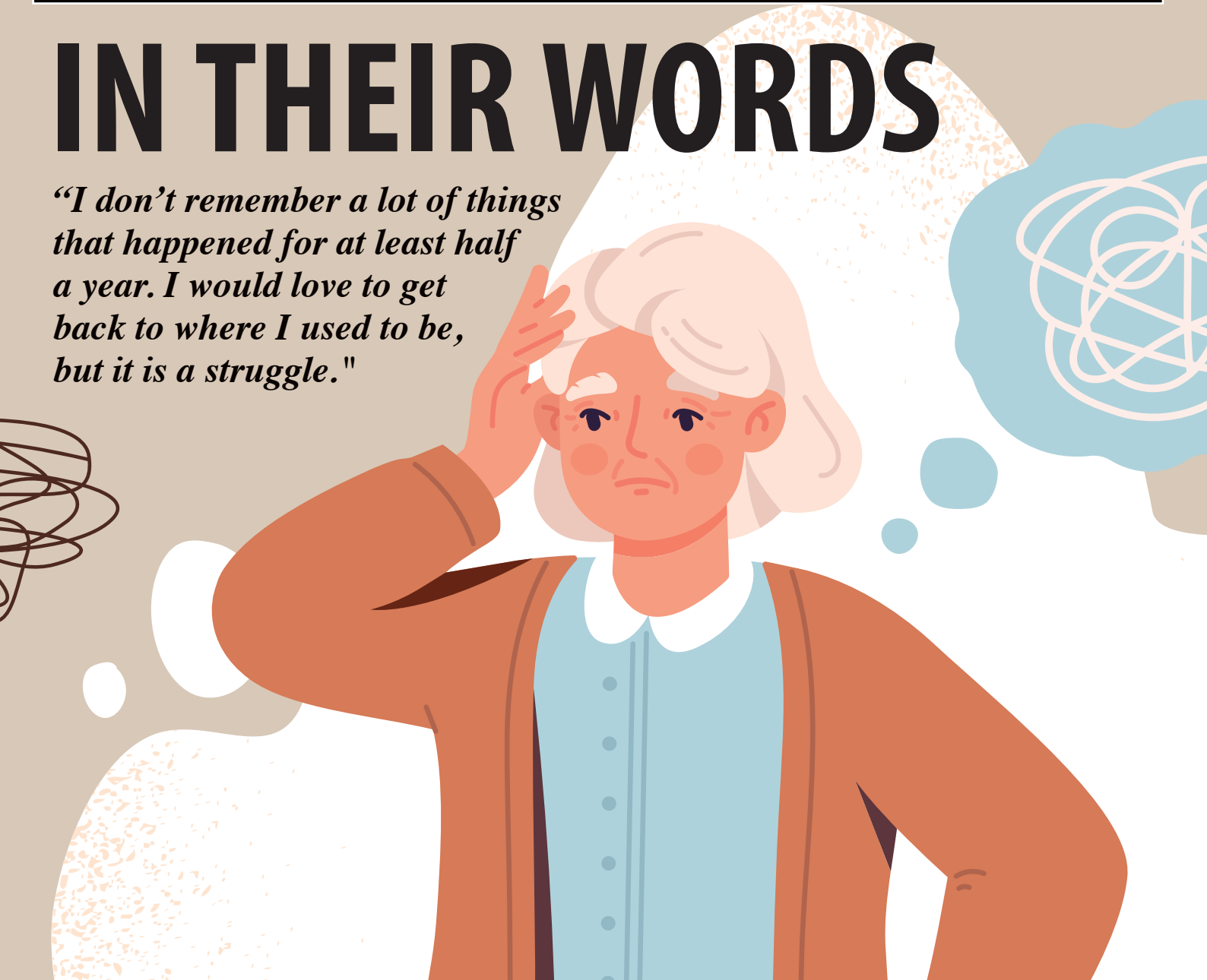
"It's like joining a family," said Simon. "It brings you together with a group of people who you didn't have an awful lot in common with beforehand. You've all got a similar goal, and it works well. And sometimes you produce beautiful art, sometimes you produce less beautiful art, but it doesn't really matter."

"There are members of the group that I've been able to talk to as well," said Marc. "If something's worrying me about Simon. I've felt that Headway has really brought Simon back to life."

"Headway got Simon out of bed, metaphorically speaking, and got him away from the couch. Knowing that Simon's had somewhere to go to, that's supportive in itself."

IN THEIR WORDS

"I don't remember a lot of things that happened for at least half a year. I would love to get back to where I used to be, but it is a struggle."



GROUPS AND BRANCHES ABI WEEK

Headway groups, branches and shops supported this year's campaign, in many imaginative and passion-filled ways. Every effort – be it an online story on an in-person event – helped spread the campaign message.

Here are just a few of the ways the Headway network marked *Every 90 Seconds*.

Headway Birmingham and Solihull launch Vocational Assistance Programme

For ABI Week 2023, Headway Birmingham and Solihull launched a brand new 50-week programme to support brain injury survivors.

The programme is aimed at supporting people with acquired brain injury towards a purpose in their life, by giving them the skills and knowledge needed. The 50-week course consists of intensive learning with reflective feedback, with qualification and training support.

There will also be the opportunity to work on individual projects and goals with a view to mentoring at placements or jobs for those that wish to proceed to that level.

“Many people can find life post-injury very different and will need to rethink their life goals and expectations. Learning to understand who they are now is a big part of moving forwards and can make people feel like they are ‘somebody’ again.”

(Helen Bourke, Headway Birmingham and Solihull)



HATS FOR HEADWAY DAY

It's the week to don your favourite hat in support of Headway! Here are a few of our favourites...



Yee-haw! Headway Vice President James Cracknell



BEST INDIVIDUAL PHOTO

Tara from Headway Essex bringing the summer vibes



Mary from Headway Surrey



Safety first!

Fosters Solicitors



BEST GROUP PHOTO

See more: [#hatsforheadway](#) [#3hatchallenge](#)

Helping Hands of Headway

"We can try to walk a mile in someone else's shoes, but we'll never know the difference someone's hands have made."

Headway Northern Ireland launched an event to showcase the impact of Carers in the Community. For ABI Week 2023, they shared the message that *every 90 seconds* someone becomes a carer.

Helping Hands of Headway – featuring plaster cast hands from the community of the Ballymena branch - celebrates these unsung heroes, and the strong network of support they have created. The hands were then decorated to reflect their journeys and personalities. Each hand holds a snippet of the owner's story; from becoming a carer to finding sanctuary within their local Headway group.

"The best part for me has been hearing the carers see their work and realise how talented they are! They just needed an outlet and it's been wonderful to be part of Headway in making that happen." (Diane, Network Support Coordinator)

Headway members, friends, supporters, and colleagues from various charitable organisations and health trusts joined in making the day special and memorable for each artist. To emphasise the importance of the work being carried out in Northern Ireland, the CEO of Headway, Luke Griggs, flew over to be part of the celebration.

"It's hard not to be touched by so many heartfelt stories in these beautiful hands".
(A Ballymena member)

Headway would like to extend a huge thanks to Elaine Hill and Rhiannon from The Braid, Ballymena, for making the event flow so smoothly and curating a fantastic exhibition.

You can follow the whole *Every 90 Seconds* campaign across social media by using the hashtag #ABIweek on Twitter, Facebook and Instagram.



L-R Melanie Bowden, Network Manager Headway NI; Brendan McKeever, Headway Trustee; Kathryn McCready, ABI Coordinator central region; Diane Wilson, ABI coordinator eastern region and community artist; Luke Griggs, Headway CEO



Headway Glasgow

Big well done to Bob and the team at Headway Glasgow who put together their own ABI Week video, co-produced by brain injury survivors at the centre.

This short film highlights how Headway Glasgow supports their members across Greater Glasgow & Clyde. The area has 1.4million inhabitants with 4,600 people being admitted to hospital every year with brain injury.

You can watch the video on their social media channels.





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BRAIN INJURY SURVIVORS AND FAMILIES COME TOGETHER FOR A FUN-FILLED WEEKEND

The Look Ahead in the North (LAN) residential weekend has been a highlight for groups and branches in the North East and Cumbria since 2000.

In March this year, the weekend was held once again at the Calvert Trust in Kielder Water & Forest Park, Northumberland. 90 brain injury survivors, family members, carers and volunteers from nine local groups and branches came together for a fun-filled weekend.

Attendees had the chance to take part in an exciting array of outdoor activities led by the Calvert Trust including the 'king swing', zip wire, high ropes, archery, climbing wall and axe throwing. They could also relax with a massage or beauty treatment from a volunteer therapist, swim in the indoor pool or take part in arts and crafts activities in the residential centre.

During the evenings, there were a range of social activities which included LAN's Got Talent, a raffle and a murder mystery. Congratulations to Headway North Cumbria who won the annual Steven McAleese Memorial Quiz!

We had some fantastic feedback from the weekend with everyone rating it as fantastic or good. 100% of respondents said they had tried a new activity over the weekend and 97% felt more confident to try new things when they returned home.

John Caulfield Jnr has attended 10 of the 11 LAN weekends and it is something he looks forward to every year.

He said: "LAN is a brilliant weekend, meeting old friends and making new ones. Challenging myself and my buddy to do activities I thought I may never be able to do after my brain injury.

"My favourite activities are the motorboat, the zip wire and the king swing. Well really, I love everything, especially catching up with friends!"

Danielle Duggan, Headway's Network Support Co-ordinator for the North East and Cumbria attended LAN for the first time this year, having joined Headway in November 2022.

"I heard so much about the LAN weekend from the groups and branches I work with," said Danielle. "It was amazing to see it in action. The weekend was every bit as fun, adventurous, welcoming and memorable as I had been promised.

"A huge thank you to the LAN committee for all their hard work and to EMG Solicitors, Frenkel Topping Charitable Foundation, Thompsons Solicitors and Exchange Chambers, without whom the weekend would not have been possible."

Making Headway

Headway Essex lead an innovative and powerful performance to tell the stories of brain injury survivors on stage.



Is there anything better than live theatre? The thrill of being immersed in stories of passion and growth, with down-to-earth characters conquering adversity? What about when those stories are real? What if their stories could happen to anyone?

Joanna Wright is the CEO of Headway Essex. She helped to launch Making Headway, an original performance piece informed by experts, with stories told by professional actors.

"It all started with one of our volunteers. A playwright, named Pete Barrett," Joanna explained. "For years Pete has talked to people with brain injury and was fascinated by the stories he heard on his journey; how the injuries occurred and the impact it's had on their lives. He was keen to take on the project and bring it to life."

Pete has been writing plays, short stories and children's books for forty years, so had plenty of experience as a writer. He

has also been volunteering at Headway for 15 years.

Pete said of his vision: "We wanted to show you what someone's life is like after a brain injury. It's a hard life, and it's often made harder by other people's reactions."

"Making Headway is about extraordinary stories. A heart-warming show that clears away the myths and reveals the brave, difficult, but also funny aspects of the lives they lead."

In March 2023, after a period of research and development, funded by Courage and Arts Council England, the play hit the road – with its very first performance in the University of Essex's Lakeside Theatre to over 150 Health and Social Care students.

'A Fully Immersive Experience'

Headway Essex was heavily involved with the drama *Recovery*, a 2007 film featuring Headway Essex Patron David Tennant. The script was set to follow one story, but after a client workshop it was decided to show the diversity of brain injury covering multiple stories of life after

brain injury. The play features everything from a busy doctor's surgery to confusing exchanges in a shop.

"It diverted into a model of vignette of plays," said Joanna. "It opened doors for more survivors to tell their stories, to represent more people."

Making Headway features hard-hitting scenarios around the roles of carers, brain injury survivors and their families, from different voices and different points of view, alongside some powerful narration.

And this is what Making Headway does so well; it shows the story of communication difficulties and cognitive issues that otherwise aren't often seen on stage or screen.

The script also has a unique quality; it's been proofed and consulted by Professor Andrew Bateman of Essex University.

"Andrew looked at it from a clinical perspective," Joanna recalled. "We wanted to highlight the aspect of what is often an 'invisible injury', something that is difficult to convey and often poorly understood."

“It’s almost like you’re seeing real life scenarios play out in front of you. It’s so powerful.”



“The university is now looking to validate the play as an educational tool – which is also a first for them.”

Making Headway also had a simple mission; to raise awareness of the effect of brain injury, to let people know that Headway exists and to showcase some of the work its groups, such as Headway Essex, do across the UK.

What resulted was a ‘fully immersive experience’, a unique opportunity for audiences to understand more about what it means to have a brain injury and, crucially, to be affected by the stories.

Joanna said: “No matter what, you feel the impact of these stories. It’s almost like you’re seeing real life scenarios play out in front of you. It’s so powerful. People were very moved.”

So what’s next for the Making Headway project?

“We’re going on tour!”, Joanna concluded. “Neil Darcy Jones from the Packing Shed Theatre Company who

produced the play is keen to share our play with other Headway Groups. There is funding for a further tour across three Universities. It’s just the start.”

“It’s been a wonderful experience. Making Headway has a real future as an educational tool in the world of brain injury, as well as a platform for brain injury survivors to tell their stories and for people around the UK to learn more with every viewing. See you in the stalls!”

Making Headway is produced in conjunction with Headway Essex, Playwright, Pete Barrett, The University of Essex and Neil Darcy Jones and the Packing Shed Theatre Company team.

Making Headway made it to the world stage when it was presented in the Think Tank section at the world’s largest event for multidisciplinary brain injury professionals!

The 14th World Congress on Brain Injury took place March 29 - April 1 at the Convention Centre in Dublin, Ireland. Organized by the International Brain Injury Association (IBIA), the event is the largest gathering of international professionals working in the field of brain injury. Over 100 internationally recognized speakers presented the latest findings on the assessment, treatment, and future priorities in the field of brain injury research and rehabilitation.

This included a presentation on Making Headway by Headway Essex CEO, Joanna Wright.



Cost-of-living crisis challenges Headway groups and survivors alike

The current cost-of-living crisis is affecting us all, whether that's the hike in energy prices or the added pounds on our food bills. In the face of these challenges, Headway groups up and down the country continue to strive to provide the best possible services to people living with acquired brain injury.

With these tough times in mind, we wanted to understand how the cost-of-living-crisis was affecting groups and brain injury survivors. So, in December, 2022 Headway - the brain injury association undertook a survey of autonomous Headway groups across the country asking them about the challenges they are facing - and the findings were eye-opening.

'Stark' choices

The detailed responses demonstrated the scale of the challenges some groups are currently confronting, particularly regarding the lack of funding, pressures on already-stretched services, and precarious ongoing financial sustainability.

"Survivors would need far greater support from NHS and local authority services."

They also showed the difficulties that brain injury survivors and their families are facing due to the increased cost of living. Many survivors are living in ever more challenging circumstances, forced to make stark choices between heating, eating, and travelling to essential appointments.

The survey results demonstrate the social impact that will be felt if Headway groups are forced to cut their service provision. Survivors, many of whom experience complex cognitive, emotional and behavioural issues as a result of their brain injury, could end up attending unsuitable placements.

Of even more concern, if Headway groups were to reduce or stop providing services, survivors will need far greater state support than they currently receive. Headway groups estimated that if they were no longer able to provide support services, up to 70% of their service users would need more costly, long-term state-funded support.

"The charity is subsidising services which are really needed, and we are operating a deficit budget."

Commenting on the responses Sarah Russell, Senior Policy and Public Affairs Manager at Headway - the brain injury association, said: "These findings paint an alarming picture of the challenges being faced by Headway groups and

"More charities are applying for the same pots of funding and there is not enough to go around."

survivors every day.

"We are using these findings to reinforce our lobbying efforts at a national level – requesting that the government takes action to safeguard the future of community-based rehabilitation services that so many brain injury survivors rely on."

"Morally, we have a duty to protect these services, but it also makes clear financial sense. Survivors would undoubtedly need to access more costly, state-funded support should these Headway groups not be around to continue to provide their bespoke services."

Budget for Brain Injury

In light of the significant challenges being faced by Headway groups, Headway launched the Budget for Brain Injury campaign, calling on the Chancellor to set aside funds in the Spring Budget to support those living with ABI.

The campaign, which was launched in the run-up to the March Budget, urged the Chancellor to allocate funds to ensure survivors continue to have access to community-based rehabilitation services they rely on. As well as requesting the government financially supports the delivery of the cross-departmental Strategy for Acquired Brain Injury being drawn up by the Department for Health and Social Care.

"Our council is reducing our funding dramatically."



The government formally announced plans to create the ABI Strategy in 2021 to meet the needs of those living with ABIs, following a campaign by Sir Chris Bryant MP.

Luke Griggs, Chief Executive of Headway - the brain injury association, wrote an open letter to the Chancellor expressing concern that there are no plans to assign funding to the delivery of the ABI strategy.

Sarah added: "The Government's ABI Strategy aims to improve the lives of people living with acquired brain injury, but we are concerned that specialist community-based rehabilitation services may cease to exist in our communities

to deliver the strategy if help isn't forthcoming soon."

Sadly, to date the Chancellor has not yet responded to the letter which was sent and neither were any funds forthcoming in the budget to support the ABI community. However, lobbying on behalf of Headway groups and survivors will continue regardless.

Sarah concluded: "We will continue to speak up for survivors of acquired brain injury – in these tough times they need our support now more than ever and we will do all we can to amplify their voices on the national stage."

"Many survivors already cannot afford to heat their homes or buy food."

"Service users have become anxious about how they will afford to live."

HONOURING OUR LONDON MARATHON

HEROES



After experiencing the devastating effects of brain injury first-hand, Amy joined the Headway team to help support others who have been affected.

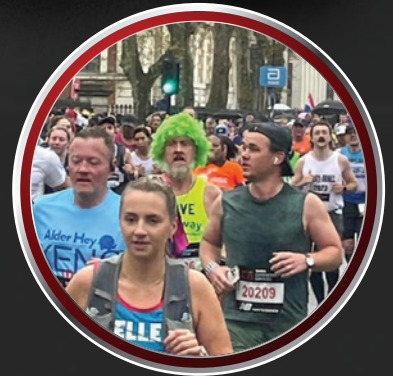
What a day it was!
On Sunday 23rd April
Headway's intrepid team of 34
runners hit the streets of London
in one of the world's most
famous marathon challenges.

We're always amazed by the dedication
of all our fundraisers, and the
London Marathon team is no different.

This year the team raised **more than
£90,000** to help support our work. That's
enough to cover the running costs of the
Headway helpline for **nearly six months**,
helping around 5,000 families to cope
with to cope with the life-changing impact
of brain injury.

So, a huge THANK YOU to our London
Marathon heroes in 2023!

Interested in taking on this epic challenge
next year? Head to [headway.org.uk/
london-marathon](https://headway.org.uk/london-marathon) to register today.



Steve certainly stood out from the crowd
in his lime green wig! What a journey it has
been since sustaining a brain haemorrhage
in 2021.



Emma ran the marathon with her brother Paul.
Emma joined our team after her dad sustained a
life-threatening brain injury falling from a ladder.



Sidney, who had to stop playing rugby
due to repeated concussions, raised
more than £4,300 for Headway.



Headway is close to Mark's heart as he has
hydrocephalus. His marathon achievement
was even more amazing due to a ligament
injury early in his training!



Proud Beth clutching her medal at the finish
line. Beth joined Team Headway after seeing
both professionally and personally the impact
of brain injury.

INSPIRED BY OUR MARATHON HEROES?

Whether you're addicted to running, happiest on the saddle of your bike or at home on the hills of Britain, we probably have the perfect challenge for you!

The London Marathon story perfectly showcases what an amazing impact your fundraising can have on the lives of the thousands of people who are living with the ongoing effects of brain injury across the country. So, if that inspires you to give it a go yourself, have a read through our upcoming events:



Great North Run

Join us for the world's biggest and best half marathon!

Newcastle upon Tyne, 10th Sept 2023.



Skydives

After exiting the plane at 10,000ft you will freefall for 40-45 seconds travelling at up to 120 mph!

Locations across the UK, throughout 2023.



Royal Parks Half Marathon

This is the most spectacular half marathon that central London has to offer.

Starts in Hyde Park, London, 8th Oct 2023



Three Peaks Challenge

Join us as we climb the highest mountains in the UK! Ben Nevis, Scafell Pike, Snowdon.

Dates throughout 2023 and 2024.

Use the QR code or visit
headway.org.uk/challenge-yourself
to browse and book all of our available events.

Please contact **events@headway.org.uk**
for more information.



SCAN ME!



Headway Northwich



Headway Winsford



Headway Leigh



Headway Winsford



Headway Lymm

ROYAL FEVER SWEEPS YOUR LOCAL HEADWAY SHOP!

It was time to bring out the bunting again across Headway's charity shops in the Midlands and North West of England, as our retail team set to work decorating their windows to honour the coronation of King Charles III.

As royal fever swept the country, our beloved high streets acted as a centre

of the celebrations – and as you can see, Headway is never one to be left out!

Inside the shops, we put together a collection of wonderful royal-themed items to help the public prepare for the big day and celebrate this new chapter in our country's history.

Congratulations to King Charles III and Queen Camilla and we wish you a long and successful reign!



Headway Winsford



Headway Winsford

SUMMERTIME

Quirky Finds

Anyone who thinks charity shops are just about clothes needs to pop into their local Headway shop!

Now don't get us wrong, there really are racks full of stylish and bargain-priced tops, trousers and accessories across our retail network. But dig a little deeper and you'll find a wealth of unexpected treasures – from electrical gadgets and kitchen mixers to kids' toys and even bits of furniture.

It doesn't end there though! Dig even deeper and you might find some truly special stuff. Maybe some Clarice Cliff pottery that'd be the pride of Bargain Hunt, a comic-book jacket to give your fancy dress a pop (or if you're brave, boost your workwear), or even... a white thing.

Explore some of the wonderful items from the quirkier end of the spectrum here and who knows, there might be some hidden treasures in a Headway shop near you.

Head to headway.org.uk/charity-shops to find your local store.



Subtle definitely isn't the word for this glorious comic book top, modelled by our Wigston Shop Sunday Supervisor



This wonderful replica of Guardians of the Galaxy character Star-Lord's jacket found its way into our Cheadle shop



Speaking of quirky items - what's this wonder we found in our Lymm Shop?



And here's the Clarice Cliff crocus in all its glory, proudly held by Emily from our Wigston shop

JOHN'S (ANIMATED) STORY

During Action For Brain Injury Week, we were delighted to be supported by Squeezed Media who are a top London video and animation studio.

The team at Squeezed are passionate about making an impact through beautiful design for important causes, and it was Account Manager Lucy Myers who initially pitched the idea of making a film for Headway.

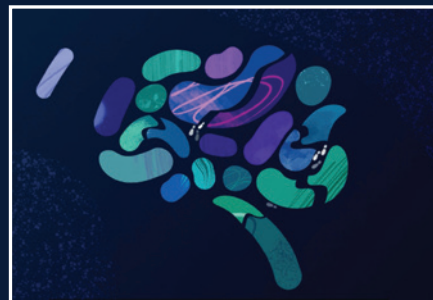
Lucy shared, "The motivation for the film was my dad's own brain injury and the support he received from Headway. Our local group in London supported not only him, but us as a family throughout his illness. He attended group sessions with other people affected. Having a safe space where he was around people who understood what he was going through was the highlight of his week.

"Headway also offered us support and information to better understand and care for him, bringing us a lot more awareness than we had at the beginning. He passed away a few years ago and the friends he'd made at Headway all came to his funeral.

"Once it was agreed that we would make the film, we researched the effects of brain injury and were shocked at how common it is to sustain a brain injury. We put this background information into a story that made sense for those who need support."

You can view the film titled 'John's Story' on our ABI week campaign page at Every90Seconds.org.uk

We are incredibly grateful to Lucy and the team at Squeezed Media for their generous support.



Having a safe space where he was around people who understood what he was going through was the highlight of his week.



On a good day

The podcast delving into brain injury and its impact on all involved.

Hosted by Elizabeth Callaghan and Julia Ajayi, the On A Good Day podcast aims to help people navigate the life-changing event that is brain injury.

Elizabeth and Julia's husbands both experienced a brain injury in their 30s, but they found support through talking to each other. Now, they have been talking to Headway about the inspiration behind their podcast.

"It was so wonderful to talk to someone who understood what I was going through," Elizabeth said, referencing her husband's brain injury, and the honest and frank discussions she was able to have with Julia.

"We knew that if we found it helpful to share experiences and discuss the ups and downs, then others would as well, so we set up our podcast."

Julia echoed the point, adding how lucky she feels: "Yes, that sympathetic ear from someone who understands goes a long way in helping you deal with the difficult times.

"I'm lucky to have spoken to many people since my husband's brain injury 13 years ago. So many people have reached out to share experiences and learning.

"It has helped me understand more about the situation from the perspective of others, from friends, acquaintances and professionals too. So as well as talking about our own experiences, we have tried to bring other views into the podcast with different episodes focused on different topics and with different guests."

Elizabeth added: "I feel privileged to have spoken to so many incredible guests covering all aspects of brain injury from neurology and therapy to family relationships.

"We have had inspiring stories from people who have experienced brain injury but haven't let it hold them back. But it's not all about the successes, we have honest conversations about what goes on behind closed doors, the challenges as well as the triumphs, the good days and the not so good days."



"Ultimately it is this openness that we hope gives the podcast authenticity. We want to inform and empower people who are in similar positions, but we know we can only do this through honesty about our experience."

Julia sums up what On A Good Day is all about: "We just set out to make people feel less alone, so they are better equipped to face the challenges – so there are more of the good days."

The 'On A Good Day' podcast is on Spotify and other listening platforms; you can find it by searching 'On A Good Day Brain Injury Podcast.'

“

What is striking is the warmth and empathy in this podcast. It stems from a friendship formed through shared experience, but it also crosses over into a community feel. As well as people learning new things about brain injury, I'm sure listeners get great comfort from this podcast with the knowledge that they are not alone in facing the challenges that brain injury presents.

Colin Morris - Director of Communications, Headway

”

Creative Expression



Clare Whitehouse



Libby the horse

On 26th February 2011, Clare Whitehouse fell from her horse onto the road due to an incident out of her control. A witness reported that Clare's head hit the tarmac after her hat had come off.

Clare suffered from a subarachnoid haemorrhage and post traumatic amnesia and was in a coma for five weeks.

She explains: "Basically, I had a fractured skull with intensive frontal lobe damage and the expected executive dysfunction issues.

"I wanted to wake up out of the nightmare. I was signposted to Headway by a dear friend who was looking for any help available for me.

"The biggest factors in my recovery have been a determination to be allowed to live in my own secluded way and acceptance of who I am now. Headway has helped me with this."

"The Headway helpline is like holding hands with someone."

What advice would Claire have for others in the same situation?

Don't give up!

Learn to love yourself.

Do one thing every day that makes you feel happy.

Clare writes creatively at her local Headway group: "It is important to express what I experience now and in the past."

Here, we share her poem on head injury, 'Prejudice'.

PREJUDICE

When I look back I feel a sense of shame
I was the one that they chose to blame.
We are taught how to behave.

In school and work and home
Evil thoughts and words were none.
Some believe something has changed.

Tomorrow sees a petty view from day to day
One hopes that the candle will expire
To relieve the walking shadow that now exists.

Please forgive me for holding on to hope
When there is none to gain.
Have I become what you said that I would be.

You fought my belief, which tore right through me.
The judgement that I do not belong.
It's hard to love when there is so much to hate.

I am given a tale told by idiots
Who strut and fret their hour on the stage
And is heard no more.

Yet there is no pain you are receding
You are only coming through in waves
I can no longer hear what you are saying.

I turned to look and you were gone,
I cannot be sure of you now
The child has gone, the dream has gone.

JOIN A HEADWAY WEBINAR THIS YEAR

Earlier this year, we launched a brand new series of webinars, designed to educate and inform on various topics relating to brain injury.

Our first two webinars have been a great success, with over 90% of attendees rating the webinars as

high quality and agreeing that they are likely to attend another webinar in the future.

If you're interested in attending, check out our programme of upcoming webinars below!

"So much resonated from today's webinar."

"The speaker was fantastic! Engaging, informative, blended the medical and layperson speech well, and was one of the best presentations I have seen."

A very informative and accessible webinar, thank you."

"Presented extremely well and very interesting subject which certainly does not really attract the attention it deserves."



2023 Headway Webinars:

20th June

Moving towards digital care

Delivered by Dr Hayley Wright, Assistant Professor and Aimee Walker-Clarke, Research Fellow - Coventry University.

6th July

Understanding and responding to behaviours that challenge following ABI

Delivered by Dr Will Curvis - Clinical Psychologist

24th August

De-mystifying mental capacity

Delivered by Dr Tracey Ryan-Morgan, Consultant Clinical Neuropsychologist & Clinical Director.

September (TBC)

19th October

Memory loss - impact and rehabilitation

Delivered by Dr Bonnie Kate-Dewar, Clinical Neuropsychologist and head of the Division of Neuropsychology Committee for the Training of Clinical Neuropsychology.

23rd November

Third wave therapy

Delivered by Dr Fiona Ashworth, Clinical Psychologist

5th December

Public affairs round-up

Delivered by Headway Public Affairs and Policy Team.

Our webinars are free to attend and run from 12-12.30pm. For more information and to book your place, visit www.headway.org.uk/about-brain-injury/professionals/headway-webinars or use the QR code!



SCAN ME!

REG BOWDLER 1934-2022

Headway South Manchester and Stockport were deeply saddened by the passing of long-term volunteer Reg Bowdler.

Reg volunteered with the group from the late 80s. He initially attended with his son Stuart, who was a brain injury survivor, but he quickly took on tasks to support the group. Reg was a much loved and integral part of the group; he was key in the smooth running of the drop-in sessions, arriving early to set up and make sure the kettle was warm.



Reg was always part of the trips. He was the first up the climbing wall, willing to abseil down a cliff and would happily get into canoes. He particularly enjoyed walking. The group had an annual barge trip and Reg would walk alongside the boat, sometimes with survivors and he would chat and encourage them along the way. Reg was quicker than the barge so would have the coffees in by the time the barge arrived. Reg took a small group up Ben Nevis and on many a trip to Blackpool. He was always kind and always ready with words of wisdom.

Reg was the group's treasurer for many years and meticulously



kept his accounts, though stubbornly refused to use a computer so produced handwritten accounts. He used to raise money for the group by using his joinery skills to make wooden benches, which always sold well. Reg's woodwork is proudly on display at the drop in as he made a sign for the centre.

He was a keen bridge player and would attempt to teach the group how to play, though no one was able to card count as well as Reg. Reg was honoured by Headway UK for his work and attended the Annual Awards Ceremony in London.

Reg bravely faced great tragedy in his life. Reg's son Stuart, also a much-loved member of the group, sadly passed away 8 years ago. Despite the unimaginable pain and sorrow, Reg still found time to support Headway South Manchester and Stockport. Members of the group celebrated reg's life in January and the collection for Headway South Manchester & Stockport raised £300.

Reg was a treasurer, volunteer, and fundraiser but most of all he was a friend, with a brave heart and a kind soul. He will be deeply missed.

If you have been inspired by Reg and are thinking about volunteering, visit headway.org.uk/volunteer or contact your local group or branch to find out how you can get involved.



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

Personal yet professional legal advice.

Freeths vastly experienced Personal Injury team, led by the highly respected Jane Goulding has an unrivalled reputation for handling brain injury claims, helping our clients receive the life-changing rehabilitation and compensation they deserve.

Please call Jane today for a free introductory chat on **0345 050 3296** or email jane.goulding@freeths.co.uk



freeths.co.uk

FREETHS

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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www.headway.org.uk

