

Winter 2023

Headway News



The magazine of Headway - the brain injury association

Headway Annual Awards 2023



Congratulations to all our wonderful finalists!

Headway Projects

– your 2023 recap

As 2023 draws to a close, we are reflecting on some of the exciting new projects that have been brought into development. Here we give a quick recap of just some of the new schemes we've worked on this year to help improve life after brain injury.

- **Webinars** – a series of free-to-access monthly webinars with expert guest speakers discussing topics of interest and relevance to the brain injury community. Our webinars have been a great success, and we look forward to delivering more in 2024!
- **Budget for Brain Injury** – a new campaign launched to call on the Chancellor to set aside additional funds for acquired Brain Injury. Read more about this on page 13!
- **Training courses** – a series of new brain injury training courses on a range of issues and effects.

New courses introduced for 2023 include *Mindfulness and breathing exercises*, *Behaviours that challenge*, *Understanding MY brain injury* and *An introduction to brain injury*.

- **Every 90 Seconds campaign** – our Action for Brain Injury Week this year focused on this startling statistic and featured a range of inspirational stories from brain injury survivors.
- **HM Prison and Probation Service pilot programme** – specialist brain injury training for probation practitioners through the 'Brain Injury Support Programme'.
- **Innovation Award** – a brand new award category announced for the Headway Annual Awards. Read more about this on page 11!

Visit our website to find out more about these developments!

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Adam McQuillan and his mum, Anita

Welcome

Welcome to the winter edition of Headway News magazine - our final magazine of 2023!



In a world where resilience, perseverance, and triumph over adversity often remain unsung, we are proud to feature on the front cover, our twelve finalists for the Headway annual awards. In this issue we showcase these amazing finalists - remarkable people who know all too well the profound challenges of brain injury.

In this issue we showcase our amazing finalists for the Headway Annual Awards. These are remarkable individuals who know all too well the profound challenges of brain injury. They represent thousands of other inspirational survivors, volunteers, and carers from across the UK. We celebrate their achievements on pages 8 to 12.

The Headway Annual Awards are a rich source of personal experiences and one of the most important sources of support after brain injury comes from others who have been through similar challenges. Whether it is offering practical tips and advice or just being there and change to providing reassurance, it can't be overstated how important our community is. On pages 6 and 7 we celebrate the 10,000 member milestone for Headway's HealthUnlocked community forum.

Within the forum, there are new posts on a vast range of topics every day.

However, whilst the topics may change, the sense of compassion and mutual support is a constant and a lifeline to so many people.

Mutual support is also a theme on pages 26 and 27 where brain injury survivors Anthony Roberts and Iain Millar share their stories of triumph on the European Disability Golf Association tour. Both golfers have found success on the tour but, perhaps more importantly, the comradeship and support from teammates and golfing peers alike has made a huge difference to their confidence and sense of belonging.

This exploration of our sense of self is continued on pages 18 and 19, where we invite you to consider the profound concept of identity after brain injury. We delve into the question of what makes us who we are, and how brain injury can affect one's sense of identity. This feature includes important advice on how to adjust and accept changes after brain injury.

Finally, share details of the Budget for Brain Injury campaign on page 13. This important initiative is aimed at securing greater funding to support the implementation of the government's much anticipated Acquired Brain Injury Strategy.

As we close the chapter on 2023, we are pleased that you could join us for this winter edition of Headway News and celebrate the strength, unity, and unwavering spirit of our community.

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:
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Your views

"I feel less vulnerable"

The Headway Brain Injury Identity Card provides brain injury survivors with added confidence in everyday social scenarios. We have also worked with police forces, so they recognise the card to ensure that brain injury survivors receive an appropriate response and support if they come into contact with the police.

We asked our online community: What does your brain injury ID card mean to you?

Reassurance that if my head's not right I have something to help me explain.

Natalie

It's a get out of jail card in difficult situations when you're anxious, fatigued or overwhelmed.

Ian

I carry mine all the time, just in case.

Michael

Not having to explain myself over and over again and just because I look fine to you, you can't see inside my body.

S J Wallis

A helping hand when you need it.

Lisa

Every time I've used mine (and I was a trial user) it's been invaluable, a great aid and everyone has accepted it without question.

Mike

Read more about the Headway Brain Injury Identity Card on our website: <https://www.headway.org.uk/supporting-you/brain-injury-identity-card/>

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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

"It helps me to feel less alone."

Celebrating the Headway HealthUnlocked community

'Safe space', 'life-saving', 'lifeline' - just some of the ways that members describe the online community that brings together those affected by brain injury for support and information.

For members who joined at its launch in 2012, it might be hard to believe that 11 years have passed. However, having welcomed its 10,000th member earlier this year, there is no doubt that the Headway HealthUnlocked community has been a phenomenal success. The reason for this is clear, with members taking the lead in sharing their experience, wisdom, compassion (and often humour!) to help people through the rollercoaster that is life after brain injury.

There are new posts on a vast range of topics every day. Whether it's brain injury survivors asking for ideas on how to cope with challenges like fatigue, memory problems or executive dysfunction, or family members looking for support in the early stages after a loved one's injury, it's a diverse and welcoming place to find support through the good and bad times.

But don't just take our word for it! To help us celebrate the 10,000 member milestone, we hand over to two of our valued members to share their stories of how the community has helped them to cope and adapt to life after brain injury.



"I'd like to thank all members of the Headway community on this forum, including moderators and the Helpline staff.

"The Headway community has helped me in ways that are too numerous to mention. This community means I ALWAYS have somewhere I can go to either write or talk and that is invaluable.

"I have had questions all along the way and they have been answered by knowledgeable people – this is brilliant. Having this outlet and support means that I feel less alone and my journey has definitely been affected for the better in terms of my understanding.

"If you were to ask, 'what would your journey have been like without the Headway community?', then I am sure that others will agree it would be a lot more complicated when it comes to mental health and misery.

"Not saying we do not struggle with these things, but it is with support and education and that is quite different from being alone and not having essential information."

- Catrabb1t

"Headway means a huge amount to me and my family. In the early lost days, I would phone for help and advice. Now over two years later, I still check the forum several times a week, it helps me to feel less alone.

"Our lives have been devastated and changed beyond recognition by my husband's huge stroke. He still has a track and PEG feed, almost total paralysis, and can only communicate by using limited eye movements.

"I visit him daily and the forum helps keep me motivated as I attempt to keep up with his therapeutic exercises and also find suitable diversions for him. He has less official therapy now at the centre where he lives. I totally understand this.... I still keep up with friendships from before his stroke.

"People are kind but can't really understand what it is like, but 'forum friends' do! Also, people don't want to visit as they find the change in him too upsetting. It is sad.

"The forum has helped me adjust and accept these things. Our lives have not finished. Although they are completely different, we are different, but we are coping now, thank you Headway."

- Silkwood20



Join the conversation today at healthunlocked.com/headway

Meet your finalists

Headway
Annual
Awards
2023

Alex Richardson Achiever of the Year Award

Sponsored by Slater & Gordon



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

Stef Harvey, St Albans

"It means so much to me that other people have recognised my achievements. I commit myself fully and will continue to achieve."



Stef has been nominated for her determination to 'overcome adversity'. In February 2016, Stef was white water kayaking on the Olympic course near her home when her life suddenly changed. Now 51, Stef has little memory of the incident but knows she was thrown from her kayak and experienced a thud on her forehead, before being saved from the water by quick-thinking onlookers. She began to experience speech difficulties and couldn't recognise her family or once familiar objects and places. Stef has made incredible progress over the years since and racked up an impressive list of accomplishments, including delivering training to social workers, creating and delivering training on Deaf awareness to hospital staff, and even attracting praise for her poetry from an award-winning author. Stef has been nominated for the award by Anna Michau, an occupational therapist at Headway Hertfordshire, which has supported Stef with her brain injury. Anna said Stef is 'always fun and enthusiastic, with a willingness to share her thoughts and struggles in order to help her peers'.

Graham Hill, Ballymena

"I can't believe I've nominated, never being a finalist! I just try to stay positive. My journey's the same as everybody else's. We are all survivors; the only failure is if we don't try."



Graham has sustained multiple life-changing brain injuries in his lifetime, including a brain tumour and further injuries from a mountain biking accident, which has led to diminished eye sight and issues with his balance. However, despite his challenges, he remains optimistic and a 'shining example to others'. Graham has made incredible progress, supporting and inspiring other brain injury survivors and continuously trying new things. He attends every group session he can and is always first to welcome new members. He has thrown himself into the group and Headway Ballymena staff say he has 'created a family more than an organisation of service users'. Graham has been nominated for being 'the trailblazer he is,' promoting inclusivity and accessibility wherever he goes.

David Jenkins, Sefton

"To find out I was a finalist for the Headway Annual Awards was amazing news for me. I felt a huge sense of pride. It was also humbling, as my voluntary work seems natural to me."



David has been nominated for his incredible attitude and achievements since being left with a life-changing brain injury. In April 2014, David was a wealth management professional who had just secured a significant promotion when he was hit by a speeding vehicle. The incident resulted in horrendous injuries, including a life-threatening brain injury and multiple fractures. David was also blinded in one eye. His wife Louise and their children, Oliver, then aged six and Imogen, aged one, were told to expect the worst. Still, despite his devastating prognosis, David eventually emerged from his coma to the utter disbelief of the hospital staff and the overwhelming joy of his family. In March 2017, David established Headway Sefton's K.I.T Group (Keep in Touch), a social group created outside of the main groups' monthly meetings and continues to support other brain injury survivors with their recovery.

The Annual Awards is the biggest event in Headway's calendar. It's a day for celebrating dedication, growth and outstanding achievements of brain injury survivors, carers, volunteers

and others in the Headway community across the United Kingdom.

The sold-out event will take place on Friday 8th December at the Landmark London Hotel.

Here we introduce to you the 12 inspirational finalists across our four categories, as well as an award that's brand new for 2023.

Carer of the Year Award

Sponsored by Hugh James

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



Lisa Baker, Trowbridge

"I'm still surprised I've made it to the finals of the Headway Awards – it's a massive shock!"



Lisa has been recognised for her commitment to caring for her partner Nick Blackwell, former British boxing champion, and other family members, while also helping to raise the profile of brain injury. During his career, Nick, a former British Middleweight Champion, sustained two serious brain injuries in the boxing ring. Although both saw him placed in induced comas, the second life-threatening brain injury caused extensive damage. Subsequently, Nick announced his retirement from boxing in 2016. Lisa met Nick in 2019 and, alongside being his partner, Lisa helps him with daily tasks which he would otherwise struggle to complete, due to short-term memory loss and vision problems. Lisa has been by Nick's side, 'providing unwavering support, love, and encouragement' throughout his recovery. Lisa is not just a partner but also a 'pillar of strength' for Nick as he navigates the complexities of life post-brain injury. Her compassionate care has been vital in Nick's rehabilitation, enabling him to use his platform to raise awareness about brain injury.

Caroline Cook, East Lothian

"I feel honoured to be in the final. My son and I have been with Headway East Lothian for 19 years, and it's a group I have always felt supported in."



Caroline has spent her life fighting for people with brain injuries, including her son, Steven, who sustained a brain injury following treatment for childhood cancer. Steven also has diagnoses of autism and epilepsy. Steven, now 39, has needed hospital treatment many times over the years and Caroline has dedicated her life to caring for him, alongside his elder brother and sister, all while helping others. Caroline is a 'true example of courage over adversity'. Nearly 20 years ago, Caroline, 'a constant source of quiet inspiration', became one of the founder members of Headway East Lothian and has since used her knowledge and experience to support other carers. As well as continuing with her caring duties, Caroline further stepped up her support for brain injury survivors during the pandemic. She made large throws, each to a different design and colour scheme and offered them out to the group as 'cuddle blankets' for those alone at home without anyone to give them a hug.

Sally Hylands, Eastbourne

"I feel very humbled and very honoured to be nominated, but I think it's not about me; it's about all these people who have suddenly been thrust into this role of carer, where the family dynamics have changed, overnight in our case."



'Remarkable' Sally has cared for her husband Clifford, her childhood sweetheart and husband of four decades, for over 20 years. Clifford sustained a brain injury aged 46 following a heart attack which led to anoxic brain damage. Due to his brain injury, Clifford had very little speech, poor eyesight, lack of cognitive understanding and virtually no mobility, and it was clear the couple had a long journey ahead of them. Sally's nomination recognises her unwavering dedication to Clifford in the aftermath of him sustaining a life-changing brain injury which, as Sally said, 'saw their lives change overnight'. Sally's nominator calls her 'a truly remarkable person,' always showing Clifford love, dignity, and respect even when the going gets tough. Sally has been an active member of the HSX Eastbourne Support Group since she joined it in 2002 and uses her personal experience of brain injury to help others.

Volunteer of the Year Award

Sponsored by Anthony Gold Solicitors LLP

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

AnthonyGold

John Marriage, Newbury

"To be nominated is a wonderful experience and a testament to my fellow Trustees and the staff and clients at Headway Basingstoke, with whom it is my great privilege to work."



For over a decade, John has volunteered for local brain injury charity Headway Basingstoke, going above and beyond to improve the lives of brain injury survivors. Staff at Headway Basingstoke call John a 'pillar of strength and an exceptional volunteer', who has made meaningful connections with clients, acting as a beacon of support, reassurance, and empathy, with an 'unmatchable commitment' to the cause. Officially, John volunteers his time three days a week but consistently exceeds his usual schedule. John also notably stepped up his support during the height of the COVID-19 pandemic, helping to ensure the organisation continued to provide the care and assistance that clients rely upon. He ensures client welfare meals are always well-stocked, undertaking regular donation and supply collection trips and dedicating his weekends to tending to clients' vegetable gardens or greenhouses, no matter the distance.

Stephen Thomas, Stafford

"I am privileged and happy to have acknowledgement for the work I do. I only want to help the clients achieve the steps, big or small, towards their recovery and to return the help I received from Headway after my injuries."



Steve is a double brain injury survivor who is being recognised for his commitment to helping others with brain injuries and people struggling within the community. A former roofer, Steve sustained his first brain injury in 1991, falling off his ladder at work. He then experienced a second brain injury three years later following an assault. Although Steve's injuries have affected his mobility, and he can get tired quickly, this hasn't stopped him from improving the lives of others – particularly as he can relate to much of what they are going through. He's been volunteering Headway South Staffordshire for nine years. Steve volunteers four days a week, including picking members up and dropping them off so they can attend the Headway South Staffordshire centre. Staff remark on how Steve is the first person people see when they arrive and, without fail, he 'offers a smile and a warm welcome', every time.

Joy Walsh, Derby

"We are very much a team of volunteers at Headway Derby, but was speechless, somewhat overwhelmed, tearful, humbled, very flattered and very excited all at the same time to be nominated."



Joy became involved with Headway Derby in 2006. Originally the admin assistant and volunteer coordinator for Headway Derby, until funding cuts led to redundancy, Joy continued supporting the charity as a volunteer. She has been committed to its mission to improve the lives of people with brain injuries ever since. Whenever Headway Derby needs support, 'Joy is the first to put herself forward', supporting administration, fundraising events and back office running. Joy also independently advocates for Headway Derby. Recently, she contacted local Members of Parliament to showcase the work Headway Derby does and to enable the organisation to get the recognition it deserves. Joy is a 'determined person who always strives to achieve the best possible outcomes for brain injury survivors and their families in Derby and Derbyshire'.

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.



Paul Cadwallader, Stourbridge

"If either Chloe or Harley had survived, I know Headway would have been there for them."



Paul Cadwallader has been nominated in recognition of a monumental group bike ride he organised, in memory of two teenagers who tragically lost their lives: Chloe and Harley. In December 2022, while travelling on the M6 motorway to a concert, Chloe sustained a brain injury when her car was struck from behind. She passed away later that evening at just 19 years old. In a separate incident, 16-year-old Harley, who "loved riding his bike and had a passion for football," also sadly lost his life in February 2022. Harley was diagnosed with asthma at a young age. One day, after finishing his lunch and feeling unwell, he collapsed and went into cardiac arrest. Despite the best efforts of his friends and paramedics, Harley was without oxygen for too long, resulting in hypoxia and brain death. Earlier this year, in an incredible group effort, Paul, along with his brother Matthew and friends Adam Bagnall, Andrew Evans and Craig Scott, challenged themselves in tribute to the much-missed teens. They completed the famous 1050-mile bike ride from Lands' End to John O'Groats in just 12 days and raised close to £18,000 for Headway Black Country.

Ron Payne, Hexham

"Headway introduced me to many new friends and an all-new family. It now helps to give me more direction in life and do something in memory of Heather by trying to help those with brain injuries to live their best lives."



Ron became involved with Headway after his late wife Heather sustained a traumatic brain injury in 2001. Ever since, he has shown incredible dedication to improving the lives of local brain injury survivors while also being Heather's carer for many years. Sadly, Heather passed away five years ago, but Ron's passion for helping others has not wavered. Ron helped establish Headway Tynedale in 2008 and, at times, ran the group single-handedly, representing it regionally and nationally and running a weekly drop-in for its members. He has held vital roles at Headway over the years and was successful in realising his dream to see the establishment of Look Ahead in the North. The annual residential activity weekend sees brain injury survivors and their loved ones enjoy fun activities at the Calvert Trust in Kielder Forest. He is the Chair of Headway Northumberland and is known as a 'legend' in his community, the 'epitome of fairness, kindness, and empathy.'

Judy Tilbury, Hassocks

"I'm absolutely amazed to be nominated for this national award. I just love helping people."



'Truly inspirational' Judy has been involved with Headway Sussex for 26 years. In that time, she has raised a staggering £30,000 and used her personal experience of loss to help others - despite also suffering a heart attack and battling cancer. Judy first became involved with Headway Sussex in 1996, sadly through tragic circumstances. Judy's son, Mathew, who was just 24 at the time, had tried to break up a fight and was hit on the head with a baseball bat and, as a result, sustained a severe brain injury and sadly died nine days after the attack. Judy also lost her husband in 2010 to an aggressive brain injury - leaving her more determined than ever to fundraise for Headway Sussex. She even learned to swim at 70 and used her new-found love to continue fundraising. Judy fully understands the terrible impact of brain injury and knows only too well that many people need invaluable support. Judy is a fundraiser whose unwavering dedication has made an incredible difference to the lives of brain injury survivors.

Innovation Award

Sponsored by Irwin Mitchell

This brand-new award celebrates innovative projects across the Headway network with the common goal of improving the lives of brain injury survivors.



Headway Cardiff and South East Wales

Student Placement Programme

Brain injury experience for prospective psychologists



Headway Derby

Inspirational Women

A safe and supportive space for women with brain injuries



Headway East London

Differently Various

A first-of-its-kind immersive exhibition experience, led by brain injury survivors



Headway East Lothian

Active Engagement for Brain Injury Rehab

Enabling and supporting learning, education, heritage, and culture



Headway Essex

Making Headway Play

An immersive and powerful original play telling first-hand stories of brain injury survivors, their carers and their families



Headway Norfolk and Waveney

Norfolk County Council Reablement Scheme

An innovative pilot project offering reablement support to brain injury survivors



Headway Portsmouth and South East Hampshire

Sports Therapy Programme

Access to safe social inclusion lessons for brain injury survivors



Headway Southampton

DIRECT Service

A service offering one to one and group support to help understanding of brain injury and to combat isolation



Headway Suffolk

Brainy Dogs

Headway Suffolk enlist man's best friend to help brain injury survivors



Headway Surrey

Speech and Language Therapy

A collaboration with City, University of London speech and language therapy students



Headway Tyneside

Headway 2 Work

Specialist vocational support, advice and training to people with brain injury



Headway Worcester

ABI Games

A unique national sporting event for the ABI community



BUDGET FOR BRAIN INJURY



the brain injury association

More funding, more impact.

Brain injury charities united in call for more funding

Headway has teamed up with other brain injury charities Brainkind, Child Brain Injury Trust and UKABIF to once again call on the Chancellor to set aside additional funds for acquired brain injury.

The campaign, named Budget for Brain Injury, calls for funding to support the implementation of the government's much anticipated Acquired Brain Injury Strategy.

Sarah Russell, Senior Policy and Public Affairs Manager at Headway explained: "The government say their ABI strategy is designed to improve the lives of those living with ABI.

"And whilst we welcome the ongoing commitment to the development of the strategy, we worry that it will struggle to yield the transformational outcomes we all want to see without any additional funding."

The refreshed campaign has been running since October and kicked off with an open letter sent to the Chancellor, making the case for more funding.

Alongside this letter, participants were invited to sign a pledge card to let the Chancellor know they backed the campaign. Sarah added: "The support we've had from the other charities, the brain injury community and wider public has been amazing.

"We hope the Chancellor will sit up and take note of the strength of feeling there

is out there about the need for more funding of vital services for individuals and families living with the effects of acquired brain injury."

"The Autumn Statement is set to be delivered in November, so we wait to see if additional funding is forthcoming."

Visit headway.org.uk/budget-for-brain-injury or scan the QR code below to read our open letter to the Chancellor and sign a pledge card.



SCAN HERE



Advocating for brain injury survivors

Headway responds to recent government consultations

When government departments (or bodies acting on their behalf) are looking to develop new policy and legislation, or to make changes to existing policy and legislation, they often ask people what they think about the new proposals. This is called *consultation*.

Consultation comes in different forms:

- A 'green paper' outlines the Government current thinking on a policy area but is also seeking alternative views and ideas. A 'green paper' is often followed by a 'white paper' when government thinking has been firmed up.
- A 'white paper' is a statement of Government policy, which can include reasons and plans for legislative change.

Government departments often ask for views at both stages of the policy and legislation development process. They may seek views from the public in general, through open consultation questions. They may also ask for the opinions of those who will be directly affected by the proposed policy (stakeholders). This can sometimes take the form of discussion groups as well as written questions.

Headway often responds to consultations about issues that affect brain injury survivors and their families and carers, to ensure that their needs are considered by those making policy decisions.

In this article we give examples of recent consultations that we have responded to and why it's important for brain injury survivors that Headway gets involved.

Train station ticket office closures: July 2023

We responded to the railway companies' consultation on proposed train station ticket office closures. We understand the negative impacts that these proposals could have on brain injury survivors, and we asked you to send us your views, which we submitted as part of our consultation response. We told the railway companies that many brain injury survivors would find it very difficult or impossible to travel if ticket offices were to close.

What did we say?

Our submission asked the railway companies to reconsider their proposals to close ticket offices and consider the needs of brain injury survivors in accessing train travel.

Headway welcomed the Government's announcement on 31st October that proposals to close ticket offices in railway stations across England have been scrapped. The Government's decision follows a public consultation that received 750,000 responses, nearly all of which objected to the closures.

Disability Action Plan: September 2023

We responded to the Government Disability Unit's consultation on a proposed Disability Action Plan for 2023-2024. This was a broad consultation seeking views on a range of different issues.

What did we say?

We responded to the issues we thought would be most important to brain injury survivors, and where we felt our voice would have the most impact.

This included expressing the needs of brain injury survivors in relation to:

- Climate change adaptations and mitigations - e.g., access issues regarding pedestrianised zones and electric vehicle charging





- Emergency planning – e.g., power outages and how these might affect essential electric supplies for hoists, electric wheelchairs, ventilators etc
- Accessing assistive technology
- Greater support for disabled parents
- Access to elected office – how brain injury survivors can be supported to run for 'elected office', such as a Councillor or MP.

Gambling: September 2023

We responded to two consultations on gambling - one from the Government, regarding maximum stake limits for online gambling, and one from the Gambling Commission, on a range of issues such as direct marketing, remote game design, and identifying people at financial risk from remote gambling.

Gambling is not an issue that affects all brain injury survivors, but some survivors are more vulnerable to the risks associated with it, due to the nature of their brain injury.

The impacts of brain injury that can make people more vulnerable to these risks include impaired cognitive function, including reasoning, insight and disinhibition. Some survivors suffer from isolation, which can make them more likely to engage in risky online

behaviours. Some survivors have received financial settlements following their injury, which means they may have access to large amounts of money which could then be quickly lost through repeated gambling.

What did we say?

Through our consultation responses, we raised these issues with the Government and the Gambling Commission, so that they can consider the needs of brain injury survivors when making legislative changes regarding online gambling.

Work Capability Assessments: October 2023

We responded to the Government's consultation on proposals to change some Work Capability Assessment (WCA) activities and descriptors.

The WCA is undertaken to assess an individual's eligibility for some social security benefits. *In Transforming Support: The Health and Disability White Paper* published in March 2023, the government stated that the WCA will be abolished in the future. However, in the meantime, the Government has

proposed changes to it. The Government has reasoned that because the work environment is changing, with more work from home and flexible jobs, more disabled people should be able to return to work.

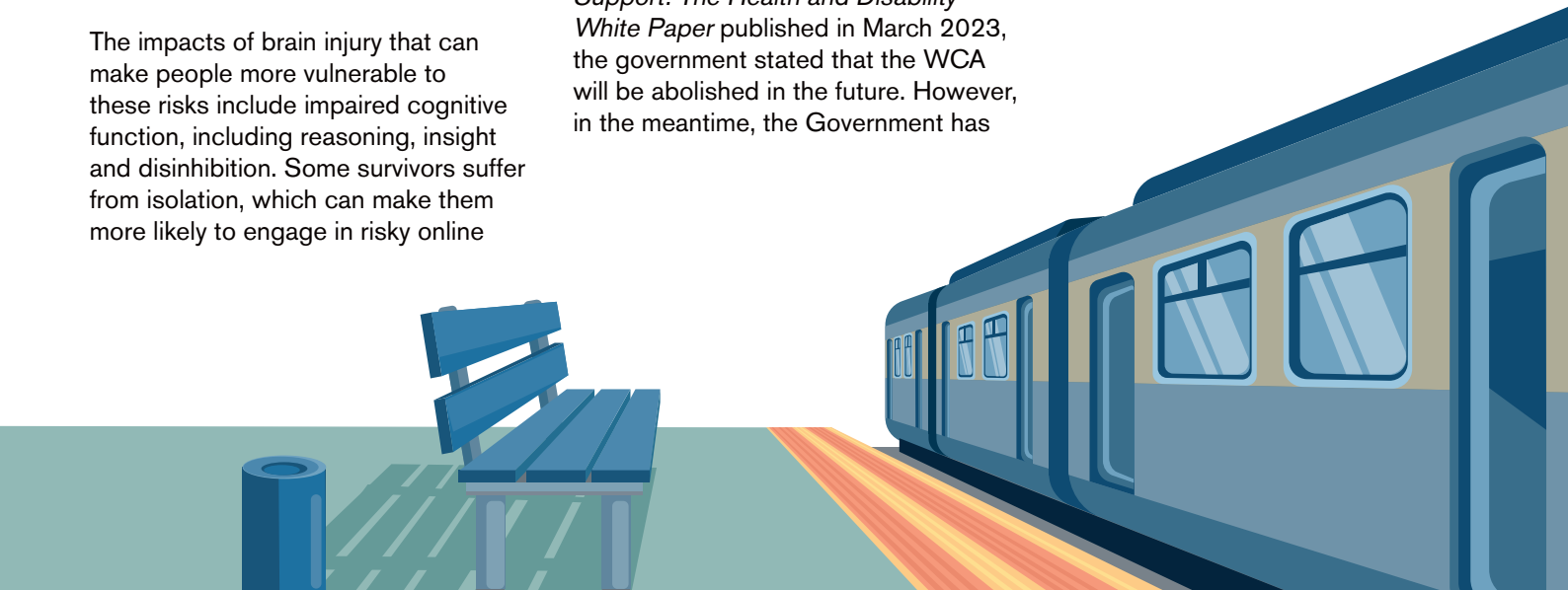
The proposed changes relate to mobilising, continence, social engagement, getting about, and substantial risk. They would make it harder for individuals to be assessed as having limited capability for work, or for work-related activity.

What did we say?

Headway's consultation submission robustly opposed the proposed changes to the WCA. We understand that brain injury can have substantial negative impacts on a survivor's ability to mobilise, manage continence, engage with other people, and get about safely, and that all these impacts can affect a survivor's ability to work – whether in the home or outside the home. We understand that some survivors will want and be able to work after their brain injury, and for others this will be impossible.

We will continue to advocate for brain injury survivors in the strongest possible terms regarding these proposals.

Look out for the latest news updates on our website for further information about these consultations.





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Coping with Winter Blues

"It's the most wonderful time of the year..." croons the 1963 Christmas song by Andy Williams, a song that celebrates the merriness of lights twinkling, carol singing and bells jingling.

Christmas is no doubt a magical time, but for many the short, dark days of winter can be a difficult period. Shorter hours of sunlight can cause people to develop a type of depression called 'seasonal affective disorder' (SAD). SAD is characterised by a low, sad, or flat mood, tiredness or lethargy and a loss of interest in usual activities during the darker months.

For many brain injury survivors, such problems are unfortunately a regular part of life. Difficulties with sleep, mood, concentration, and initiative (our sense of 'get up and go') can all be common experiences after brain injury, with the approaching winter days potentially making these even greater challenges to cope with.

Here we share some tips for coping with winter blues...

Manage fatigue properly – when feeling fatigued it's important to rest, however there are some things to keep in mind with managing fatigue effectively. These include trying to maintain a regular sleep routine (i.e. getting up and going to bed at the same time every night, which can be tricky in winter!), and not napping later in the day or for more than 30 minutes at a time.

Maintain a healthy diet – the approach of Christmas can bring chocolates, snacks and other treats galore into the cupboards. While it's tempting to munch away, do remember that it's important to maintain a healthy, balanced diet and to drink plenty of water, which can help with managing depression.

Sunshine and exercise – try to get some exercise each day, and make the most of sunshine by going out, sitting outside or finding a sunny spot in your home during the day.

Putting the 'I' in identity after brain injury

Who are you? What makes you, you?

Are you a teacher, a baker, a partner, a parent, a shop-a-holic, a daydreamer, a football player, a beekeeper?

Are you a brain injury survivor, or a carer?

What is your identity?

Identity is defined in the Collins dictionary as, quite simply: "who you are." Longer and more detailed definitions do of course exist, but generally identity is defined as your sense of self that exists with certain characteristics that are unique to you.

For many brain injury survivors, there is often a clear distinction and difference between who 'they' were before their injury and after. Reports of feeling like 'a new

person' are incredibly common, with various aspects of identity being changed after brain injury.

A change in one's sense of identity after brain injury can unfortunately be incredibly difficult to adjust to and accept, especially in the early days of injury.

The following tips for coping with identity change have been taken from our new publication on this topic *Identity change after brain injury*, which is available to download from our website and has kindly been sponsored by Laura Slader Independent Occupational Therapy Services Ltd.



"I don't really know who I am any more. I used to be an entrepreneur, businessman, publisher. All of that was taken away from me in an instant, 10 years on and I'm still struggling to figure out who I am now. Fatigue takes most identities away."

James

"Since my diagnosis and operation for my acoustic neuroma 19 months ago, I've totally lost my identity and still trying to find out who I am."

Sue

"Whilst accepting the 'new me', I still can't help but crave to be the 'old me'. However, that craving to have the 'old me' back soon dissipates when I realise what could have been, and how I almost lost it all. When that realisation returns, I forget about wanting the 'old me' back and feel joy in knowing that I get to enjoy and shape the new one!"

Terry

Tips for coping with identity change

Identity change is a difficult thing to experience when it is beyond our own control. The process of coping with this change will take time, patience and kindness to yourself.

Below you will find some tips to help you cope with this change. The information in this section offers general tips and should never replace clinical guidance or therapy that you may be undergoing without first consulting your therapist.

Getting support from others

- Talk to your family and friends about how you are feeling
- Get support from a professional who specialises in brain injury, such as a clinical neuropsychologist or a counsellor with experience in brain injury
- Explore getting input from external agencies for aspects of life that are important to you, such as hairdressers or beauticians if your appearance is important, or a cleaner or gardener if you are a 'house proud' person
- Help your friends and others in your life to understand your brain injury

Keeping things in perspective

- Consider whether you want to acknowledge the anniversary of your brain injury – some brain injury survivors find this helps them with the process of accepting their 'new' identity
- Think about goals that were important to you before your injury – is there any way you can continue to work on and achieve these, with support or adaptations?
- Remember that while things can be difficult in the early stages of injury, things can and do get better for many people. Over time you might discover new positive aspects that you can celebrate such as resilience, strength and determination
- Remember that being a 'brain injury survivor' or a 'carer' is only one aspect of who you are as a person – do not forget about all the other important aspects of your identity!

Finding things to do

- Learn about the effects of your brain injury and how to cope with them
- Pick up a new skill or hobby
- Identify your personal values – what is most important to you in life, and how can you continue to live by your values after your brain injury to help with giving your life meaning?
- Use creative ways to express how you feel such as art, music, dance or writing

For more tips, see our factsheet *Identity change after brain injury*, available at www.headway.org.uk/information-library.

Leave a gift in your will

Will writing service for Headway supporters

By leaving a gift in your will, you will help the work of Headway – the brain injury association continue in the future, improving lives and providing vital services. We are very grateful to every one of our supporters who considers Headway – the brain injury association.

Free will service

We've partnered with expert will writers, Guardian Angel, who have taken the headache out of will writing with a quick and easy online service where each will is checked over by a legal expert. Guardian Angel also offers telephone and face to face will writing services for those that would rather speak to a solicitor.

Solicitors Directory

If you would prefer to meet with a Solicitor more locally, Headway has relationships with solicitors across the UK who offer discounted will writing services to supporters of Headway.

How you can leave a lasting legacy by improving life after brain injury

Having an up-to-date will is an important part of financial planning. It helps ensure that your wishes will be carried out when you're no longer here. A well-considered will enables you to provide for people and causes that have been important to you in your lifetime as well as giving peace of mind. Many people choose to remember family and friends along with charities which have had an impact on their lives. When you make your will, please consider Headway – the brain injury association. We rely on voluntary contributions, including gifts in wills, to help fund our work supporting families struggling to cope with life after brain injury.

For information on leaving a gift in your will, either through our Free Will Service www.guardianangel.network/online-will or through our Solicitors Directory please contact our team on legacy@headway.org.uk.

Each year, around 350,000 people are admitted to hospital with an acquired brain injury (ABI) – that's one EVERY 90 SECONDS!



Whether the result of a trauma, stroke, tumour, haemorrhage or infection, a brain injury can happen to anyone – at any time. When it does, Headway is here to help. Each year, we help thousands of individuals and families to rebuild their lives and regain a degree of independence following brain injury.

Your gifting helps us continue to provide..



Our freephone nurse-led helpline



Our Headway Emergency Fund



Our directory of approved solicitors, care providers & support groups



Our award winning website, factsheets and publications



Our Brain Injury Identity Cards



guardian angel

**SCAN HERE
TO GET MORE
INFORMATION**



What money can buy...

For every £1 we spend on fundraising, we generate £4 more to support our work.

Emergency Fund



contributes towards a family respite break.



pays for a clothing voucher for someone who has lost or gained weight as a result of their brain injury.



is the average grant from the Emergency Fund which covers travel and or accommodation costs.

Helpline



covers the cost of a 30-minute call with one of our nurse-led helpline team.



covers the running costs of the helpline for a day.



covers the cost of running the helpline for a full week.

Publications and website



allows us to run our suite of online communities for an hour, giving close to 100,000 followers a safe space to support each other with the daily struggles they face living with brain injury.



will pay for a day's operation of Headway's award-winning website, helping more than 2,500 people to get information and support.



would allow us to print 200 copies of a brain injury booklet helping families to cope with the aftermath of a brain injury.



will pay for the production of a new publication to help brain injury survivors.



Eight half marathons in eight days

Sisters' incredible fundraising challenge inspired by 'hero' sibling's brain injury

Two sisters have completed a series of tough challenges inspired by their younger sibling, who was left in a coma following a serious road traffic collision.

In September, Lottie Bradshaw from Newcastle and her sister Emily Holmes from London, ran eight half marathons in just eight days.

They ran to support their sister Tilly Raper, from Yorkshire, who sustained a brain injury following the collision in March 2022.

Through her run, Lottie, 28, raised nearly £3,000 for Headway UK, and her sister Emily, 30, raised thousands for the Great North Air Ambulance Service, which helped save Tilly's life. Their tremendous efforts were even covered on BBC Breakfast!

Emily said: "Seeing someone you love in a coma is horrendous. Not knowing what will happen is even worse. Tilly's had an amazing recovery, mainly due to her positivity and determination. We wanted to raise money for two charities that supported Tilly the most.

"It was Lottie's idea that we run eight half marathons in eight consecutive days to represent the eight days that Tilly spent in a coma."

"You feel helpless when someone you love is injured so dramatically," Lottie said. "This was our way of showing love for Tilly and this amazing journey she's been on. She's our hero.

"I wanted to raise money for Headway because, as well as the charity being able to help more people, I wanted to raise awareness. Tilly's come so far and is doing amazingly, but it's certainly not been easy.

"Our family had to learn a lot to support her. I think many people don't know what it's like to live with a brain injury. We should do more to make people like Tilly's lives easier.

"It feels surreal to have completed the running challenge, but I'm very proud of all of us for what we have achieved."

Tilly said: "It's so important to me that brain injury charities get the recognition they deserve. The work they do not only creates more awareness about brain injuries but also helps those who are recovering from brain injuries.

"Brain injuries are so common yet so unrecognised. Many people who struggle with brain injuries you'd never know what they were going through. It can be so isolating, and it's so nice that charities like Headway validate the things we struggle with."





Running the Robin Hood Half

"This time I'm calling it 'the Headway Half'"

In September 2019, Andy Southey was happily running the Robin Hood Half Marathon when things suddenly took a turn for the worse. The 31-year-old recalled: "With three miles to go and feeling great, I glanced down at my watch; that's the last thing I remember.

"The next thing I recall was lying in the back of an ambulance going in and out of consciousness. I had blacked out and suffered a concussion that a doctor wouldn't diagnose until two weeks too late. Due to the late diagnosis, I suffered from post-concussion syndrome.

"At my worst, I couldn't walk properly, dress or even wash myself. I couldn't finish simple sentences, do basic maths or even, at times, remember how old I was, I was perpetually fatigued, had constant headaches and slept for large parts of the day."

This September Andy bravely returned to, and completed, the same event, this time in aid of Headway – the brain injury association.

Andy said, "As I crossed the finish line I was hit by a multitude of emotions, but one thought stood out, I'd done it!"



Andy



Jamie

From one punch victim to Headway Hero

In April 2022 Jamie Frogson was enjoying a stag weekend in Blackpool. Little did he know that this weekend would change his life forever. Jamie was assaulted with a single, devastating blow to his head. In an instant, he was rendered unconscious, and his world was plunged into darkness.

He was rushed to the major trauma unit at Preston Hospital, where doctors placed him in an induced coma and performed several operations to reduce the swelling on his brain. Jamie was woken from his coma after three weeks, his road to recovery just beginning.

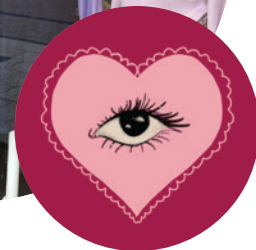
Jamie spent the next eight demanding months in hospital. The attack has left him with aphasia, a condition that makes communication a daily struggle, post-traumatic epilepsy and weakness on the right side of his body.

Despite these struggles, Jamie found a newfound passion for exercise and decided to sign up for the Robin Hood Half Marathon. He wanted to challenge himself and he trained hard, he also wanted to support other people living with brain injuries. Now he wasn't just running for himself; he was running for Headway – the brain injury association.

Jamie's aunt, Katie Frogson said: "Jamie has worked so hard since the attack. He truly is an inspiration; he never lets his disabilities stop him from doing anything. We are so proud of him, he knows he has a long road ahead, but he remains positive and works consistently to improve his communication skills, his friends and family are with him every step of the way."

Congratulations and thank you to Lottie, Emily, Andy and Jamie, true #HeadwayHeroes!

Love At First Sight Vintage



October was a busy and exciting month in Headway's Beeston charity shop as they launched a dedicated area displaying vintage clothes, shoes and accessories – all styled by the lovely Lottie from Love at First Sight Vintage.

In addition, you could find some of Lottie's key tips, ideas and styling suggestions across Headway's website and social media channels.

The aim of this collaboration was to inspire people to shop second-hand while also generating awareness of, and conversations about, Headway charity shops.

"This has been a super opportunity working with an up-and-coming local business owner! This project with Lottie at Love at First Sight Vintage has allowed us to tell the story of how Headway's retail network supports life after brain injury. Particularly for people who might be coming into contact with Headway for the first time."

(David Byrne, Head of Retail at Headway the brain injury association)

"It has been great to work with Lottie, nice to have something different in our shop!"

(Jeanette, Shop Manager)

Did you know?

Headway has a network of 27 wonderful charity shops on high streets across the midlands and north-west! Supported by a team of incredible and enthusiastic staff and volunteers, there is always a bargain to be found.

Visit our website to find your local store:
headway.org.uk/charity-shops





Supporting Headway is as easy as pie...

MINCE PIE MORNING

Host a mince pie coffee morning and raise money for Headway!

www.headway.org.uk
#mincepiemorning



Registered with the Charity Commission for England and Wales (Charity No 1025852) and the Office of the Scottish Charity Regulator (Charity No SC 039992).

Donate to Decorate

As the holiday season approaches, we are thrilled to introduce our Virtual Christmas Tree Appeal, a heartfelt opportunity for you to spread joy, hope, and warmth to brain injury survivors and their families.

Simply scan the QR code, or visit visufund.com/headway-christmas-wishes-2023 to donate. It is quick and simple to donate a fixed amount and add something to the tree.

You can choose from:



Lights
£5



Bells
£15



Presents
£30



Baubles
£10



Candles
£20



Star
£100
(only one available
so be quick!)



SCAN ME



You can also choose to leave a heartfelt message along with your donation if you wish.

Headway – the brain injury association is only able to provide the information and services that it does through the generous help of our supporters. Your donations make a vital difference.

Finding hope on the fairway

Anthony's story

Life can sometimes throw us some curveballs, unexpected challenges that test the limits of our strength and determination.

For Anthony Roberts, a passionate sportsman, a freak accident forever altered the course of his life. However, amidst the trials and tribulations, Anthony has found solace and a renewed sense of wellbeing on the golf course.

The accident that changed Anthony's life occurred at his workplace. A stool he was sitting on broke, leading to a devastating fall. His head struck the wall leaving him unconscious and injured. Besides the immediate visible injury of broken metal from the stool lodged in his lower back, Anthony had also suffered a severe concussion.

The aftermath of the accident has been an arduous journey for Anthony. In the years that followed, he was diagnosed with Functional Neurological Disorder (FND), which affects

the proper functioning of his nervous system. He experiences a range of symptoms, including burning nerve pain in his right hand, vision problems, insomnia, and muscle pain, along with compressed vertebrae and a herniated disc caused by the broken stool. Now the golf course offers Anthony a refuge from the stresses of life, providing a calming effect on his nervous system.

"I am happy and excited to be on the golf course; it reduces the 'fight or flight mode,' which is my body's normal setting post-brain injury."

Anthony had started playing before his accident when he was in his early 30s. Fuelled by an admiration for legendary golfer Nick Faldo, he acquired a set of bladed irons and began to teach himself. Anthony jokes, of how he is used to overcoming obstacles, learning to play with a set of blades and being self-taught set an early precedent.

Navigating life with FND has not been easy for Anthony, and he admits that playing golf can be physically demanding with his condition. His balance and ability to swing the club are affected, but he refuses to let his circumstances define him. Instead, he sees golf as more than just a sport; it is

a source of wellbeing and solace in the face of adversity.

Playing alongside other golfers with a disability has been a transformative experience for Anthony. Participating in tournaments and forging meaningful friendships with fellow players who have also overcome adversity reminds him of the strength of the human spirit. It offers a powerful perspective that helps him appreciate the journey of recovery and the joy of newfound friendships.

Despite the challenges, Anthony's love for golf intensified and eight years after his accident he achieved a momentous victory winning the UK Golf Trust's Disability Open held at The Shire London on 24 July 2023. This victory has become a symbol of his resilience and determination to overcome the hurdles life has thrown his way.

Throughout his recovery, Anthony found unwavering support from Headway Sussex, a charity that helps people with brain injuries rebuild their lives. Their guidance and assistance in his rehabilitation were instrumental in Anthony's progress and Anthony acknowledges that he wouldn't be where he is today without their help. He hopes that more people become aware of their work and support them in any way they can.



Anthony with his winner's trophy at the UK Golf Trust Disability Open

Iain's story

Life can be unpredictable, and for Iain Millar, the twists and turns it took were more challenging than he ever anticipated.

Before his world turned upside down, Iain was a talented chef working in Cornwall alongside the best-known culinary names. But fate had a different plan for him, and an unexpected brain injury changed the course of his life forever.

Iain's passion for golf was always a constant in his life, but it took on a whole new meaning after the brain injury that altered everything. It was during a rugby match in 2013 when he sustained a Diffuse Axonal Brain Injury. As he tackled an opponent, his head hit the ground with force, leaving him with devastating consequences.

However, the roots of this injury can be traced back to 2005, when he experienced multiple concussions while playing rugby. At that time, concussions were often brushed off as a norm, an acceptable risk in the game, and Iain didn't want to let his team down. Week after week, he pushed through dizziness and headaches to continue playing, putting the team's needs before his own.

Despite his unwavering dedication, the impact of those repeated head injuries eventually caught up with him. Iain found himself battling a deep and dark depression, feeling like a burden to his family. The injury had changed him, and he struggled to make sense of the new reality he faced.

But amidst the darkness, Iain's life took on a glimmer of hope. With therapy and support, he started to gain a better understanding of his disability and learned to cope with the challenges it presented. It was during this journey of recovery that golf emerged as a beacon

Iain Millar (middle left) with his teammates from the European Disability Golf Association Tour



of light. The sport that had been a hobby now became a lifeline, providing renewed purpose and meaning to his days.

Although Iain was a 7 handicapper before his injury, he had to start at the beginning again as he was initially unable to raise his arm past 15 degrees, so just being able to swing a golf club felt like a massive challenge at the time. This, together with issues relating to balance, sensory overload and fatigue, represented a constant challenge.

But Iain's determination and love for golf led him to the European Disabled Golf Association (EDGA) tour. This community of passionate individuals, each with their unique stories of resilience, became a second family for Iain. As he stepped onto the golf course, he found a sense of belonging and camaraderie that he thought he had lost forever.

In 2022, Iain achieved a remarkable feat, winning the Golf Carts Europe Order of Merit. This triumph was a testament to his unwavering perseverance and determination.

Overall, Iain counts himself lucky: "I'm walking and talking and can play golf.

"People don't realise how life-changing brain injury can be. It doesn't just change the way you live; it changes the person you are."

Iain is kindly sponsored by Pro Quip, Titleist, Foot Joy and Takomo Golf, without their unwavering support, he would be unable to compete on the EDGA tour.

Together with team members who play on the European Disability Golf Association tour, Anthony and Iain are participating in Headway UK's charity golf day at the Mere on Thursday 19th September 2024. They aim to raise funds for the charity and spread awareness about the invaluable work they do for individuals recovering from brain injuries. If you fancy taking on Anthony and Iain and their teammates whilst raising money for Headway - the brain injury association, you can register an individual place or a team on the website. Visit headway.org.uk/golf-day.

SPORT'S UNCOMFORTABLE TRUTH

New book shines a spotlight on sport's concussion crisis, how its 'dirty secret' was exposed and what it must do to save itself.

The journalist widely credited for exposing the under reporting of concussion in rugby has published a revealing book detailing the battles he faced.

Concussed: Sports Uncomfortable Truth by journalist and author Sam Peters is the definitive story of how he fought to get concussion in rugby from a fringe topic to front page news, often at personal cost.

Luke Griggs, Chief Executive of Headway – the brain injury association, who is quoted in the book, said:

"Sam's determination to bring this topic into the public eye is commendable and was essential in helping us to get to where we are today in terms of awareness and understanding of concussion."

"While the focus of Sam's initial work was to highlight the extent of the concussion crisis in British rugby, with a focus on protecting the professional players, it also significantly helped to increase the public's understanding of traumatic brain injury in sport.

"Grass roots rugby players, footballers or hockey players, for example, are also at risk of concussion. Crucially, however, they do not have the same level of medical expertise on hand when injuries occur.

"If professional sport was failing to openly report or acknowledge the prevalence of concussion or the short and long-term impact on athletes' lives, how then would amateur sports people be aware of the signs to look out for and best practice protocols to follow to ensure they are not put at unnecessary risk?

"It was a problem that could no longer be ignored or denied, but it took tremendous strength of character to challenge established practices and force sport to confront this very serious issue."

Headway's own Concussion Aware campaign has been equally vocal in calling for change over the past decade, working with journalists such as Sam to keep the issue in the public spotlight.

"One of the key strengths of *Concussed: Sport's Uncomfortable Truth* is its ability to humanise the

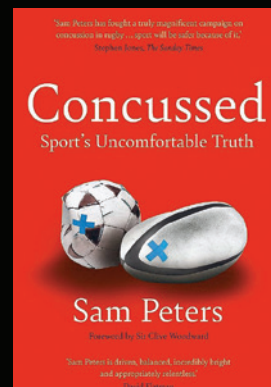
issue," said Luke.

"Demystifying the concept of concussion and explaining the symptoms was also key.

"Those who played sport at grassroots level often didn't connect the dots between receiving a blow to the head in a match and suffering from problems with memory, concentration or balance in the following weeks.

"By sharing the personal stories of athletes and their struggles with the consequences of brain injury, Sam invites readers to empathise with the real-world consequences of these injuries.

"It's not just statistics and medical jargon; it's about individuals whose lives have been forever altered by brain injury sustained while pursuing their dreams."



Headway how-to

The Emergency Fund

Headway – the brain injury association provides a range of vital services for brain injury survivors across the UK. Here we give you the step-by-step processes for applying for one of those services.

The Emergency Fund can provide small grants to assist brain injury survivors and their families with the sudden practical implications that can be experienced after brain injury.

What can you help with?



Accommodation costs for families visiting relatives in hospital.



Clothing needs that are related to the brain injury. For example, if your clothes no longer fit due to significant weight loss.



Travel costs associated with visiting relatives and ongoing outpatient appointments.



Essential white goods where the need is related to the brain injury. For example, the survivor has lost their accommodation due to their brain injury and has been re-housed in accommodation lacking basic equipment such as a cooker or fridge. We also provide bed frames and mattresses.



A one-week self-catered carer's break at a cottage in Pickering which is located in Yorkshire.

Before applying to the Emergency Fund, please ensure that you are clear on the type of support we can provide and what we cannot help with.

If your need is not within the criteria outlined, unfortunately we cannot provide financial support. Please also be aware that we cannot reimburse costs that you have already incurred.

As Headway – the brain injury association supports adults with a brain injury, we are unable to accept applications for children with a brain injury and their families.

Please note, only one application per survivor of a brain injury can be considered and only one household within that application can be supported. Our resources are limited, so Headway will assess the financial circumstances of each applicant when allocating funds and prioritise those in greatest need.

How do I apply?

Visit headway.org.uk/emergency-fund then scroll down to the 'Apply Now' button to complete our online form.

We receive a high number of applications every month and the Emergency Fund team endeavour to process them as quickly as possible. Applications are checked regularly, and the most urgent applications are prioritised.

Once we have received your application form, we will contact you to discuss your application and household financial circumstances. If the brain injury survivor is an inpatient, a member of the team will contact the hospital to verify this. If the brain injury survivor has been discharged, we will ask for some verification of your brain injury, such as a copy of the hospital discharge papers.

If you have any further questions, please email: emergencyfund@headway.org.uk



The Headway Approved Provider Scheme

The Headway Approved Provider Scheme is an accreditation programme for neurorehabilitation units. It aims to ensure exceptional care for those affected by brain injury.

This service is a testament to our unwavering dedication to this important cause. Many neurorehabilitation units are collaborating with us and we hope for more to join us on this journey!

Family members and brain injury survivors can find a list of current care providers on the Headway website headway.org.uk/supporting-you/in-your-area



Training with Headway

At Headway, we deliver a range of brain injury training courses both online and in-person. We offer a variety of courses to those new to the world of brain injury and professionals working with brain injury survivors.

We understand that exploring the world of brain injury and its effects can often seem daunting and confusing. That is why our courses have been designed to explore these topics in a clear, concise, and easy to understand way.

This year we expanded our training opportunities with the introduction of four new courses:

An introduction to brain injury

This session has been created for family members and those new to the world of brain injury. It will give attendees a foundation knowledge of brain injury and a better understanding of the effects on the survivor and their carers/family.

Behaviours that challenge

We'll start this session looking at the main models that explain challenging behaviour. We will then go on to explore proactive and reactive strategies to manage those behaviours.

Understanding MY brain injury

Delivered by a brain injury survivor, this 40-minute session has been created to help brain injury survivors explore the hidden effects of brain injury and the rehabilitation journey

Mindfulness and breathing exercises

This practical session has been designed for family members, brain injury survivors and carers. It aims to look at the benefits of mindfulness and teach simple and easy to learn breathing exercises.

Find out more on our website headway.org.uk/training

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.

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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

