

Spring 2024

Headway News



The magazine of Headway - the brain injury association

Marathon Season: Cheer on your Headway Heroes!



**A life
re-written**

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Volunteer!**

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HEADWAY 2024 WEBINAR PROGRAMME

We are thrilled to be running our webinar programme for a second year, following the success of the series in 2023. Our webinars cover a range of topics, delivered by experts in their field, in support of rebuilding life after brain injury.



THINGS TO KNOW

Our webinars are hosted on Zoom and are free and open to all, including brain injury survivors, carers, family members, health and social care professionals, and anyone interested in the discussed topic.

Each session is 30 minutes long, followed by a 15-minute Q&A with the speaker.

The sessions are recorded and available to watch on our YouTube channel for those unable to attend the event.

SESSIONS AVAILABLE FOR 2024

22nd February

MANAGING MEMORY PROBLEMS AFTER BRAIN INJURY

Delivered by Dr Bonnie Kate Dewar,
Clinical Neuropsychologist at
Neuropsychology Services Ltd

21st March

BRAIN INJURY IN THE

CRIMINAL JUSTICE SYSTEM

Delivered by Dr Claire Williams,
Associate Professor of Psychology
at Swansea University

29th August

SMELL AND TASTE DISORDERS AFTER BRAIN INJURY

Delivered by Helen Rhodes,
Education and Engagement Officer at
Fifth Sense

24th October

LIFE AFTER ACQUIRED BRAIN INJURY: COPING WITH ANXIETY AND DEPRESSION

Delivered by Dr Ben Marram, Consultant
Clinical Neuropsychologist at Leeds
NHS Community Healthcare Trust and
Clarity Psychology

28th November

RETURNING TO WORK AFTER BRAIN INJURY

Delivered by Paul Morris, Occupational
Therapist specialising in neurological
rehabilitation

5th December

DIET AND NUTRITION AFTER BRAIN INJURY

Delivered by Sheri Taylor,
Dietician and Director at Specialist
Nutrition Rehab

For more information and to register interest, visit our website or scan the QR code.





the brain injury association

Welcome

Welcome to the spring edition of Headway News. At a time when



Colin Morris

we celebrate growth and all things blooming, it is fitting that we feature so many stories with new beginnings and hope at their heart.

No more so than in our feature from the Headway annual awards in which we celebrate the resilience and achievements of individuals navigating life after brain injury. From the inspiring winners showcased on pages 6 and 7 to the innovative Brainy Dogs project from Headway Suffolk featured on page 15, we witness the power of trained dogs becoming companions to people with a brain injury or neurological condition.

Additionally, on page 17, we pay tribute to the outstanding contributions of Andy Tyerman, Consultant Clinical Neuropsychologist and Headway trustee, who received the prestigious Monte Shapiro lifetime achievement award. We also share the exciting news of Sam Ashcroft from Headway

Blackpool, winner at the esteemed Enterprise Vision Awards, she had the privilege of meeting House of Commons speaker Sir Lindsay Hoyle, spotlighted on page 18.

Amidst the celebrations, we reflect on changing priorities and goals following a brain injury.

Our new Action for Brain Injury Week campaign, *A life rewritten*, launches with the aim of raising awareness and understanding of the challenges individuals face post-injury. This campaign illuminates how brain injury can happen to anyone and disrupt life plans, alter aspirations, and reshape one's sense of identity.

This theme is expanded on page 11, in the article titled What Really Counts, we delve deeper into changes in goals and priorities that often accompany the journey of brain injury recovery. Through insightful reflections, we share opinions and advice around questions of what truly matters in life and how these perspectives evolve in the face of adversity.

I'm pleased that you could join us for this spring edition of Headway News as we embrace the spirit of renewal and new beginnings.

Colin Morris
Director of Communications

Who we are

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

Go digital!

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

Essential contacts

Headway office:

Bradbury House, 190 Bagnall Road, Old Basford, Nottingham NG6 8SF

Telephone:

0115 924 0800
enquiries@headway.org.uk

Nurse-led freephone helpline:

0808 800 2244 (9am - 5pm, Mon to Fri),
helpline@headway.org.uk

Website:

www.headway.org.uk

Advertising:

CommunicationsTeam@headway.org.uk

Fundraising:

community@headway.org.uk

Volunteer!

Would you like to help us improve lives after brain injury? You can join us today in our shops or at our events as a Headway Volunteer. Read more about volunteering on our website: www.headway.org.uk/donate/volunteer

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Your views

What does Headway mean to you?

Headway means many different things to many different people. We asked our online community: *What does Headway mean to you?*

The wonderfully warm response was overwhelming, and we're proud to share some of your answers.

"Good friends and great times."

Alan

"I wouldn't still be here if it wasn't for Headway. After my accident, I went through 6 nightmare years, not knowing that I had damaged my brain. Then a counsellor gave me a Headway booklet and everything that I'd been saying for 6 years was right there!"

Phil

"Without Headway, I don't know what would have happened. I still remember calling the helpline and speaking to the most supportive nurse. This one person on the phone made me feel no longer alone."

Colette

"A lifeline when I was lost."

Deborah

"The helpline is everything! They regularly saved my sanity in the first year after I sustained a TBI."

Jodie

"Headway showed me the way, and the forum gave me coping strategies and advice. I can't recommend and support Headway enough. It is an amazing charity."

Kathryn

"An absolute lifeline. People who understand, care, and sympathise with your needs."

Sharon

"I can't speak highly enough of Headway, who have some great information and guidance available on their website."

Dave

"Headway is simply family; everyone understands and gets what you're going through. Without Headway, we would not be where we are today."

Catherine

"Headway gave me my brain injury card, so they mean a lot."

Holly

"Headway is where I go for practical advice, and I have never been let down! I have no idea where I would have been without them!"

Sandi

A brilliant day at the Headway Annual Awards!



Remarkable people from across the UK were named winners in the prestigious 2023 Headway Annual Awards on Friday, 8 December 2023.



The Awards provide an opportunity to publicly thank some extraordinary people while raising awareness and understanding of brain injury.

Winners received their awards at a glittering ceremony at the Landmark in London. The day saw 12 hugely deserving people celebrated for their achievements, resilience, and dedication.

Achiever of the Year

Stef Harvey

This year's winners include Achiever of the Year, Stef Harvey from Hertfordshire, a brain injury survivor recognised for her determination to overcome adversity.



"My mind is blown. It's so magical to be in a room full of amazing 'have done, can do and will do' people, and I am honoured to be given this award. Thank you to Headway for everything." (Stef)

Carer of the Year

Sally Hylands



Carer of the Year, Sally Hylands from Sussex, has cared for Clifford, her childhood sweetheart and husband of four decades, for over 20 years.

"I am in shock. I am so happy. It's just been such a long journey, and this is an amazing boost. It means everything."
(Sally)



Stef (left) with her nominator, Anna Michau



Sally receives her Award

Volunteer of the Year

John Marriage

AnthonyGold

For over a decade, Volunteer of the Year, John Marriage, volunteered for Headway Basingstoke, going above and beyond to improve the lives of brain injury survivors.

"I am elated. This is just the icing on the cake; I never expected to be here, let alone win. It's all about the people I work with at Headway. This is for them."

(John)



John with Headway VP James Cracknell (left) and Ian Peters from Anthony Gold (right)

This year also featured a fifth category – the Innovation Award – celebrating innovative projects across the Headway network. Winning the inaugural Innovation Award was Headway Suffolk, with 'Brainy Dogs'. You can read more about this inspiring initiative on page 15.

Alongside the ceremony, hosted by Olympic Gold Medallist James Cracknell and author Sam Peters, guests were also treated to a talk by Atlantic Ocean rower and Headway Hero Giles Johnson, an exciting live auction with TV personality and British antiquarian Eric Knowles, and an exclusive performance by the Headway North West London choir!

A vast number of nominations from communities across the United Kingdom were submitted this year and whittled down to just 12 finalists, all of whom have inspirational stories to tell and achievements worth celebrating.

"It was wonderful to welcome supporters and guests to the Headway Awards again this year. The day was incredibly inspiring from start to finish, showing how vital Headway is locally and nationally in supporting those affected by brain injury."

(Jen Murgatroyd, Director of Fundraising)

Outstanding contribution to Headway

Judy Tilbury

Judy Tilbury is a 'truly inspirational' person who has been involved with Headway Sussex for 26 years. In that time, she has raised a staggering £30,000 for Headway Sussex.



"It's just such an honour. To me, it's not fundraising. It's just a part of me. I'm so very surprised and so very happy."

(Judy)



Judy and some of her fundraising creations



Latest news round-up

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

ACTION FOR

BRAIN INJURY WEEK 2024

20-26 MAY



ABI Week 2024: A life re-written

We are thrilled to launch this year's ABI Week campaign theme: *A life re-written*, which will take place between the 20th and 26th May 2024.

ABI Week provides an annual platform on which we raise awareness of brain injury.

A life re-written will be a campaign that illustrates how brain injury can affect anyone at any time, focussing particularly on how it throws plans into disarray, changes life goals, and even the sense of who we are.

The campaign will tell the story of plans gone awry. Most of us have at least a rough life plan in our heads. However, plans can be violently thrown off course either by an illness or accident leading to brain injury.

These events will often come out of nowhere and may spark a re-evaluation of life aims and objectives, requiring a recalibration of what is important to us.

Identity after brain injury

A life re-written is about identity after brain injury. We will chart positive examples of brain injury survivors who have experienced post-traumatic growth and successfully rebuilt their careers, relationships and lives. We will also outline the realism of life post-brain injury and how positive outcomes aren't always the norm. This would include the ripple effect on others, for example, how partners are affected and how they make life changes, sacrifices and adjustments to their goals and expectations.

The campaign will not only illustrate life before and after brain injury, but it will also include reference to an individual's 'sliding doors' moment, such as when their brain injury occurred or when they learned of their illness. This will bring

home how brain injury can happen to anyone at any time.

Colin Morris, Director of Communications at Headway - the brain injury association, said: "This is our annual campaign that highlights the impact of brain injury, and this year's theme will demonstrate the profound effect of brain injury on life plans, goals, and identity.

"We will showcase inspiring stories of resilience and post-traumatic growth whilst shedding light on the realities of life post-brain injury."

"We hope that as many people as possible will get involved in the campaign and inspire others to support our cause by sharing the stories and materials throughout ABI Week (20-26 May)."

Keep an eye on our website and social media for more information about the campaign and how you can get involved.

Report suggests as many as 1 in 2 survivors of domestic abuse may live with a brain injury

A new report produced by brain injury charity Brainkind suggests that half of all survivors of domestic abuse could be living with a brain injury.

The report, *Too Many to Count*, is the first study in the UK to explore the prevalence of brain injury in people who have experienced domestic abuse and who have accessed community-based services.

Charlotte Curness manages Headway's own Justice Programme, which seeks to raise awareness of brain injury among offender populations while supporting those affected.

Reacting to the study, Charlotte said: "With one in three women experiencing domestic abuse in their lifetime, this important study provides further evidence of the need for professionals to recognise brain injury and its impact on people experiencing intimate partner violence (IPV).

"The hidden effects of brain injury can have a detrimental impact on a survivor's ability to leave an abusive relationship, as well as their capacity to keep themselves safe. Not only does this have implications for how professionals work with survivors and victims but also in their assessment of risk for perpetrators of IPV.

"More understanding and awareness is vital in this area, and Brainkind's research is an important and welcome step forward."

Brainkind spoke to 60 women, 55% of whom screened positive for a history indicative of brain injury.

Other findings included:

- 80% of participants who had experienced domestic abuse had suffered a serious blow to the head.
- 75% of participants who had experienced domestic abuse had been held at least once in a way that prevented them from breathing.
- People who screened positive for a history indicative of brain injury were more likely to experience moderate to severe post-concussion symptoms, low mood and post-traumatic stress.

Through its Justice Programme, Headway has developed an IPV and brain injury training programme for staff working with survivors and victims.

This equips professionals with the knowledge and skills needed to provide gender-specific and trauma-responsive services to individuals with a history of domestic abuse and acquired brain injuries.

In addition, training for professionals working with perpetrators of IPV has also been developed. This aims to give staff, such as Probation Officers, an understanding of the consequences of brain injury and how these should inform safeguarding considerations and risk management in the community.

Read more about the Justice programme on the Headway website - www.headway.org.uk/supporting-you/headway-justice-programme/



MPs urge PM to provide additional local government funding

Headway has welcomed the news that a group of more than 40 MPs, including seven previous cabinet ministers, have written to the Prime Minister requesting the government reconsider the amount of money earmarked for local services.

In their letter, the County Council's Network (CCN) All Party Parliamentary Group (APPG) suggest that "county and unitary councils were facing overspending their budgets by almost £650m this year. They face a funding shortfall of £4bn over the next three years, with planned savings only reducing this by half."

These unprecedented pressures on local authority budgets have meant reductions in money for delivering local services, including those specialised re-enablement and support services provided by the network of Headway charities nationwide.

Commenting on the news, Headway's Chief Executive, Luke Griggs, said: "It's time to face facts: local authorities can no longer meet the support needs of vulnerable people within their communities.

"This influential, highly experienced group of cross-party MPs is entirely correct, and we welcome their intervention into what now has become a funding crisis.

"Many Headway groups rely on local authority commissioning to provide services which are absolutely essential to brain injury survivors up and down the country.

"These services help rebuild lives after brain injury, and without them, many brain injury survivors and their loved ones would struggle and in time come to rely on other, more costly state-funded services when their condition deteriorates."

It is hoped that with more funding, councils would not be forced to reduce the services they commission locally or lower the price of contracts, which is affecting the viability of Headway groups nationwide.

Luke added: "We have sadly seen too many examples of local authorities reducing their funding for the essential community-based rehabilitation services provided by local Headway charities.

"If funded properly, councils could ensure that these tailored services are available to support people living with the aftermath of brain injury and empower individuals to rebuild their lives.

"We hope that they are given the opportunity to do so."

Headway now listed on key Continuing Professional Development website

Headway is excited to announce that the charity is now listed on the CPDUK website as one of its members. This means that anyone looking for Continuing Professional Development accredited courses at cpduk.co.uk can find Headway as a trusted training provider.

Concetta Ventura, Approved Provider and Training Manager at Headway, said: "This is a really exciting opportunity for Headway! This milestone underscores not only the quality and relevance of the content, which we constantly review and update, but our commitment to offering valuable learning opportunities that align with the continuous goal of improving life after brain injury."

Read more about the training programme for 2024 – which includes two CPD-accredited courses, Understanding Acquired Brain Injury and Solicitors Training - on page 30.



COME AND CHEER ON OUR HEADWAY

HEADWAY

We need you!

Do you have a few hours to give back to support Headway – the brain injury association? We're on the lookout for spirited volunteers, ready to devote some time to make a real difference.

This year, seize the opportunity to be part of extraordinary events across the country. We need your energy and vitality to invigorate our cheering points!

Save the date!

- **London Landmarks Half Marathon** - Sunday, 7th April 2024, 9am-1pm
- **London Marathon** – Sunday 21st April 2024, 9.30am-3pm
- **Great North Run, Newcastle upon Tyne** – Sunday 8th September 2024, 9.30am-2pm at the cheering point or 10.30am-4.30pm at the charity village

break free from your usual routine and enhance your self-confidence.

Does your employer appreciate charity volunteering? Maybe you can use your volunteering day to support Headway?

Why not make it a family affair and create unforgettable memories while supporting a noble cause? Join us and play a pivotal role in this thrilling journey!

Sound great? Get in touch!
events@headway.org.uk

Your mission?

To inspire and fire up our team of runners with your contagious enthusiasm, helping them conquer the course. The louder, the better! You'll be rewarded with a sense of achievement, knowing your efforts directly contribute to raising vital funds for those suffering from brain injuries.

You'll acquire new skills, forge new relationships, and even earn a Headway t-shirt! It's an empowering way to

Would you like to volunteer...

- in our shops?
- in our offices?
- with our groups?
- or at our events?

Read more about volunteering on our website - www.headway.org.uk/donate/volunteer/



What *really* counts?

Exploring changes in goals and priorities after brain injury

Through Headway campaigns, surveys and research over the years, specific themes repeatedly come up.

We see that roles, priorities and goals can be changed drastically by brain injury, and navigating this adds an enormous challenge to the journey of rehabilitation and adaptation.

Following on from our feature in the last edition, which focused on views of identity, we wanted to dive deeper into changing priorities. Prior to brain injury, people might follow a pre-determined path in life – a path that might include goals like ‘travel the world’, ‘get a good job’, ‘buy a house’ and ‘start a family’.

But what about after brain injury? How does such a life-changing event affect people’s perspective on what’s important? What really matters to people after brain injury?

We put the question to our online communities.

Time to focus on yourself

It might seem obvious, but we are the lead characters in our stories. At times, most people, but particularly those whose lives have suddenly changed, can spend more time worrying about what others think than their own well-being. Realising that this might have to change and accepting ‘me’ as something that really counts can positively impact life.

“For me, acceptance has to be the hardest thing I have dealt with, as well as stepping away from the people who continually drain my energy and haven’t heard me,” said Rachel Murphy Wilson. “The important thing now is prioritising things for me instead of putting everyone else first like I used to.”

It’s a view shared by many, including Caroline Walker: “As time has passed (I’m 17 years post-recovery), what matters to me is me.

“In the past, I spent my time worrying about others, my surroundings, and what’s wrong with the world. All that does is make me feel ill and upset. Now I concentrate on me and do whatever I can to help me to feel good.”



Make
YOURSELF
Priority

In an inspiring response, Pedal2 outlines a new 'seize the moment' approach to life after brain injury: "My brain injury has taken a massive chunk out of my life that I will never get back.

"I have regularly thought...I'm doing this or that now, not because it's important to my recovery but because I have always wanted to do it. And if I fail, I fail, but at least I will have tried. That's what has changed the most in me, the 'what have I got to lose' kind of attitude. The Carpe Diem - seize the day kind of mantra."

Ten years on from his severe brain injury, Derek Milner finds himself "obsessed" with healthy living, exercise and a good diet. In his comment, Derek highlights this new focus but also raises an important point about how the people around you can change.

As well as giving a massive shout-out to Headway Bristol, Derek said: "Determination to live as well as possible and enjoy what YOU want is unreal. It gives you a real insight into what some people can be like - makes you closer to family and the kids and calmer about end of life."

Time to connect with others

Having friends and family drift away after brain injury is a familiar story. However, it can help build a deeper, more meaningful relationship for those who stick around. For many, these special people fit into the category of what really counts.

"I feel the big change was the shift in my outlook on important things. Family became my priority in life... well, the ones that stayed around," said paxo05.

"I am always thankful to still be here, even on my darkest days, and these are plenty. My family IS my world. Without them and their support, I would not be here."

Nemo24 seconded this: "What matters are family and friends who have stuck by me and helped me get out. The support I've had from Headway mattered. From all the information online and in their booklets as well as being able to meet with my local group."

"Some old friends and family 'get it'; some still expect that at some point you'll be back to normal," said Painting-girl, who also raises the benefit of making friends who didn't know you before the injury.

"New people you meet only know the 'new you', which takes the pressure off somehow...It was a lightbulb moment to realise that so many humans want someone who will listen. So just being able to smile and ask 'how are you' and mean it has made a difference."

Time to support others

It's fair to say that many people find themselves moving away from their previous life goals after brain injury, and whether by choice or circumstance, this often includes their career. But this change might give more time and motivation to listen to and support others.

Lee Noble raises this point: "Being kind to others and hoping for the same in return, I went over two decades with my anxiety and many other physiological conditions. Between Headway and behaviour therapy, I've come to terms with and accepted my conditions."

And Clair Bennett agrees, highlighting charity work as something that really counts: "I'm annoyed it took for me to be unable to do my old job to have time to do a little. If I'd had time to do charity work before my brain injury, I could have done a lot more useful things rather than the few hours I do now (only a few hours is enough for my silly brain)."

We hope this feature has helped outline some ways your identity and goals can change after brain injury and that it has given food for thought if you're on the long journey of recognising the 'new me'. The ideas discussed here are unique to everyone; when deciding what's important, there's no right or wrong.

If you'd like to explore these issues further, find out more about brain injury or search for your local Headway, visit our website at headway.org.uk.

If you'd like to talk things through or need further support, you can contact our free nurse-led helpline on **0808 800 2244** or **helpline@headway.org.uk**.

And finally, please do join the conversation on our online community at healthunlocked.com/headway or by following the Headway – the brain injury association social media pages. We hope to see you there!

Meet the volunteer!

Throughout Headway, we are privileged to have many kind people volunteering their time to help us rebuild lives after brain injury. So, in this new feature, we will celebrate some of these incredible Headway volunteers and find out what they enjoy about their vital roles.

In this edition, we meet Roger Beattie from Manchester, who volunteers at the Headway shop in Sale. Roger was inspired to volunteer for Headway as a way of giving back after sustaining a brain injury in 1982.



Roger from the Headway shop in Sale, Manchester

"I was involved in a serious road incident, and I broke my leg in a few places," Roger explained. "I had to have pins in my legs and thigh, and I also sustained a head injury. I was in a coma for a few weeks, and then when I came around, I wasn't quite sure where I was, who I was or what was going on.

"I couldn't really read a book because I'd turn the page and immediately forget what I'd just read. My short-term memory was non-existent."

In the aftermath of his injuries, Roger was receiving speech therapy from the late Roger Fitzsimmons MBE, who helped establish the Headway House day centre in Gloucester.

"Roger Fitzsimmons and his wife became great friends," he added. "I was there on the first day the centre opened, and I was a client from 1983 to 1985. Roger was absolutely fantastic with me.

"About 15 months after my injuries, I went back to college. Roger said he'd never seen anyone make such a complete recovery from a head injury as me. That was in no short measure down to him; he was an outstanding guy. I was sorry to see he died in 2022; I'd have loved to let him know that I was volunteering at Headway."

Roger recently joined the Headway Sale charity shop, where he volunteers about four hours a week. Roger's main role is sorting out donations when they come in – working mainly in the back office – and Roger's 'very happy' with his role.

"I love volunteering for Headway; it has great people, is a very well-run organisation and one whose objectives I thoroughly support and am extremely grateful for.

"It's been great getting to know my team. It's a very happy place to be; they're a good-spirited and good-hearted bunch. I'm so grateful for what Headway did for me; nothing can repay that."



BRAINY DOGS

Headway Suffolk's Brainsy Dogs initiative was recognised at the Headway Annual Awards by becoming the inaugural winner of the Innovation Award, sponsored by Irwin Mitchell.



Headway Suffolk CEO Helen Fairweather at the Annual Awards



The groundbreaking project provides trained dogs for people with brain injuries. However, it goes far beyond conventional dog adoption as it aims to fill the void left by lost friends and family members due to brain injuries. By providing Headway Suffolk's clients with loving and non-judgmental canine companions, the project enhances their sense of purpose and motivation. The program takes various forms, from clients adopting dogs to scheduled visits from these specially trained animals.

Did you know?

The Brainsy Dogs initiative was inspired by the story of a Royal Navy veteran who sustained a head injury and was given a companion dog.

"My dog has helped me accept my brain injury."

"People talk about my dog when I am out and not the fact half my skull is missing."

"My Brainsy Dog gave me a purpose. I wanted to end my life; now I do not."

"The visits I get from Oakley have improved my life because everything was so boring. She completes my life by giving me a sense of purpose. She brightens my life."

The Brainsy Dogs Impact

The impact is profound, offering individuals a reason to get out of bed in the morning, fostering responsibility, and boosting self-confidence. The therapeutic benefits extend to improved communication skills, as clients engage with other dog owners during walks, and physical fitness through regular dog walks aids in brain recovery.

The project has garnered significant media attention, featuring in prominent outlets such as the Daily Mirror, Reader's Digest, and BBC national television. As a testament to its success, the Chief Executive of Headway Suffolk has been invited to 10 Downing Street and Buckingham Palace, where she has advocated for brain injury awareness. Heartfelt testimonials from clients emphasise the transformative impact of Brainsy Dogs, offering a renewed sense of purpose, acceptance, and joy to those grappling with the challenges of brain injuries.



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HEADWAY TRUSTEE ANDY TYERMAN recognised with lifetime achievement award

Headway is proud to share that a leading Consultant Clinical Neuropsychologist and Headway Trustee has won a prestigious lifetime achievement award.

Dr Andy Tyerman has over 40 years of experience working with brain injury survivors, including 28 years leading the revered Aylesbury based Community Head Injury Service.

His illustrious career has also seen him serve on brain injury guideline development groups, advise government departments, share good practice through training and publish influential research on brain injury. Additionally, as a long-time friend of Headway, Dr Tyerman has spoken at many Headway group meetings and conferences, served on Headway boards and has been a Headway Trustee since 2014.

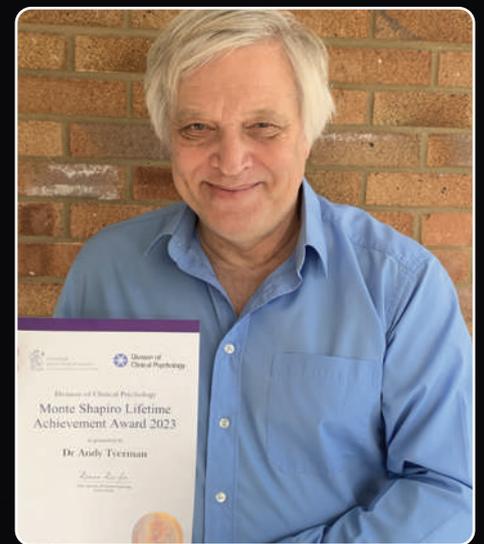
In recognition of his remarkable career, Dr Tyerman has been awarded the Monte Shapiro Lifetime Achievement Award by the British Psychological Society.

The society said it was "honoured" to recognise Dr Tyerman and that "His focus on issues of identity, emotion and relationships has transformed our approach to working with people with acquired brain injury". It also noted the profound impact of Dr Tyerman's work at a regional, national, and international level.

Reflecting on the award and his career, Dr Tyerman said: "I'm now retired, so to have recognition from my own profession is a very nice way of rounding off my career.

I was very fortunate in my first job after qualifying as a clinical psychologist to have the opportunity to undertake research which sought to understand the experience of brain injury. As such, I had the luxury of time spent listening to people's experiences throughout their rehabilitation, over and above addressing their needs.

I was immediately struck by the enormity of the impact of brain injury, the range of often hidden difficulties that people



struggle with, and the emotional impact on them and their families.

However, throughout my career I've also seen the depth of their strength and determination to try and move forward with their lives.

It's been a great pleasure and a privilege to work with people with brain injuries and their families and to help them understand and overcome their difficulties."

On behalf of everyone at Headway, we would like to offer Dr Tyerman our sincere congratulations and thanks.



Sam's Worthy Win

Huge congratulations are in order for Headway Blackpool's Network Co-ordinator, Sam Ashcroft.

In September, Sam attended the Enterprise Visions Awards (EVAS) at Winter Gardens Blackpool. The awards celebrate women in business, and Sam was delighted to be announced the worthy winner of the Not-for-Profit category.

"2023 was the first year that the awards had covered the UK and not just Lancashire, so I never in a million years thought I would be nominated," said Sam.

Sam became involved with Headway Blackpool 18 years ago after her friend sustained a brain injury in a road traffic incident and needed its support. Sam left university to care for him and volunteered for Headway Blackpool before becoming a paid member of staff.

Ever since, Sam has gone above and beyond to improve the lives of people living with brain injuries and their carers. She has worked hard to raise the profile of Headway Blackpool, increased referrals and fundraising opportunities for the charity, and even supporting survivors with medical appointments.

However, despite her dedication, Sam said she was still shocked to scoop the EVA award. She added: "All I recall is them talking about me, and I didn't twig until they shouted my name. I was totally shocked and speechless for the first time ever!"

The judges commended Sam's commitment to supporting the brain injury community and called her 'A true inspiration with so much passion and love for what she does'.



Sam's win saw her invited to a special reception with the Speaker of the House of Commons, Sir Lindsay Hoyle, where she was also able to grab a quick photo with him and sit in on the debate of the Justice Bill.

Sam added: "It was truly amazing to be able to see behind the scenes. To sit in the gallery listening to a debate is something that not everyone will get to experience, so I was truly honoured."



Q&A WITH



HOPE4ABI

As we move ever forward into the digital age, researchers are finding new and innovative ways to deliver therapies and support to patients through the use of technology.

In this feature, we talk to researchers Dr Hayley Wright and Dr Aimee Walker-Clarke about their current research project, Hope4ABI.



Please tell us a bit about yourselves

We are researchers from Coventry University, and our work focuses on finding new and better ways to support psychological, emotional and social well-being after brain injury.

You have been working on a piece of research testing out a new programme called Hope4ABI. Can you tell us a bit about it?

HOPE4ABI is an 8-week digital programme funded by the National Institute of Health and Care Research to support mental and sexual well-being after brain injury. Each weekly topic covers issues that brain injury survivors have told us are important to them. HOPE4ABI combines self-management, cognitive behavioural therapy, and positive psychology. It aims to help survivors understand and manage changes to themselves and their relationships with others.

How did the idea for Hope4ABI come about?

Our previous research looked at links between sexual relationships and brain function. The more we learned about brain injury, the more we realised there is not much support out there for people struggling with intimacy, relationships, or connections with others. We were

contacted by an Occupational Therapist who was keen to see more research on how best to support sexuality and intimacy concerns after brain injury. And so, the idea for HOPE4ABI was born!

What stage are you currently at with Hope4ABI?

Over the past 12 months, we have worked with brain injury survivors to co-design the HOPE4ABI programme. We have just finished a small-scale trial to test whether the programme is helpful and user-friendly. A total of 53 people with a brain injury joined the course after a very successful recruitment campaign supported by Headway!

What's next for the project?

We will follow up with the HOPE4ABI trial participants across the next six months to see how they are getting on and if they are still using any of the techniques they learned on the programme. This will help us understand whether a large-scale trial is necessary to show us how much people can benefit from HOPE4ABI.

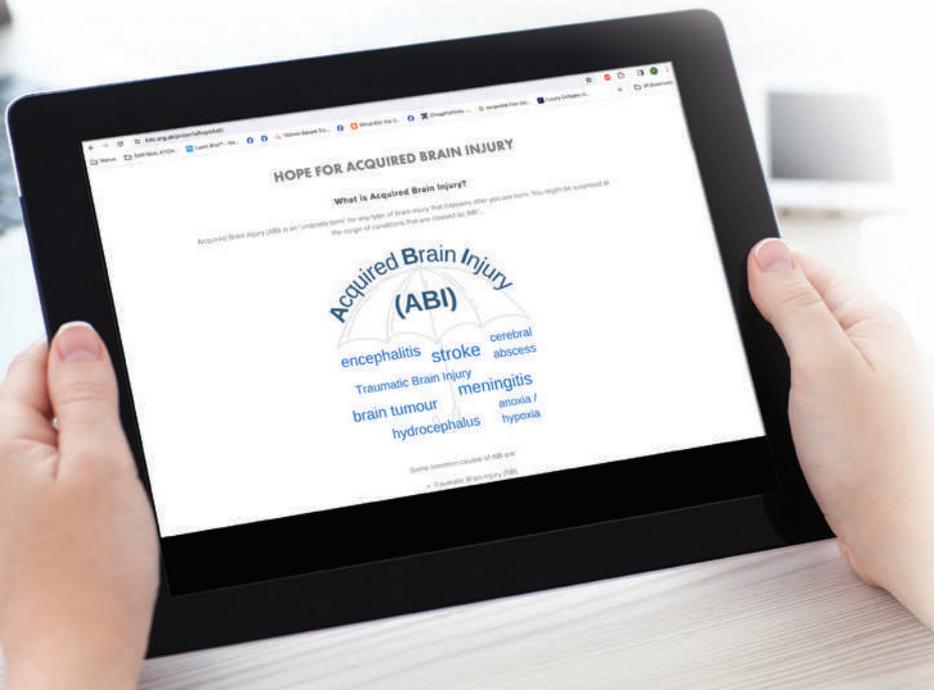
Are there any opportunities for people to get involved?

We have a range of projects developing practical support for people affected by brain injury. Our topics include sexual well-being, mental health, education experiences, and issues relating to substance misuse.

We're always happy to hear from anyone who wants to get involved! Drop us a line at research.engage@coventry.ac.uk.

FUNDED BY

NIHR | National Institute for Health and Care Research



For many people, the full impact of brain injury becomes most apparent when they have returned home from hospital or rehabilitation. Regular activities may suddenly pose unanticipated challenges, and support may be needed for tasks that were previously done independently.

In this new series, we look at everyday activities that brain injury survivors may need to adapt. We begin this series with a look at returning to work.

Returning to work

The prospect of returning to work after a brain injury can seem daunting. Many of the skills we rely on within the workplace can be affected by a brain injury, and common issues such as fatigue, headaches and memory problems can all majorly impact the skills needed for many roles and workplace environments.

Nevertheless, working is an integral part of many people's lives. As well as giving financial security, many people enjoy socialising with colleagues and peers. Having a job that one enjoys can also offer a sense of fulfilment and purpose in life. Our sense of identity can partly come from our employment role, such as being the 'breadwinner' of the family, the manager of a company or a valuable team member.

When should I return to work?

Many people return to work as soon as possible after they have been treated for brain injury. There may be pressure from others to return, or there may be financial issues to consider. A survivor may also be keen to get back to work to regain a sense of 'normality' after the many changes that a brain injury can introduce.

Making a good physical recovery after a brain injury or successfully completing a programme of rehabilitation can also lead people to underestimate the full impact of their injury. It is important to remember that many of the skills commonly affected by brain injury in the longer term are frequently used within the workplace, such as processing information, memory, and multitasking.

It is important not to rush back to work until you feel ready. Give yourself time to settle and adjust to your new circumstances first. It may be possible to arrange for a phased return; this is where you return on fewer or more suitable hours so that you can assess how you feel. This way, you can also identify where you might need support.

Adapting to life after brain injury: Returning to work

What should I tell my colleagues about my brain injury?

It is up to you how much you choose to tell colleagues. Some people may prefer to keep this private, but it can be helpful to share something about your injury with others so that they can understand how best to support you. For example, if you find it challenging to remember project deadline dates, your colleagues can help you by providing reminders. Colleagues are also more likely to be understanding of your behaviour if they know it is caused by a brain injury. If they do not know about your injury, they may think you are neglectful or disorganised. Remember that a brain injury can be considered a 'hidden disability' – to your colleagues, you may 'look normal', and they may, therefore, fail to understand when you need support.

It is especially helpful to let employers know about your brain injury. Employers have a legal duty to make 'reasonable adjustments' for disabled employees. However, if they do not know about the injury in the first place, they cannot help. Therefore, you should have an honest and open conversation with your employer about anything you feel may help. It may be that your needs change over time, but having this conversation early on can be helpful.

What kind of adjustments can I ask for at work?

Adjustments can take many forms and will depend on things such as the effects of brain injury that you experience and the nature of your work.

There may be equipment that can help, such as adaptive technology or more straightforward tools, such as notepads, dictaphones, wall charts and calendars. Adjustments can also be made to the environment, such as ramps being installed or relocating to be closer to fire exits or accessible toilets.

Adjustments can be considered for hours worked, such as allowing the brain-injured employee to work part-time or finish earlier to accommodate fatigue. Accommodating the effects of brain injury can include giving more extended deadlines or reminders for projects. It can be helpful to schedule regular meetings to assess performance and ensure everyone is satisfied with the adjustments made.

What if I can't return to my job after my brain injury?

Some people may be unable to return to their previous jobs after brain injury and may also struggle with finding a new role that suits them. In these instances, advice can be sought from a Jobcentre Disability Employment Advisor for specialist guidance on searching for suitable roles. Alternatively, a survivor may choose to explore changing their career to something they have always been interested in but never had a chance to pursue, such as writing, photography, crafting or art.

For people who are unable to return to any form of work, there are welfare benefits available. Guidance for this should be sought from Citizens Advice or visit headway.org.uk/welfare-benefits.

Sometimes, a person may be unable to commit to regular, paid work but still feel they want to work in society. In these instances, volunteering may be a good option to consider.

We hope that some of the tips in this feature have been helpful if you are about to return to work after your brain injury. Don't forget that we have a webinar on this topic later in the year - visit our website for more information and to register your interest!

If you have any questions or concerns about returning to work after brain injury, you can contact the Headway helpline on **0808 800 2244** or helpline@headway.org.uk.

Headway Retail: A Year of Success and Growth

11%

As we find the new year well and truly underway, we are delighted to announce that our retail network of 27 shops saw substantial growth through 2023, exceeding our annual income targets by an impressive **11%**!

This achievement is a testament to the hard work and commitment of our dedicated staff and volunteers, who tirelessly contribute to our cause of supporting life after brain injury. The increased revenue from our retail operations allows us to support all of Headway's vital services, ensuring we can provide comprehensive help to those in need.

To kick off 2024, Headway Retail colleagues hosted an all-managers meeting in Nottingham. This event brought together the teams to plan and collaborate on delivering exceptional in-store experiences for our valued customers and supporters. We were delighted to have guest speakers from groups and branches within the Headway network contributing insights to help us maintain connectivity and cohesion across the charity.

Expanding our reach in 2024: A new chapter for Headway Retail

Looking ahead, Headway Retail is excited to announce plans for further expansion in 2024. This move aims to enhance our outreach, enabling us to raise more funds and increase awareness of the Headway name. Our

vision is to establish new retail spaces that serve not only as fundraising hubs but also as beacons of support and understanding for those affected by brain injuries.

An invitation to experience the new Headway Retail space in Sale

As we embark on this exciting journey, we invite you to join us in celebrating the reopening of our brand-new shop fit in our store in Sale. This space has been designed to provide our customers and supporters with an inviting atmosphere.

Whether you've been to one of our shops before or are yet to visit, we extend a warm invitation to explore a Headway Retail space's unique and heartwarming environment. Join us to witness firsthand the culmination of our efforts to create an engaging shopping experience while contributing to the meaningful work of Headway.

Why not volunteer?

If time allows, we also welcome you to become part of our incredible team by volunteering or contributing to our cause through stock donations. Every bit helps in the battle to support life after brain injury. Let's work together to make a positive impact in the lives of those who need it most.

We look forward to your support and the opportunity to build a stronger, even more connected Headway community in 2024 and beyond.



www.headway.org.uk



the brain injury association

CHARITY GOLF 2024

Thursday, 
19th September, 2024

10.00 AM - 
Until End

The Mere, 
Knutsford

Ticket Prices
start at £135 per person 
Team Entry £525

Includes: Golf, breakfast sandwich
and 2 course dinner

Auctions, raffles and many more fundraising activities and, if golf isn't for you but you want to join in, there is a limited number of places to join the teams for dinner.

email: events@headway.org.uk

HEADWAY – THE BRAIN INJURY ASSOCIATION IS REGISTERED WITH THE CHARITY COMMISSION FOR ENGLAND AND WALES [CHARITY NO. 1025852] AND THE OFFICE OF THE SCOTTISH CHARITY REGULATOR (CHARITY NO. SC 039992). HEADWAY – THE BRAIN INJURY ASSOCIATION IS A COMPANY LIMITED BY GUARANTEE REGISTERED IN ENGLAND [NO. 2346893].

Rolf's Story

Rolf Zartner was given a 'slim chance of survival' after experiencing four strokes, sepsis and a cardiac arrest. However, he's now set to run the London Marathon 2024 in support of Headway.

In March 2020, Rolf, from Twickenham, was a highly successful investment banker who'd just received a big promotion. Happily married with a sixteen-year-old daughter, Rolf was active, seemingly healthy and enjoyed a challenge. However, that month, he decided to travel to a triathlon camp in Fuerteventura, which set in motion a life-changing course of events.

Rolf, now 50, recalled: "During the very end of my first swimming session, I made a very strong - and wrong - neck movement while sprinting 'Butterfly'. Pain shot up my jaw and neck, and I thought, 'Great, muscle spasms on day one. At the time, I could not imagine that I had just dissected both of the carotid arteries in my neck, the major blood vessels that provide your brain's blood supply."

Unaware of the extent of the serious damage he'd done and not wanting to give up, Rolf took some painkillers and pushed through his training. However, when he returned to London a week later, the pain intensified. Rolf sought medical advice but said the doctor also put the pain down to muscle spasms.

Then, on the night of March 21, 2020, during the global Covid pandemic, the true extent of Rolf's injuries became clear.

"I woke up around midnight with incredible pain in my head. The right



side of my face had dropped, my right arm was without strength, and I had slurred speech," said Rolf. "My wife called an ambulance. We had to wait 45 minutes because of Covid cases."

Rolf said he is extremely grateful not only to his wife Hilde, but to his daughter Vivien Joline, who recommended he go to St George's hospital in Tooting for treatment, having heard of its reputation for neurosurgery.

"A CT scan at the hospital found three blood clots in different areas of my brain, so I'd actually had three strokes."

The strokes meant Rolf had to undergo life-saving surgery, during which he had a fourth catastrophic stroke.

"Unfortunately, that stroke was the worst of all four and took out my breathing, which meant intubation," said Rolf.

"A few weeks later, I spoke to the surgeon. He told me that he had to make a split-second decision to either paralyse my legs or take away part of my memory capacity. He decided on the latter. This left me with left-sided paralysis and in really bad shape overall, but my legs moved.

I was induced into a three-week coma and spent eight weeks in ICU. Sadly, I got sepsis, which caused two lung infections - not great when I was already on a ventilator.

Once I was able to speak to the doctors, they told me that my slim survival rate was just 2-5 per cent,



*"I spoke to the surgeon.
He told me that he had to
make a split-second decision
to either paralyse my legs
or take away part of my
memory capacity."*

with the outlook of remaining a lifelong nursing case. While still in shock, I decided to ignore this. I had two options: either give up and accept all limitations or focus tremendously on rehabilitation. The doctor also said that I would never be able to return to work."

Determined to regain his independence, gruelling daily rehabilitation followed, including Rolf re-learning to walk and eat and re-learning some English words, as he is a German national with English as his second language.

But miraculously, within 11 months, Rolf defied the odds again and returned to work. He even ran a half marathon on the one-year anniversary of his injury and has recently delivered a TED Talk on his experiences and the importance of never giving up.

In April, he will be taking on the London Marathon to help raise funds for Headway – the brain injury association. Rolf has already raised nearly £16,000 for Headway ahead of the event.

"Many brain injury survivors have no financial resources to help fund therapies, but I was in a great spot," said Rolf. "Raising money for Headway is close to my heart and will help support others.

"I also want to raise awareness that as long as there are tiny improvements, then it's worth fighting for. Consistency pays off, and I am living proof; don't give up."



To support Rolf's fundraiser for Headway – the brain injury association, visit www.justgiving.com/fundraising/Zartygoesstrong



Interview:

UNPLANNED PATHS

In autumn last year we joined two remarkable women, Liz Ekeledo and Justina Omotayo, as they celebrated the release of their book, *Unplanned Paths: A Stroke of Life*.

Unplanned Paths is the story of stroke survivor Liz and her daughter, Justina, which tells the trials and triumphs of two women before and after Liz's stroke at just 37. The story has a key message at its heart: that a disability is not a limitation to leading a fulfilling life. We caught up with Liz and Justina at the start of 2024 to explore the creative process and see how life has been after the launch.

So, how does it feel to have your stories out in the world?

Justina: "Personally, the experience is a blend of vulnerability and pride. Opening up about personal experiences makes me feel uncomfortably exposed. However, I recognise that these narratives can serve as powerful tools for learning and fostering relatability among a diverse audience."

"Simultaneously, there's an overwhelming sense of pride, especially in witnessing my mum's journey unfold on the pages of our book."

Liz: "We are profoundly grateful for the support and appreciation our book has received, reaffirming the belief that sharing our stories can foster understanding, empathy, and a sense of shared humanity."



Can you give us a flavour of what readers can expect from the book?

Justina: "In essence, our book chronicles the journey of Liz and Justina – a mother facing a life-altering stroke in 2004, her subsequent rehabilitation, and the poignant role reversal as Justina, once supported by her mother, becomes the pillar of strength. Readers can anticipate an authentic exploration of our intertwined lives as a mother-daughter duo, navigating the unpredictable waves of highs and lows."

What made you decide to write it?

Justina: "The idea of documenting her experiences had been floating around for a while, and sensing the potential for a compelling narrative, I made a promise to support my mum in bringing her life to the pages of a book."

"Faced with the unique circumstances brought about by the pandemic, where lockdowns and restrictions led to an unprecedented amount of time spent together, we seized the opportunity to channel our energies into a meaningful project."

Tell us a bit about the process of writing it. What were the challenges or highlights?

Justina: "For me, the main challenge was navigating the balance between respecting my mum's desire for openness and my inclination towards privacy. While I'm naturally more reserved, my mum was eager to share the intricacies of her life."

"Despite the challenges, the writing journey was punctuated by numerous highlights, including the profound bonding experience with my mother, the collective effort of preserving her legacy, and the realisation that this shared endeavour transcended the boundaries of authorship to become a testament to the strength of familial ties."

What do you hope other members of the brain injury community will take from the book?

Liz: "My hope for other members of the brain injury community who read our book is that they find a sense of companionship and inspiration. I want them to understand that they are not alone in their journey."

"This year marks the 20th anniversary since the stroke, a milestone I cherish as a testament to the resilience of the human spirit. Just four hours to live at the time of the stroke; I am immensely grateful for the 20+ years I've been blessed with and hold hope for many more."

"As stroke survivors, we are given a second chance at life, and it is crucial that we seize every moment and make it count. That's precisely what I am doing, and I hope our story inspires others in the brain injury community to embrace their second shot at life with the same vigour and determination."



You're very generously donating the proceeds of the book to Headway. How has Headway helped you and your family?

Liz: "The support and sense of community provided by Headway have been invaluable to me and my family. Attending the weekly social meetings at times has been more than just a routine; it's been a lifeline. In that space, people understand my condition, providing a level of empathy and connection that is truly comforting."

What are your future plans?

Liz: "Championing stroke survivors and their families will continue to be a priority whilst living the very best life I can. I would love to share my story on stage with bigger audiences - watch this space; maybe we'll be able to do a TEDx sometime in the future to amplify the message and inspire more people!"

Justina: "My overarching goal is to leave a positive impact on the world, making it better than I found it and striving to make a difference in any way I can. The journey continues, and I am excited about the opportunities ahead."

Liz, a lifetime member of Headway, and Justina are kindly donating the proceeds of 'Unplanned Paths: A Stroke of Life' to Headway. Their ongoing fundraising efforts have garnered just under £3,000 to date!



Unplanned Paths: A Stroke of Life is on sale now! You can get a copy – or donate – at www.unplannedpaths.co.uk

CREATIVE EXPRESSION

The role art can play in positive change

Art is often used in a therapeutic way to express and communicate emotional and social issues.

Creative activities can be hugely beneficial to people after brain injury. Many survivors report a positive impact from creative activities on a wide range of issues they face, as well as boosting mental health and confidence. They can also help with rehabilitation by encouraging survivors to practice manual dexterity and memory skills.

Last year, Christie's, one of the world's leading auction houses, chose Headway – the brain injury association as its Charity of the Year. They organised a staff auction as one of its fundraising activities – with creativity at its heart.

Christie's London staff members and guest artists submitted artwork to the auction, which celebrated how art can play a role in having a positive impact on those taking part.

Headway's Digital Communications Manager Gemma had the pleasure of attending the much-anticipated opening night alongside Corporate Partnerships Manager Amber, viewing the incredible artwork and meeting some of the artists involved. Gemma said:

“What a wonderful event. I loved meeting with such creative people. The variety, the stories behind the work – I felt really inspired!”



Lydia Smith

Artwork: Vessel

@lydiasmithartist

Among the artists, Lydia Smith, a multi-disciplined artist, explained how she creates her art by working from her hands to software, to her mind and back to her hands. She expressed her pride in supporting Headway, highlighting a personal connection to the cause.

“I’m proud to be supporting a fantastic cause. My Grandma died from a stroke, so Headway’s work resonates with me.”





Chelsea Maria West

Going once,
going twice, sold!

@SEW.EST

Chelsea Maria West, a Continuing Education Coordinator at Christie's Education, reflected on the therapeutic value of crafting and her joy in contributing to Headway's mission.

“Knitting this made me realise how good crafting is for mental health. Making something useful that I can use regularly shows me what I have achieved every time I use it. I'm so glad this event is for Headway.”



Benjamin Youd

Artwork: Gazing at the stars #1

@benjaminyoud

Photographer Benjamin Youd spoke of the meditative and calming effect of artistic expression.

“Photography is an instant discipline that can be used as a tool to help therapeutically. Taking photos really helps you to pay attention to the world. It makes you slow down and appreciate your surroundings, light and nature. It helps you to calm down and centre yourself.”



Scan the QR code to view all the artwork submitted in this auction.

HEADWAY TRAINING



More information

0115 924 0800

training.admin@headway.org.uk

INTRODUCING OUR EXCITING NEW TRAINING PROGRAMME FOR 2024!

Headway delivers a range of online training courses focussing on a range of issues and effects of brain injury. Our 2024 training programme has expanded this year to include **three new courses**.

We have courses available for those living with a brain injury, their families and professionals working within the brain injury field. Find the right course for you or your team, from tried and tested courses to brand-new sessions.

SCAN HERE TO BOOK YOUR COURSE



HEADWAY TRAINING PROGRAMME 2024

Understanding MY brain injury

A 40-minute session about the hidden effects of brain injury and the rehabilitation journey: delivered by and created for brain injury survivors.

Navigating life after brain injury

New for 2024! If you are caring for someone with a brain injury or have a relative being treated in hospital, then this session will help you to understand more about brain injury.

An introduction to brain injury

This session has been designed to provide awareness of the hidden effects of brain injury. It is aimed at professionals new to the world of brain injury.

Understanding acquired brain injury (CPD Accredited)

Designed for care professionals and those working with brain injury survivors, this session will aim to give delegates a better understanding of brain injury and its effects on survivors.

Effective communication strategies

New for 2024! This session aims to provide frontline staff and other professionals with effective communication strategies when interacting with individuals who have experienced a brain injury.

Behaviours that challenge

This session will examine the main models explaining challenging behaviour and explore proactive and reactive strategies to manage those behaviours.

Goals training

New for 2024! This session has been created to assist professionals and care staff in establishing SMART Goals while working with individuals who have experienced brain injuries.

Solicitors training (CPD Accredited)

This course has been designed for solicitors and their colleagues who are involved in brain injury cases.

Understanding brain injury training for criminal justice professionals

The training combines specialist brain injury knowledge and understanding to provide participants with an understanding of the often-hidden consequences of brain injury.

Intimate partner violence (IPV) and brain injury

Survivors of intimate partner violence (IPV) suffer from traumatic brain injuries (TBIs) at a high rate. This condition can be misunderstood and difficult to spot due to the hidden consequences. This course further explores IPV.



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



Prince Evans Solicitors LLP, Craven House, 40-44 Uxbridge Road, Ealing, London, W5 2BS www.prince-evans.co.uk