

Autumn 2025

Headway News



The magazine of Headway - the brain injury association

Second Hand September

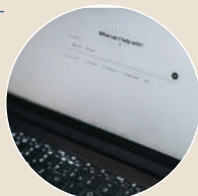
The benefits of buying pre-loved

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Elizabeth's poetry

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HEADWAY WEBINARS



We are delighted to share additional topics for this year's Headway webinar programme, which is running for its third successive year! Our webinars cover a range of topics, delivered by experts in their field, in support of rebuilding the lives of brain injury survivors.



Things to know:

Hosted on Zoom, our webinars 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 in 2025 include...

26 June: Head injury in the Criminal Justice System – in Scotland

Delivered by Professor Tom McMillan, Professor Emeritus

24 July: Personality change after brain injury

Delivered by Dr Vaughan Bell, Neuropsychologist

4 September: Epilepsy after brain injury

Delivered by Clare Walton, Director of Research at Epilepsy Research Institute

23 October: Post-traumatic stress disorder and brain injury

Delivered by Dr Lucilla Carlacci De Mattia, Clinical Psychologist

20 November: Cognitive communication issues after brain injury

Delivered by Anisha Desai, Speech and Language Therapist with a specialism in brain injury

**For more information and to register interest,
visit headway.org.uk/webinars or use the QR code below.**



Welcome

Welcome to the Autumn edition of Headway News.

In this edition we begin with

a celebration of artistic expression in On a Good Day (page 6), where Headway Gloucestershire members embraced dance, music, and immersive technology during Action for Brain Injury Week (ABI). Led by brain injury survivor and creative force James Edward Marks, the event was a demonstration of how the arts can inspire connection and healing.

Read about Second Hand September and all the excellent work from our retail team to mark this season on page 25.

Mental health remains a vital topic for many in our community. On page 10, we explore practical strategies to support emotional wellbeing after brain injury—offering tools to help navigate the often-complex journey of recovery.

Looking to the future, page 16 introduces the exciting potential of Artificial Intelligence (AI) in supporting independence after brain injury. From everyday tasks to communication aids, we explore how AI—once the stuff of science fiction—can now offer real-world support.

This issue also highlights the power of giving back. Our regular feature on Quality of Life (page 12) focuses on



Colin Morris

volunteering and advocacy, showing how helping others can be a meaningful step in one's own recovery.

We're also honoured to share the remarkable stories of brain injury survivors who each offer a unique perspective on recovery.

Darren's story on page 19 is a powerful example of the brain's extraordinary ability to heal and defy medical expectations. Eli (page 14) reflects with gratitude on his experience, sharing how it taught him valuable lessons about himself and his capacity to face adversity. Meanwhile, Karl's journey (page 23) is one of reinvention—navigating life after trauma highlighting the therapeutic power of new hobbies like fishing, but also how embracing change can lead to new ways of supporting others.

Wherever you are on your journey, we hope this edition brings you insight, encouragement, and a sense of connection.

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!

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Volunteer!

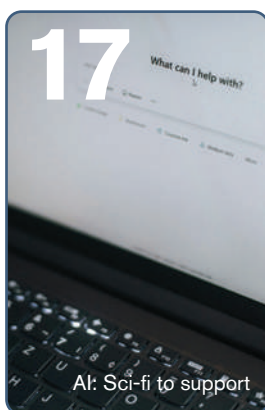
Would you like to help us improve lives after brain injury? You can join us today in our shops or at our events as a Headway Volunteer. Read more about volunteering on our website: www.headway.org.uk/donate/volunteer

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Have Your Say: New national survey aims to improve beach access for people affected by brain injury

Getting outdoors and enjoying nature can play a vital role in recovery and wellbeing after brain injury. But for many survivors, accessing beaches and coastal areas – known as 'blue spaces' – can feel out of reach due to physical, sensory, or cognitive barriers.

Now, a new national Beach Access Survey has launched to understand the challenges people with medical or mental health conditions and disabilities face when trying to access the UK's beaches – and what improvements are needed to make them more inclusive.

The project, led by Dorset-based campaigner and designer Will Behenna, invites people affected by brain injury, as well as their family members and carers, to share their experiences.

The short, 10-minute survey aims to:

- Understand people's current beach access experiences;
- Identify barriers and challenges;
- Gather suggestions for practical changes that would enable more people to enjoy the beach.

The findings will be used to influence national policy and help councils, tourism providers, and community groups make UK beaches more accessible and sustainable.

By taking part in the survey, you have the chance to shape a more inclusive future.

Take the survey now at www.beachaccessproject.co.uk. The survey is open until 30 September 2025.



Your views

Returning to hobbies after brain injury

Cognitive function, support emotional well-being, and create meaningful social connections with others. Whether it's painting, gardening, music, or gentle exercise, engaging in activities that bring joy can contribute to a renewed sense of identity and purpose.

We reached out to our online community to find out if returning to hobbies post-brain injury is possible, and if so, what they enjoy most.

"My husband hasn't been able to return to fitness or his beloved Motocross due to his crippling anxiety, but he finds joy in his garden and plants. He was never bothered for plants before pre injury but it's his solitude and peace and he enjoys watching his seeds grow" – Lima



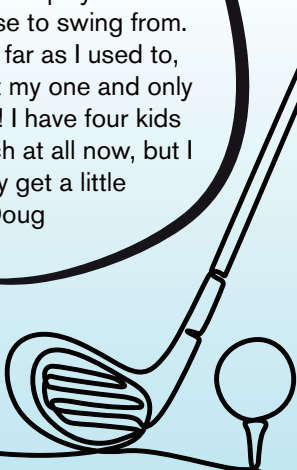
"I play the piano and do patchwork. The piano was the first thing I did when I got home - I was worried that I might have forgotten how, but it's all still there and I'm even learning new pieces." – Sue

"I get time for piano lessons again which I am so grateful for as I missed it when I was working and music seems to be one of the few things that has stayed in my memory since having encephalitis ruin it. I've also joined a local knitting group and it's a nice surprise everytime I go to see what I've done because my memory was ruined."

– Clair



"Absolutely! When I regained the ability to walk I knew I would be able to golf one way or another. I have increased muscle tone on my left side and have an altered gait, so I'm only able to play with one hand and a less stable base to swing from. Even though I can't hit as far as I used to, I can still play! In 2019 I hit my one and only (to this point) hole-in-one! I have four kids so I'm not able to play much at all now, but I figure I will when they get a little bit older." – Doug



"As a kid in year 7 before anyone knew 'what was up with me' I failed swimming, I just wasn't strong enough, so I was left in the shallow end whilst most of the other students got their badges, certificates, and became competent in water. In 2024 I learnt to swim, practically one on one with a swimming coach, and now I can swim!" – Holly



"I make jewellery and attend silversmithing and beadwork classes. Both require coordination, dexterity, planning and managing fatigue and cognitive overload. Prior to my accidents many years ago, I used to make jewellery as a hobby. I wear special adapted earplugs to cope with the noise (vestibular problems) and adapted prism glasses to manage the diplopia in my vision. Both pieces I managed to make in a term at college. I find attending the course challenging, however, helps to improve my cognition, health and wellbeing." – Barbara



Network News

On a good day: Arts and culture with Headway Gloucestershire

A series of arts and cultural activities got Headway Gloucestershire members channelling their creative side during Action for Brain Injury Week earlier this year.

Brain injury survivor James Edward Marks, of PlayLa.bz, spearheaded a day of dance, music, immersive tech and play, hosted in collaboration with CoDa Dance, The Music Works, and The Holst Birthplace Trust.

James is a co-founder of PlayLa.bZ CIC, a spatial computing Createch research and innovation community interest company (CIC).

James was first introduced to Headway UK following his own brain injury and after attending a local peer group for support, he was keen to explore how his creative expertise could benefit others.

James said: "After discovering my own brain injury following an accident and MRI scan, my mum had recommended I explore Headway for support.

"I'd had multiple incidents and past head injuries and needed to find help to deal with potential PTSD, not understanding my MRI scans, weekly headaches, and the challenge of finding a local NHS neurologist.

"It was after attending the local peer-to-peer groups that it really helped to see the wide spectrum of people, and similar emotions, feelings, and challenges.

"One of the things that kept recurring was the incredible ways people overcome adversity through creative means, and how their interests in arts

and culture helped them; from cooking, gardening, music, film, yoga, photography and painting.

"That's when the idea sparked that I wanted to do something to give back with my own creative journey and through our community interest company PlayLa.bZ, which often involve lived experience and social storytelling collaborations."

After discussing his ideas with Julie, CEO of Headway Gloucestershire, the pair, together with friends and partners, got to work in bringing James' vision to life, in a bid to foster greater understanding of the challenges survivors have in navigating daily life.

The interactive digital exploration day was held during ABI Week in May - this year's theme being 'On a good day', which spotlighted the fluctuating and unpredictable nature of brain injury, highlighting that survivors can have good days and bad days.

On the day, participants had the opportunity to engage with an interactive digital screen, seeing their movements captured and played back.

The hands-on session also encouraged visitors to experiment with new ways to interact with sound, including vibro-acoustic technology and adaptive, inclusive instruments, led by Lee Holder, Disability Lead from The Music Works.

James said: "It was a magical day with the Headway Gloucestershire crew - seeing the range and diversity of ABI survivors that they support daily trying new sensory feel-good things to engage with inner and outer world feelings.

"It really turned out to be 'On a good day'."



TRIBUTE TO PUNAM

A selfless mum-of-four who passed away following a tragic road traffic collision has been laid to rest, with her legacy living on to support dozens of others affected by brain injury across the UK.

Punam Malhi, 65, from Osterley, West London, died on 20 June, 40 days after being hit by a pick-up truck just 650 metres from her front door.

A fundraiser in aid of Headway UK was launched as the Malhi family wanted to honour grandmother-of-nine Punam by the way she lived, by "helping others first".

An incredible £28,500, including Gift Aid, was raised in just 26 days.

Punam was out on her daily walk on May 12th, when she was struck by a vehicle. She sustained a traumatic brain injury and remained in hospital for six weeks before sadly passing away due to the severity of her injuries.

Her second eldest son Girish, 43, said: "Tragically, our mum was taken from us far too soon.

"She was thinking about everyone else shortly before the incident - organising ingredients for her triplet granddaughters' birthdays.

"My dad found her within minutes, as he was coming back from his walk."

Husband-of-46-years Brahm found Punam and immediately took his t-shirt off to stop the bleeding from his wife's head.

Punam was rushed to Paddington Hospital where doctors performed a craniotomy to relieve the pressure from the swelling in her head.

"My dad never left my mum's bedside," Girish said.

"Every day he was there from 11am to 7pm, for 40 consecutive days.

"Thirty days post-accident, unfortunately doctors told us the severity of my mum's brain injuries was catastrophic and irreversible."

Punam passed away peacefully holding husband Brahm's hand.

She was laid to rest on Thursday 17 July, with loved ones placing beautiful

floral tributes symbolising all the ways in which she was fiercely loved and will be dearly remembered; beti (daughter), didi (sister), dadi (grandmother), wife, mother and friend.

Headway UK Chief Executive Luke Griggs attended Punam's funeral and expressed his gratitude to all who donated to the charity.

Luke said: "The overwhelming outpouring of love and affection from family, friends, and the wider community was testament to how truly special Punam was.

"I'm grateful for the opportunity to speak to the family about how the funds raised will support brain injury survivors and their loved ones."

Girish added: "Our family is committed to continuing to raise awareness and contribute to this important cause."

You can help honour Punam's life by donating at: www.justgiving.com/page/punammalhi

WHEN FUNDING FAILS

Headway UK's new policy report reveals the devastating impact of funding cuts on community services across the UK - and in turn survivors, who are desperately trying to navigate life after brain injury.

When Funding Fails – the crisis facing brain injury charities is based on a survey of local independent Headway UK charities who describe the struggle for survival in the face of chronic underfunding as they try to meet rising demand with shrinking resources.

Over the last two years, almost 10% of the local Headway network have had to close their doors for good.

Many Headway charities told of delays in assessments for new brain injury survivors, while existing clients have had their support hours cut and transport costs denied meaning they can't attend the essential rehabilitation services they need.

Several Headway charities also described cashflow problems due to local authorities not paying their invoices on time, while other charities and volunteer-led branches have since closed their doors, leaving local areas without any means of support for survivors.

Headway UK Chief Executive Luke Griggs spoke at a reception event for the All-Party Parliamentary Group on Acquired Brain Injury, highlighting the findings of our report.

“Local Headway charities provide incredible value for taxpayers’ money and are lifelines for those who rely on their expert and caring support. But unless something changes – quickly – this network of community brain injury charities will no longer be in place to help deliver the government’s brain injury strategy when it arrives. There is still hope – but it will take the collective effort from parliamentary champions from both houses to make this happen.” (Luke Griggs)



Headway UK calls on the Government to:

- 01.** Fund national training for local authority and ICB commissioners and social workers on the complex, hidden, and fluctuating effects of brain injury, which are often misunderstood in care assessments.
- 02.** Increase and ringfence funding for community-based specialist brain injury services, such as those provided by Headway.
- 03.** Reduce waiting times and improve assessment systems by equipping adult social care teams with the resources and expertise to identify both immediate and long-term care needs of brain injury survivors.
- 04.** Expand the Fair Payment Code to local authorities and ICBs, encouraging payment within 30 days and recognising those who meet this standard - supporting the sustainability of vital brain injury services.

DEVASTATING RESULTS

BREAKDOWN

CUTS

Welfare reforms are coming – but not as originally planned



Headway UK has cautiously welcomed concessions to the UK government's welfare reform bill, though major concerns remain.

Plans to tighten eligibility for Personal Independence Payment (PIP) have been paused pending a ministerial review by November 2026. The original proposed PIP reforms, which may still go ahead in some form, risk impacting many brain injury survivors across the UK.

Survivors like Marco Gambi, from Chippenham, Wiltshire, who sustained a severe brain injury in 2016 when he was hit by a mini van while riding his motorbike.

The 54-year-old was placed in an induced coma, with doctors drilling into his head to relieve the build-up of pressure on his brain.

He had multiple fractures and needed a stent inserted into the main artery that led to his heart. Marco was in hospital for three months working on his recovery before being allowed to go home with his partner Dawn.

It took Marco, who still lives with fatigue, pain and cognitive issues, two years to go through the PIP appeal process when he was originally denied the benefit.

His current PIP allowance is in place for 10 years until 2030, but he is concerned that the next time he applies he won't be allocated any crucial money which helps with his day-to-day living.

Marco said: "I went through mandatory consideration appeals and then to a tribunal. I sent the DWP pages and pages of information from the Doctors, occupational therapist and psychiatrists that I had seen over the years of my recovery and about how my brain injury was going to affect the rest of my life.

"The mental anguish and the strain that it put on my relationship with Dawn and my family was quite scary."

Marco feels the way in which brain injury survivors are assessed for PIP is "wrong" and feels more like a "tick box

exercise", being assessed by people, he feels, who have no understanding of brain injury.

He said: "Assessors just look at you for those 20 minutes and feel that's enough to see what it's like living with a brain injury every day. They only see a snapshot, which is no way a true reflection of the difficulties I face on a day to day basis."

Marco says he is "lucky" due to receiving a pay-out for the accident which led to his injury, in addition to his PIP, but knows that isn't the case for hundreds of survivors.

"I understand that the Government are trying to save money by increasing the point system. But when they get assessments wrong in the first place those costs add up."

"If it's done by the right people straight away, it would save them money."

Headway UK has responded to the government's consultation on the changes, and we will contribute to the ministerial review.



7 strategies to manage your mental health after brain injury

Recovering from a brain injury can be a long and emotionally challenging process. Mental health issues like depression, anxiety, and frustration are common, but there are some practical self-help strategies that can make a big difference in managing emotional wellbeing.



1. Seek professional support

Your GP, brain injury specialist or local mental health team are the first step for mental health concerns. They can refer you to talking therapies, prescribe medication, or connect you with community mental health services. If you're nervous, start by speaking with a trusted friend or contacting a suitable helpline.

2. Talk about your feelings

Sharing your thoughts with family or peers can reduce feelings of isolation and help others understand your behaviour. Talking to others with similar experiences, such as through Headway UK's online communities or your local Headway, can provide comfort and guidance.

3. Understand your brain injury

Learning about how your injury affects you can reduce confusion and help develop coping strategies. For instance, someone who struggles with memory may benefit from using reminders or routines to improve daily functioning.



4. Take medication as prescribed

Use strategies like setting alarms, pill boxes or mobile apps to remember doses. Never adjust medication without consulting your doctor.

5. Recognise progress and triggers

Recovery fluctuates, so celebrate small wins and learn from setbacks. Identifying mental health

“triggers” like anniversaries or stressful places allows you to plan supportive activities and avoid relapse.



6. Try relaxation techniques

Mindfulness, breathing exercises or spending time in nature can reduce stress. You can find links to some useful NHS tools in our publication.



7. Maintain a healthy lifestyle

Focus on improving your sleep, eating and staying physically active. If mobility is an issue, a physiotherapist can recommend suitable exercises. Creating a mental health crisis plan and sharing it with others can also help you feel more secure and prepared.

We hope these tips will help you to manage mental health issues after brain injury.

You can find out more and find details of support services that can help by downloading our Mental health after brain injury publication. Just scan the QR code below.

Alternatively, **contact the Headway helpline on 0808 800 2244** or **helpline@headway.org.uk** to talk things through.





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QUALITY OF LIFE AFTER BRAIN INJURY

FINDING MEANING IN RELATIONSHIPS

'Quality of life' (QoL) is a term often used in healthcare literature, but what does it mean?

A simple definition is offered by Britannica: *"The degree to which an individual is **healthy, comfortable, and able to participate in or enjoy** life events."*

QoL can be affected by difficult life events, such as a brain injury. Many brain injury survivors and their carers report QoL worsening in various ways, such as feeling isolated, being less able to do things independently, or being unable to enjoy hobbies.

So what can help to improve QoL after brain injury? A team of researchers recently investigated seven priorities of QoL for traumatic brain injury survivors. As part of our continuing regular feature, we discuss one of these priorities of QoL:

Giving back and advocating

The days, weeks or months after brain injury can bring immense challenges and hardships to survivors and families alike. However, after a period of time, and once life settles into a 'new normal', post-traumatic growth can develop and encourage feelings such as wanting to help others, contribute to society and raise awareness of disability.

People can 'give back' in many different ways, and this can lead to positive feelings of wellbeing, as well as offering valuable peer support to others early on in their journey of brain injury.



We asked our community:

"Many brain injury survivors feel a sense of wellbeing when they 'give back' to society, such as volunteering, advocating for disability and offering emotional support to other survivors. Have you done any of these activities after brain injury, and how did it make you or others feel?"

VOLUNTEER

"I've just completed my first volunteer job and I guiltily got as much from it as the beneficiary hopefully did, it has given me a reason to move forward and compartmentalise my stroke. Something I have struggled with greatly."

"My husband sustained a moderate to severe brain injury 20 months ago and is still in recovery in a neuro rehab centre..it's an absolutely amazing place. I'd love to help volunteer or do anything to give back"

"I volunteered with Headway. Think I'm a bit flippant about my accident and scars etc. most people thought that I was part of the group and not a volunteer. It was really nice to encourage people to be positive and to more confident. I'd love to do more - very rewarding and feel I've been so lucky, so enjoy trying to give a bit back."

"For 9 years I have volunteered at Harewood House as both a gardener and now as a photographer, I've also done 2 years at a garden called York Gate in Leeds. My brain injury was in 2009 and I've found the gardening and photography have helped me as I have daily chronic pain ever since."

"I had a severe brain injury 19 years ago that damaged the left side of my brain and body, breaking 11 bones in my spine and punctured my left lung. After a year of recovery I returned to Uni to complete my final year. I decided to write my dissertation on using drama therapy for brain injury recovery and rehabilitation. I was involved with some workshops with Headway Glasgow. These workshops provided help to write up my dissertation. I then became involved with Headway Leeds on the social events and joined as a committee member with that Headway. I have been a volunteer member there for 11 years to help plan and organise social events for brain injury survivors and their family. It brings so much happiness to be able to help other people who have brain injury."

To find out more about the QoL research referred to in this article, visit our website or scan the QR code.



SCAN ME



IN HIS WORDS: **ELI'S STORY**

Until everything changed in March 2023, I didn't really know much about brain injury. I knew Michael Schumacher had one and was never seen on camera again – so I knew how serious they could be. But like all of us, I guess, I thought 'that's not something that could ever happen to me.'

I was working hard, living alone, enjoying playing sport, being with friends and family – the usual stuff. I've skied my whole life, since I was little, so I'm confident on the slopes, and looked forward to a long weekend skiing with my brothers. Little did I know how life-changing that trip would turn out to be.

The day of the accident started as normal – but from lunchtime onwards, my memory is sketchy and I have to rely on others to piece it together for me. It's funny, the things you remember; like my brother-in-law reminding me not to have a big lunch – we really wanted cheese

fondue for dinner that night! And then I remember trying out his fancy skis that afternoon which, ironically, I didn't feel safe in, so changed back to my own.

But those are the last things I remember. So the events that followed are as others have retold them to me.

We went over a lip on the mountain, and as I landed, my skis went downwards and got stuck in the snow. My feet came out of them and my head (I was wearing a helmet) hit some hardened snow and ice in a rocky ditch.

My brother saw what had happened and came to me, waving people to help. I was unconscious, barely breathing and miles from everywhere. By some miracle, two doctors, on holiday from the UK, came to help when they saw people gathered around me. I don't know what would've happened if they hadn't been there – I'm sure they helped keep me alive.

We waited for two hours on the slopes until the helicopter arrived. The medics

intubated me so I could breathe (I had a seizure while they did this) and put me in an induced coma before taking me away to hospital.

My brother wasn't allowed to come with me, so he had to see me flying off in a helicopter – with no idea what was wrong with me, or whether I would survive. He said it was the worst experience of his life. By this point it was dark – he had to ski back and give the terrifying news to my family back home.

I was flown to a hospital in southeastern France, where doctors drilled a hole in my skull to drain blood and fluid from my brain. After being put in a coma, the





brain scans showed the prognosis wasn't looking good. Doctors warned that I'd had a haemorrhage on my left frontal lobe and were convinced that, if I ever woke up, I'd be permanently paralysed on the right side of my body and would be a very different person to the one before the accident.

It was truly horrendous for my family, and it was at this point that they came to learn of Headway. There was so much information and medical jargon that they had to understand really quickly. The information Headway UK provided was a complete lifeline to them – it helped break everything down in a way that was easy to absorb, and gave them comfort that they weren't alone. Even, that there was hope.

When I finally woke from the coma, ten days later, I had no idea where I was or what had happened. I was convinced I was dying because what other reason was there for me to be here? My injury meant I didn't trust anyone, so even when the doctors or my family told me what had happened, I didn't believe them.

But over the next few days, I started to make unexpected progress. I slowly

– so slowly – started learning to walk again. It was amazing – every day, a little more progress. But it was also then that I started to understand the scale of my injury. I had to relearn almost everything. Daily goals were as simple as just managing to stay awake for one hour, being alert enough to have a conversation, being able to count. I was almost childlike.

After three weeks at the hospital in France, gradually learning how to come back to life, I returned to the UK to continue my treatment. There were times I felt really depressed. I still had a long way to go with my recovery and didn't know what the future held, but I just kept working hard and somehow, bit by bit, the old 'me' started to return.

After finally leaving hospital, I couldn't be left alone – even at home. But as my recovery continued, I was able to return to work and eventually, live independently again.

There are still unknown things about my injury – and my ability to sleep well, or recall words, is definitely harder than before. But I always believe that it will pass and tomorrow will be different.

In a funny way, I'm grateful for this experience. I learned so much about myself and how I deal with adversity. So to anyone going through something similar right now, try to hold on to a bit of hope.

When I was able to read again, my sister showed me the Headway website and downloaded loads of their booklets for me. I read as much as I could physically muster – it really helped. Because that's the dangerous part, right? When all you can do is just be in your own head and imagine the worst-case scenario – which it could so easily have been.

I'm so glad the information from Headway was there to help me overcome that – and that it's there for others, too. Because you never know when you, or your loved one, might need it.

FROM SCI-FI TO SUPPORT:

How AI could help you after brain injury

AI used to be a term you'd hear mainly in sci-fi movies, but now it's everywhere and is starting to impact society in very real ways.

In simple terms, AI refers to machines performing tasks that usually require human intelligence. Many people agree that current AI systems like ChatGPT and Gemini can, in some cases, match or even surpass human ability. It's remarkable how much progress has been made in just the last 12 months, and that progress is accelerating.

The potential of AI is hugely exciting and offers real opportunities for people to achieve more. But alongside that come genuine concerns and as is often the case, those concerns can be felt more acutely by those affected by conditions such as brain injury.

This article introduces AI as a tool that could help to support independence after brain injury, making simple suggestions for some things you can try to unlock its potential. There are no doubt many exciting ways that AI is being used across the brain injury community, and we'll explore more in future editions!

"I pay for ChatGPT, I use it every day. I also use Copilot. I wouldn't be without them. I tell it all the places I want to go, and it remembers them. It writes my letters, explains things to me and understands. Always asks if I want things organised in a particular way to help with certain parts of my brain injury. It has become such an asset."

– Ruth Wild, Facebook

How can AI help me?

AI has the potential to help in several areas - its ability to understand natural language, correct spelling and respond to voice commands makes it more accessible than many traditional apps.

For example, typing things like “subarachnoid haemorrhage” correctly might be daunting, but AI can help with spelling and understand complex terms. That said, not everyone finds AI easy to use, for instance some people with communication challenges like aphasia have told us about the barriers they face.

Here are a few ways to explore its potential:

▪ Improving written communication

Write an email or message, then paste it into your chosen AI tool and ask it to improve clarity or tone. You can also try this the other way around, telling AI what you need then refining the results.

▪ Organising daily tasks

If you're feeling overwhelmed by your task list, enter it into an AI tool and ask for help with priorities and structure. Alternatively, tell AI what you want to achieve and ask it to create a list of simple steps to get there. You can even mention your brain injury and ask it to consider things like fatigue and memory.

▪ Supporting job applications and forms

Start by explaining what you need, for instance by uploading a job description and application form, or pasting a link to a website. Then add your responses and ask AI to help shape them into a strong response. You can go back and forth until you're happy with the result.

▪ Exploring specialist AI tools

Some AI platforms offer tailored tools for specific needs. On ChatGPT, for example, the “GPTs” section includes a range of options, from “Scholar GPT” for research to “Planty” for gardening

What do I need to watch out for?

▪ Be yourself, be authentic

Whether you're messaging friends or applying for a job, your voice matters. Use AI as a helpful assistant, not a replacement. People want to hear the real you, and especially in job or benefits applications, you'll need to back up what you've written.

▪ Practice writing AI prompts

A prompt is the question you ask an AI tool. There's a knack for writing them in the best way to get a quality result, so search online for prompt-writing tips and practice until you're happy.

▪ AI doesn't replace humans

AI is a powerful tool, but it's not a substitute for expert advice and it has real trouble saying ‘I don't know’! For health concerns, speak to a medical professional. For benefits or employment support, consult a specialist. And for emotional support or guidance, friends, family, and Headway services are irreplaceable.

▪ Protect your privacy

Free AI tools may offer less data protection than paid versions. Just like anything on the internet, stick to trusted platforms.

AI and hallucinations: A note of caution

Search engines like Google are increasingly using AI to generate quick answers. While this might be great for simple queries like ‘how to boil an egg’, it's riskier for health-related questions.

AI tools are trained on vast amounts of online content, so they can get things wrong and just like humans, may put two and two together and reach five! These errors are known as “AI hallucinations”, which are not always easy to spot.

“I was very fortunate to have worked in AI so I know how to use Chat GPT etc without running into the risk of hallucination. In the early stages of my recovery, I chose not to use GenAI to answer any questions on my likelihood/pace of recovery, for my own sanity.”

– George Clarke

Always check and edit AI results before using them. We recommend using trusted sources like headway.org.uk, nhs.uk and gov.uk. When using AI-generated search results, click through to the original sources and verify the information. And if you're unsure, speak to a professional – don't forget the Headway UK helpline team are here to help!

Working in harmony

In case you're wondering, yes, a human wrote this article. Then we asked Microsoft Copilot AI to check it, and it did a great job of improving the clarity and reducing the word count. Finally, the Headway UK Communications Team gave it a few rounds of good old-fashioned proofreading. AI also suggested the title – what do you think of the result?

If you've had experiences with AI after brain injury, we'd love to hear from you. Email Andrew on headofdigital@headway.org.uk to tell us how it's worked for you.

Exploring AI, by George

"I'm George, 26-years-old, born and raised in London.

"I went to the University of Bristol for my undergraduate degree studying Philosophy and Politics, then Imperial College London for my Masters studying Management with a specialism in Finance. Since then, I have been working in the Venture Building space with a focus on Generative AI.

"In September 2024, I was in Greece and was hit by a car leaving me in a coma with right side cerebral contusion, a subdural haematoma, a mid-line shift, all amounting to a Traumatic Brain Injury (TBI).

"I returned to work for 4-5 months before having a seizure, prompting a career break for a while to focus on my recovery."

Managing with the effects of brain injury

"In the very short-term, as I came out of my coma and in the subsequent weeks, I experienced high levels of confusion around where I was and why I was there. In the mid-term, I had incredible levels of fatigue, which I managed by coming to terms with the fact that one sleep a day wasn't enough and adjusted my schedule accordingly.

"Long-term effects include the fact that I had a tonic-clonic seizure, and I now have to consider factors that many people with epilepsy manage day to day such as heat, hydration, sleep, and other triggers.

"I've also noticed an impact on my short-term memory, which has prompted a slight lifestyle change of writing everything down constantly. Using apps like ToDoist means that I don't let anything slip.

"The other change I've noticed is in how I handle stress or multiple shifting tasks at once, I'm more prone to feeling overwhelmed. Like the fatigue, this has just meant adjusting my lifestyle and the pace of life and work to better suit what I need now."

Putting AI skills to work

"Eventually, I built my own customised GPT which provided responses based on academic papers and other reputable resources. This helped me understand medical terms as they relate to my recovery, and meant that all resources became hyper-customised to my own circumstance."

Alongside a number of other exciting opportunities, George has started volunteering to help Headway UK make better use of AI in our work.

We're hugely grateful for his support!

Darren's story: Brain injury and the power of lifelong learning

When Darren Jewell fell from a balcony at just 15 months old, his parents were told he wouldn't do well at school or hold down a 'good job'.

56-year-old Darren surpassed those expectations and then some, after leaving doctors stunned as he regained full function in the one-third of his brain that was non-functioning for decades.

This is his incredible story.

Darren, from Enfield in Greater London, fell through the bars of a spiral staircase at a ground floor flat balcony when he was a baby.

He said: "My mum turned her back for a moment and I had crawled up the spiral staircase. The next thing she heard was a loud thud as I fell through the bars and hit the floor.

"I landed on my head and spent three weeks in a coma. I damaged the left side of my brain, and it weakened the right side of my body.

"I lost the first 15 months of my life. I had to start again.

"This was in 1970, so there were no MRI scans at the time. For a long time, I didn't know the extent of my injury."

Darren "surprised" his family by leaving school and attending catering college to train as a chef, a career he spent over 16 years in.

In 2001, aged 32, Darren's GP referred him for his very first MRI scan, where he found out he had pressure on his spine in two places and one-third of his brain was non-functional.

"Finding out I had this much brain damage was a shock" he said.

"Over the next 19 years I had routine MRI scans which showed no change, which was good as nothing was getting worse."

2020 brought new challenges for Darren, as he was placed on furlough from his job and eventually made redundant.

"I can't stand sitting around doing nothing, so I completed loads of online courses," he said.

"I learned computer languages, how to build websites and public speaking.

"Then in December 2021 I was asked to go to the National Hospital for Neurology and Neurosurgery at Queens Square in London.

"I was shown my brain scan and was told that I had stimulated blood vessels in my brain which pumped blood to the non-functioning area and brought it back to life.

"The neurosurgeon told me in 35 years of doing his job he had only seen this at this scale three times- and I was number three.

"I was in shock thinking 'how is that possible?'

"Who would think that you could heal a 50-year-old brain injury, but I did."

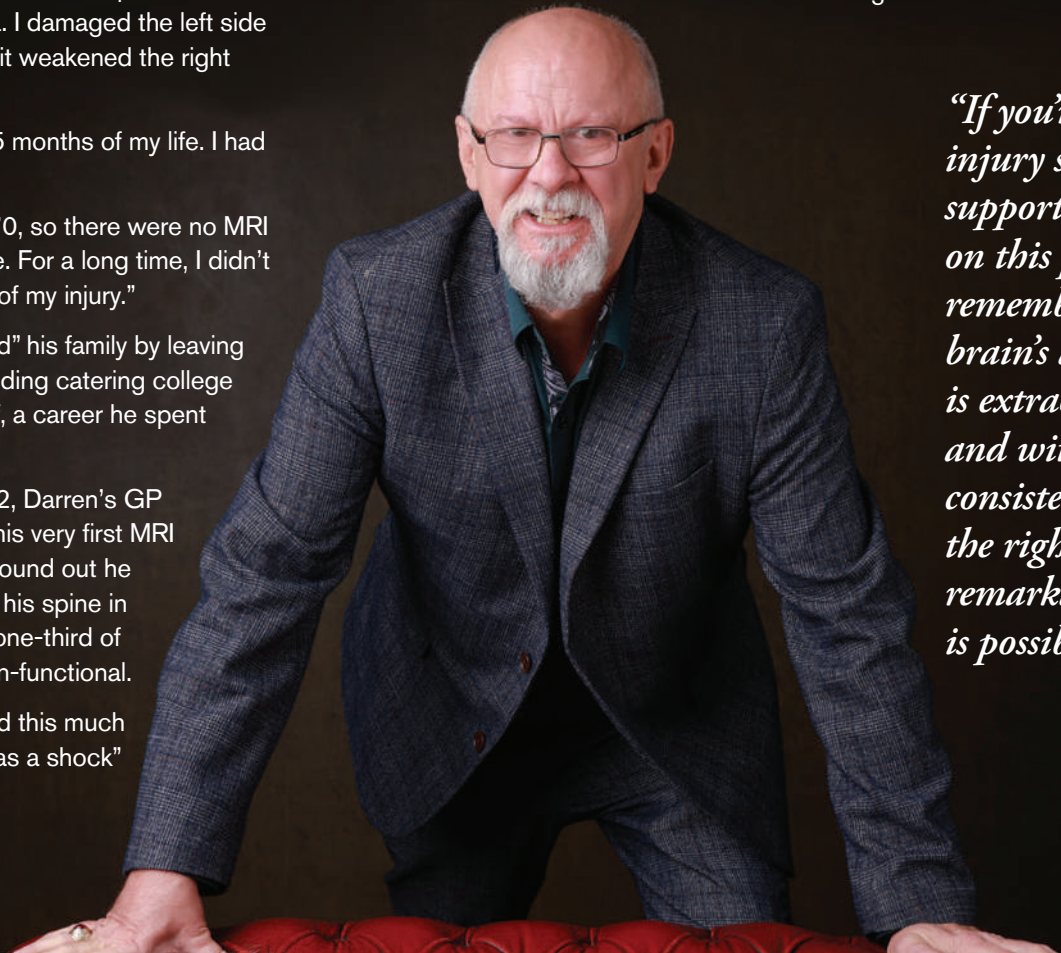
Darren says doctors believe he was able to stimulate blood vessels in his brain due to his persistent learning.

As a keen advocate of brain health and the power of lifelong learning, Darren has since turned to life coaching in a bid to help others realise their potential.

"I just want to let people know what is possible", he said.

"It's changed my life and mindset. Before all this, I would say 'I can't' or 'I can't do that' a lot. Now, I know nothing is impossible and I'm challenging myself to do things.

"If you're a brain injury survivor, or supporting someone on this path, remember this: the brain's ability to heal is extraordinary, and with patience, consistency, and the right strategies, remarkable progress is possible."





FAMILIES AFTER BRAIN INJURY

– Letters to your
past self

Letters to your past self is an initiative led by Anchor Point and funded by the University of Derby, in which families of individuals affected by brain injury were invited to write a letter to their past selves.

Forming a highly reflective collection of letters, the work illuminates emotional, psychological, and social challenges faced by loved ones navigating life after brain injury.

Participants were encouraged to reflect deeply on their journeys—capturing insights, emotions, and pivotal moments in letters that might have offered comfort or guidance to their earlier selves. The project sought to understand the lived experiences of families, exploring what they wish they'd known, strategies for coping during low points, and the essential tools for self-care and resilience. Whether written as poetry, prose, or in a conversational tone, each letter showed a moving mixture of strength, learning, and love.

Recognising the sensitive nature of the content, Anchor Point emphasised anonymity and writers were advised to exclude identifying details and consider having support nearby while engaging in the introspective process.



Celebrating the 25th Headway UK Annual Awards

The Headway Annual Awards are back - and this year we're marking a special milestone of celebrating the 25th Awards event being held!

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

Each finalist, chosen by a selection panel, will be invited along with a guest to a glittering luncheon at The Royal Lancaster in London on Friday 12 December 2025.

Categories included are Carer of the Year, Volunteer of the Year, The Headway Extra Mile Award (for staff working in local Headway charities), Alex Richardson Achiever of the Year, and Stephen McAleese Outstanding Contribution to Headway Award.

This year's event is extra special as it marks the 25th Headway Annual Awards - that's 25 times that dozens

of amazing individuals up and down the UK have been celebrated for their outstanding efforts in working to improve life after brain injury.

Last year saw Rola Azizeh, David Sinden, Stephen Davies, Joyce Cattanach and David Chater all pick up an award in recognition for their endeavours.

Rola Azizeh gave up her life and home in Bethlehem to move to London to care for her son Joseph after he sustained a severe brain injury in 2017, when he was hit by a car while he was crossing the road.

Rola received the Carer of the Year Award - sponsored by Hugh James, in recognition of the way she has supported Joseph, ensuring he has a fulfilling life.

Digital artist and brain injury survivor David Sinden, from Wales, was awarded the Alex Richardson Achiever of the Year Award - sponsored by Slater & Gordon, for the positive impact he has on his community, welcoming new members to Headway Cardiff & South East Wales, as well as offering words of encouragement and going out of his way to support anyone who is struggling.

Brain injury survivor Stephen Davies, from Stockport, received the Volunteer

of the Year Award - sponsored by Anthony Gold Solicitors, to celebrate an incredible 40 years of volunteering with Headway South Manchester and Stockport, starting just after the charity's inception in 1983.

Stephen's brain injury meant he could no longer work, and he started to devote his time to Headway UK.

Joyce Cattanach, from Headway East Lothian, received the Extra Mile Award - sponsored by Irwin Mitchell - in recognition of her support for brain injury survivors in Scotland for nearly two decades.

And David Chater was awarded the Stephen McAleese Outstanding Contribution to Headway Award, for his involvement with Headway Birmingham & Solihull, during which he has been instrumental in increasing the charity's turnover - from £100,000 to now over £2 million - over his two and a half decades with Headway.

December will see more deserving individuals celebrated for their achievements, enthusiasm and commitment. Thank you to everyone who has nominated someone wonderful. Look out for news of the shortlist this autumn on our website and social media.

VOLUNTEER

At a Headway Shop

'Gaining confidence', 'being a valued member of a team', and 'learning new skills' are just some of the reasons listed by dedicated volunteers working at Headway UK charity shops across England – and YOU could join them.

Headway UK is encouraging anyone looking for a new experience or an opportunity to give back in their community to consider joining its team of retail volunteers.

Our retail sector is a crucial aspect of the work we do in supporting those affected by brain injury across the UK, with each item sold helping to continue frontline services including our freephone nurse-led helpline and Brain Injury Identity Cards.

Why volunteer?

Volunteers get the chance to experience a variety of tasks from serving customers to sorting stock and dressing windows.

Charlie Pearson, 27, has been volunteering at Headway UK's shop in Sheffield since it opened in July 2024.

The former civil servant was diagnosed with a grade 2 astrocytoma brain tumour in 2019, aged 21, after having a seizure. He underwent surgery at the time, going four years without recurrence.

However, in 2023, Charlie had another seizure and was diagnosed with a grade 4 glioblastoma, with doctors giving him the heartbreaking prognosis of six months to live.

Charlie had an awake craniotomy and combined radiotherapy and chemotherapy. He lives with fatigue and cognitive issues including struggling with his memory, finding words and recognising faces.

"I got really depressed because I couldn't do my old job in the civil service because it's high stress", Charlie said.

"I retired from my job and started volunteering at Headway UK Sheffield. I love helping out and being a valued member of the team – it lifts my spirits.

"I love talking to customers, pricing up items and creating the mannequin arrangement.

"Volunteering helps with my mental health and feeling down. It is probably the best role I've ever had!"

Penny Brown, aged 21, has been volunteering at Headway UK's Barnsley shop since November 2024 and currently volunteers three full days a week.

She said: "I really enjoy working on the till and meeting different people in and around Barnsley.

"The interactions I have with customers has made me much more confident, since I always considered myself a shy person around new people.

"I especially appreciate when people who have had a brain injury themselves, or know someone who has, tell me how grateful they are for the work Headway UK is doing

and that there is now a shop in Barnsley."

Penny said she would "encourage anyone to volunteer with Headway", adding: "I have made new friends and gained new skills, and I wouldn't have had that opportunity without the charity being here."



David Byrne, Head of Retail at Headway UK, said: "Volunteers choose what hours and what days you want to work, and you'll get plenty of training and support as well as working in a team of great people.

"We encourage you to get in touch via our website if you want to get involved!"

Start your volunteer journey today by visiting: www.headway.org.uk/get-involved/volunteer-with-us/charity-shops



Second Hand September 2025

Headway celebrates greater sustainability and community spirit!

Record breaking CO₂ savings

There has never been a better time to shop second hand and support your high street, Headway UK and brain injury survivors and their families.

Thanks to our amazing customers donating particular items which help the environment, we have used a carbon calculator to work out that Headway shops this year saved **1,756,752.8kg** of CO₂. That's an increase of nearly 160 tonnes since 2023 - the equivalent of planting **892,267** trees that will clean our air for years to come.

Milestones beyond carbon

Although essential for the betterment of our environment, it's not just carbon wins we have enjoyed this year.

• **Volunteer power:** Over 100,000 hours donated in our shops – a 12.3%

rise on 2024, fueling better service and stronger communities.

• **Donations in-store:** A remarkable 303,294 donations were handed in at our shop doors, ensuring more wonderful finds for our customers.

• **New shop launch:** We opened our newest store in Huddersfield, extending our reach, offering a fantastic new shopping location for local people and supporting more survivors, families and carers with life after brain injury.

Our commitment inside and out

All Headway shops feature energy efficient LED lighting, further lowering our carbon footprint and demonstrating our commitment to environmental stewardship.

Join the movement:

- **Shop** secondhand for sustainability and style.
- **Donate** your preloved items to support life after brain injury.
- **Volunteer** in a Headway store and make a real difference.

Together, we'll make fashion kinder to our planet and stronger for our communities.

Visit: www.headway.org.uk/secondhand-september



REEL RECOVERY

When Karl Vause couldn't take part in the hobbies he used to prior to sustaining a brain injury, he knew he needed to find a new pastime.

That led dad-of-one Karl to try fishing, which he says not only improved his mental health, but sparked a passion to help other brain injury survivors.

Karl, from Worsley in Salford West, sustained a traumatic brain injury (TBI) five years ago in 2020 following a road traffic collision, where he was knocked down by a speeding driver.

"I sustained a lot of physical injuries as well as a brain injury," Karl said.

Since then, Karl has struggled with fatigue, speech and language issues as well as his sleep, as he now has sleep apnoea and must use a Continuous Positive Airway Pressure machine.

Before the collision, Karl said he was a "very active person with plenty of hobbies", including mountain biking, football and golf.

"Now, due to the accident and my injuries, I've had to reinvent myself", said Karl, who previously worked as an Associate Director at his former company.

"It was a very hard and emotional journey full of setbacks.

"The turning point for me came in the spring of 2021. Following surgery after surgery I was scheduled for even more surgery. I started to really struggle mentally and went into a dark place.

"My employer was fantastic and supported me all the way through the recovery, but it became apparent that it wouldn't have been feasible to continue the job.

"But I wanted to try and do something.

"Fishing had been mentioned a few times by various people to try as a hobby. I went out to a local fishing spot on the canal and set up and attempted to catch my first fish.

"I didn't catch that day but that didn't matter, I really enjoyed it. You could say I was 'hooked.'

"It's hard to explain the feeling I had. My mental health improved so much, I felt so much better in myself.

"It has helped me tremendously. And so has the support from my amazing wife, family and support team- I wouldn't be where I am today without them."

From there Karl qualified as an Angling Trust level 2 angling coach and set up his own business, Reel Recovery with Karl, in a bid to help other survivors get out in the great outdoors and enjoy a hobby.

"It's great to see people's faces when they catch a fish," Karl said.



"I want to help others, and I truly believe people will get a lot out of fishing with me."

Karl - whose biggest personal catch has been a common carp, which weighed in at a whopping 23lb 6oz - is keen to offer his services to anyone who has sustained a brain or life-changing injury, or who struggles with their mental health.

His one-and-a-half hour long sessions are tailored to client's needs, and no fishing experience or equipment is required.

You can visit Karl's Instagram page (@reelrecoverywithkarl) for more information or email him at: Reelrecoverywithkarl@gmail.com



HEADWAY UK CHRISTMAS CARDS 2025

Support Headway UK this Christmas
and improve life after brain injury



Santa and Reindeers



Christmas Post Box



Glory to the Newborn King

£3.75
per pack
of 10!

Square cards are 15 x 15 cm
& rectangular 12 x 17 cm



Oh Christmas Tree

All cards include the
same greeting inside:
'Merry Christmas and a
Happy New Year'.



Christmas Cactus



Robin in the Crescent Moon



Snowperson



Peace, Hope and Joy Angels

WHERE TO BUY

Visit shop.headway.org.uk
or scan the QR code to
order online.



SCAN ME!

You can also call the Headway
offices in Nottingham on
0115 924 0800 to order!

Do you live near a Headway UK shop? Find
our 8 designs at one of the following outlets!

North

- Alsager
- Altrincham
- Lymm
- Poynton
- Whitchurch

East

- Beeston
- Harborne
- Mapperley
- Yardley
- Sheffield
- Glossop
- Barnsley
- Huddersfield

Midlands

- Alcester
- Ashby
- Loughborough

GOOD TO KNOW

Headway UK Christmas Cards are all
sold in recyclable cellophane bags.

COMPETITION WINNERS

This year, four of our cards have been designed by Headway UK service users for our annual Christmas Cards competition. Congratulations to this year's winners! Read more about them in the Christmas issue of Headway News.



MEET DEBORAH AND BONZO

“Bonzo the bear has been my constant in life, but Headway UK was there for me when I needed support most. When I called the helpline, there was someone there on the end of the phone.”

Deborah Johnston, from Stevenage in Hertfordshire, was diagnosed with a brain aneurysm in 2015 after she began having balance issues.

It wasn't the first time Deborah had heard the words “brain aneurysm”, as her mother sadly passed away due to a ruptured aneurysm when Deborah was just two years old.

Fast forward some 47 years later and Deborah was told the devastating news that she had “quite a large brain aneurysm” and would require surgery.

“I just burst into tears”, the now 59-year-old said. “The way I was told it was like they were telling me I'd sprained my ankle. It was just a whirlwind after that.”

Doctors operated within weeks, with nanny-of-five Deborah spending time in the High Dependency unit post-surgery due to pre-existing renal issues.

She said: “The headaches and recovery afterwards are just horrendous.

“The lights in the ward were so bright. My sister leant me her sunglasses, and

ever since then I've had light phobia. If the lights are too bright, I struggle. I get words mixed up and can't cook anymore. It's made a huge difference to my life.

“I'd gone from feeling quite well - apart from the balance problems - to having this operation and now symptoms, but obviously it saved my life, so it's a small price to pay to be alive and still be with family.”

Deborah turned to Headway UK for support following her operation, as she wanted to better understand brain injury and the different symptoms she now faced.

She said: “When I went to hospital, there was no-one to explain why I was sensitive to bright lights and why I couldn't do certain things anymore. But when I phoned Headway UK, there was someone there on the end of the phone.

“They answered the questions that the hospital couldn't answer. They were just there to listen. I also struggled big time during Covid-19 lockdown, and it was Headway that I turned to. They phoned me all throughout lockdown to check that I was okay. They have been absolutely amazing.



“I've now done my funeral plan, and I've put in there that any donations should go to Headway UK, because they're the ones who have supported me so well.”

As well as Headway UK, Deborah sought comfort in the one constant in her life- her teddy bear called Bonzo, which she has had since she was a toddler.

Bonzo was given to Deborah when her mum sadly passed away and Deborah said she “took him everywhere”.

“He was the comfort I needed”, she said. “I used to talk to him and share happy and sad times with him. When I was diagnosed with my brain aneurysm, I just thought ‘oh Bonzo’ and hugged him and cried.

“Even though I have my husband and family, Bonzo has been my constant in life. You don't meet your husband until later in life whereas Bonzo has been with me since I was a child.

“He may look like a scruffy bear to you but to me he is as treasured as if he were an antique.”

Finding my Voice

In 2012, Elizabeth's son had an accident whilst cycling to work. He sustained a bleed on the brain, a shattered clavicle and subsequently, tonic clonic epilepsy.



In the years following, Elizabeth turned to poetry, and has since raised nearly £1000 for Headway Lancaster and Morecambe Bay. Here, in her own words, Elizabeth tells us of how she found her voice, and Headway UK.

"When someone sustains a brain injury, whether it be through an accident, illness, a stroke or an assault, there is a ripple effect. The impact extends far beyond the individual, to include family, friendships, carers and loved ones. The brain injury survivor's personality may change; they may have communication, memory and confidence issues amongst other things.

"David had recently graduated and was working as a support worker at UCLAN when he had his accident. As a family, we were completely at a loss until we discovered Headway UK.

"If I am asked about my involvement with the charity, I always say Headway UK gave me back my son. And thus a link was formed and developed. I am now joint vice chair of Headway Lancaster and Morecambe Bay.

"Headway UK helped us, and countless other families, by offering advice, support, social opportunities, advocacy, a listening ear, and a level of understanding we so needed.

"The staggering fact is that every ninety seconds, someone in the UK is admitted to hospital with an acquired brain injury.

"We at Headway UK Lancaster and Morecambe Bay decided to do our own challenge based on that number. My '90 Challenge' was to put together a short book of my poetry and illustrations and to try and sell ninety copies!

"My poetry is inspired by people and places I know well and also by my love of the natural world. I have been writing on and off all my adult life but never had the confidence to put any of my work to print. Poetry is very personal form of writing and to put it out there in print is to make one's self somewhat vulnerable. However, when I thought about this I realised that the members we serve are all made 'vulnerable' by their brain injury. So I went for it!

"I initially had 100 books printed and further down the line I've had another 100 done.

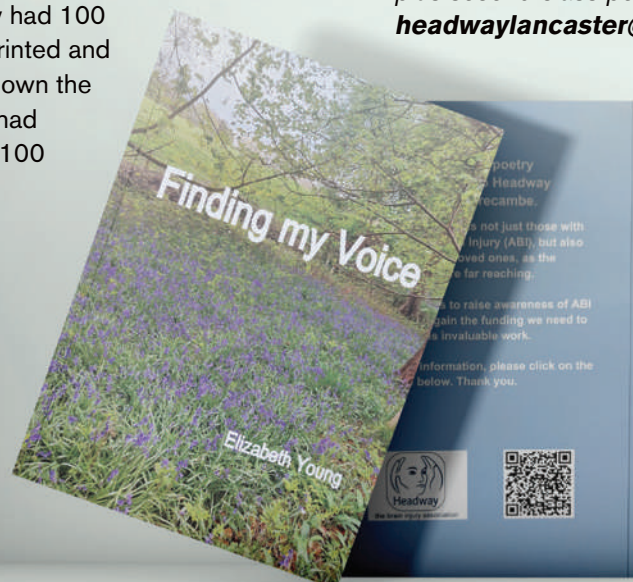


The experience has been so rewarding. I've had plenty of support and encouraging comments. The hardest part was choosing a title. All sorts of bad ones went through my mind (including Fifty Shades of Grey Matter!) but 'Finding my Voice' is exactly what I had done, so that was chosen. It also references the members of Headway UK who are faced with finding their voices again post trauma.

"Headway UK means the world to me. It brought back my son who would have been dead by now without their intervention. I have made the best friends I've ever had there, and to me it feels like family!

"To date donations for my book have raised nearly £1000. I have reached my target of ninety books and I'm on to my second printing. I am absolutely thrilled at this figure. It is more than I ever imagined when I had the idea to do the challenge."

If anyone would like a copy (there is a suggested minimum donation of £5, plus second class postage), email headwaylancaster@gmail.com





the brain injury association

octopuslegacy

Make your Will for free now.
Make a difference for the future.



A gift in your Will to Headway UK ensures those affected by brain injury don't face an uncertain future alone.

Headway UK has partnered with Octopus Legacy to offer you the opportunity to make a basic Will* for FREE.

Scan the code or visit headway.org.uk/legacy to claim this offer. Or, call 020 4525 3605 and quote 'Headway'.



**We will cover the cost of a basic Will up to the value of £150. Offer open until 31 October 2025.*

With *you* every step of the way

Redkite Solicitors are award-winning serious injury lawyers who specialise in life-changing injuries.

Our specialist lawyers have extensive experience in dealing with brain injuries.

Our team have more than 30 years' experience and have the knowledge to help you achieve the justice you deserve.

Our focus is ensuring that you receive life changing rehabilitation to help you and your loved ones rebuild your lives.

We will be with you every step of the way to ensure you receive the compensation you deserve.

We provide a nationwide service and are more than happy to visit you in hospital or at your home.

"Rebecca and the team at Redkite have been fantastic. Having access to private rehabilitation and care while the claim was ongoing has benefitted our daughter enormously, the financial security we now have for her will be life changing and will ensure she reaches her full potential and all her future needs will be met. As a parent it has taken away so much of the stress and worry." - Becky



"I am proud to lead a team of specialist lawyers who truly care about their clients. At Redkite we really get to know our clients so that we can understand their needs. We also take time to get to know their family. Brain injuries affect so many and it is so important that there is support in place for all that have been affected. We pride ourselves on being approachable lawyers with a drive for securing outstanding results."

Sophie Jones Partner and Head of Personal Injury and Medical Negligence
Head Injury Solicitor



"Supporting my clients with a brain injury is about understanding them, their needs and goals, and making their voices heard. It's not just achieving financial security for the future, in opening the doors to access specialist care and rehabilitation they have the best possible chance to rebuild their lives."

Rebecca Proctor Partner
Head Injury Solicitor



"Presenting a brain injury claim requires the support of a team of specialist experts, who are leaders in their field to support the claim, at Redkite we provide this through our experience acquired over many years, and we have applied it successfully for the benefits of our clients in many multi million pound claims."

Bryan Thomas In-house Counsel

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Redkite Solicitors is a full serviced law firm and has 17 offices across Wales and England, with offices in:

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Leading Personal Injury and Medical Negligence Lawyers



Boyesturner 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
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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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