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Winter 2016

Headway News



The magazine of Headway - the brain injury association

Tired of
feeling
fatigued?

*Your
Christmas
top tips*

*'Why we shared
our special day
with millions'*





Supporting Headway is as easy as pie...

MINCE PIE MORNING

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

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the brain injury association

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.



the brain injury association

Where will you be in 10 years' time?

At Headway, we know that with the right help, at the right time, there can be life after brain injury. Quite rightly, we promote a message of encouragement to those battling to rebuild their lives after brain injury, while acknowledging that for some that's sadly not an option.

Having a strong drive and determination can help on the long road to recovery, whatever form that may take. Of course, that is so much easier said than done and effort alone cannot fix an injured brain.

But when we hear of brain injury survivors celebrating achievements or milestones they never thought possible, we can't help but feel humbled and inspired.

The front cover of the 2007 Headway Annual Review featured the smiling face of Christina Corp. When she was just 17 years old, Christina was involved in a road traffic collision that left her in a coma for 13 weeks.

Less than three years later, Christina chose to share her experience of brain injury. In the article, Christina spoke about having to re-learn to do everything she once took for granted. She explained how difficult that was for a 17 year old to accept. She

opened up about losing her memories and sense of self.

But she also spoke of hope. Of determination. Of looking forward to a positive future – however different it might be from the one she had planned.

Fast forward a decade and there's Christina – sat on The One Show sofa, being interviewed live on primetime television with her new husband alongside her.

And that got us thinking. Where will we all be in 10 years' time? What will we achieve? Or more to the point, what could we achieve?

Achieving meaningful goals is about setting appropriate targets that are both realistic and yet challenging. It's about ensuring you have the right help. And it's about having the right attitude.

Christina has shown that there can be life after a severe ABI. It is hard to not be inspired by her positivity or indeed the achievements of our 12 Annual Awards finalists (you can read about them on page 16).

What will happen in each of our lives over the next 10 years? Who knows! In the meantime, let's all raise a glass in honour of the happy couple and celebrate all achievements – large or small – that prove there can be life after brain injury.

The Communications Team

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www.headway.org.uk/donate

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The magazine of **Headway - the brain injury association**

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Your views...

In the build-up to this year's Headway Annual Awards, we are in the mood for celebrating success! So, we asked our social media communities for their successes throughout 2016 – and it seems there have been plenty!

Getting a certificate for Volunteer of the Year in Gosport as I am a service user mentor and volunteer for my local Headway.

Matt2584

My hubby going back to work, while I continued with my psychology degree. I also realised that trauma does change you and make you look at life in a very different way. I learned to play to my strengths not my weakness!

rayheath43

It is so easy to focus on what we can't do now rather than the joys of our new beings. My achievements? Obviously surviving and getting home was a biggie. But the more interesting ones include being able to sew and make clothes again, and driving once more.

maureen103

Getting over 125,000 folk to view my film, Some People, and talking to others about their brain injuries from as far afield as Sydney, Minnesota... and Hull!

BaronC

I had been planning on a trip to Australia just before my accident. This year, two years on, we did it. It was a long, hard flight but we not only managed it but enjoyed it, which was by no means certain as holidays are rather hit and miss now!

RogerCMerriman

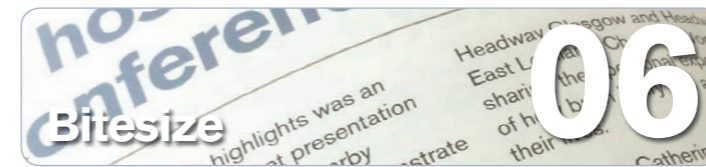
Coming to the realisation that taking actions to make life better, no matter how small, keeps my mind off of the losses from the brain injury and improves the quality of my daily life.

sca2013

I walked the Pennine Way on my own over a couple of weeks in September for Headway. I raised £1,708.59, including Gift Aid.

DTBI

...in this issue



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#HeadwayHeroes

Questions remain over WCA changes

Headway has welcomed proposed changes to the Work Capability Assessment (WCA), but questions remain as to whether or not those living with acquired brain injury will benefit.

Work and Pensions Secretary Damian Green stated in a speech at the

Conservative Party conference that recipients of Employment and Support Allowance who have severe conditions and have no realistic chance of getting better would no longer have to undergo periodic reassessments.

Peter McCabe, Chief Executive of Headway, said: "We warmly welcome this long-overdue improvement to the process of claiming this vital benefit.

"Not only will it ease the stress and anxiety of thousands of individuals and carers, but also it will result in significant cost savings.

"Brain injury simply must be among the conditions to be included in this exemption, while we would also encourage a similar course of action to be taken with assessments for Personal Independence Payment claimants."

Hard-hitting helmet study


A study of more than 64,000 cyclists has found that wearing a cycle helmet reduces the risk of serious head injury by 69%.

Researchers from the University of New South Wales in Australia collected data from more than 64,000 cyclists from 43 previously conducted international studies, making this the largest review on cycling and helmets to date.

The findings of the study, entitled *Bicycle injuries and helmet use: a systematic review and meta-analysis*, were presented at an international injury prevention conference in Finland and published in the International Journal of Epidemiology.

This comprehensive piece of scientific evidence offers further proof of the effectiveness of cycle helmets.

The message to all cyclists is simple: Use your head - use a helmet!




CYCLE HELMETS

DON'T HIT THE ROAD WITHOUT ONE

If you have a question about brain injury or require help or advice, contact the freephone Headway helpline on 0808 800 2244 or visit www.headway.org.uk

USE YOUR HEAD. WEAR A HELMET.




Nuggets of news in a bitesize bulletin

Headway has launched a new monthly e-bulletin to help keep supporters up-to-date with all the charity's news and developments.

Each month, we'll bring you a selection of some of the news we

think you'll like to read, including news coverage, policy developments and new projects.

Simply go to www.headway.org.uk/bitesize to sign up and ensure you're kept up-to-date with how we're improving life after brain injury.

British Medical Association boost



The quality of Headway's freely accessible information library has once again been recognised by the British Medical Association (BMA).

The charity's all-new website and the booklet *Claiming compensation after brain injury* both received Highly Commended status at the prestigious BMA Patient Information Awards 2016 ceremony.

The latest awards bring the total number of BMA accolades claimed by the charity to 22 in just eight years.

Delays in neuro rehab 'can impact recovery'

A study conducted by the Chartered Society of Physiotherapy (CSP) has found 85% of health trusts do not offer stroke victims physiotherapy within two weeks of leaving hospital.

Researchers also identified that a fifth of health trusts cannot offer patients support for the physical effects of their brain injury until at least 13 weeks after their stroke, while that wait is extended to 18 weeks in 4% of trusts.

Headway's Director of Communications Luke Griggs reacted by stating:

"The findings of this research are a matter of grave concern. It is vital that all patients who sustain acquired brain injuries - whether from a stroke, tumour, trauma or any other cause - have early access to specialist acute neurological rehabilitation."

news you may have missed...



Supporting Headway is as easy as pie...

MINCE PIE MORNING

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

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#mincepiemorning



Registered with the Charity Commission for England and Wales Charity No. 1055633 and the Office of the Scottish Charity Regulator (Charity No. SC 23962)

Supporting Headway is as easy as pie!

Christmas is a time of giving – and enjoying plenty of festive food! So why not combine them both by hosting a Headway Mince Pie Morning?

As fundraising challenges go, this one should be quite enjoyable. We're asking you to share some lovely Christmas treats over a cuppa with friends or family, or hold a Headway Mince Pie Morning in the office.

Simply choose a day that suits you, bake or buy some pies, and ask your guests or colleagues to make a donation to the charity.

Contact the fundraising team on 0115 924 0800 or projects@headway.org.uk with any questions or to request posters, and don't forget to promote your event on social media using #MincePieMorning.

Latest tragedy puts boxing in spotlight

The dangers of boxing have once again been exposed in the cruellest form following the death of British fighter Mike Towell, who sadly died following severe bleeding and swelling to the brain after a bout in Glasgow.

The tragedy, which follows recent incidents including fellow boxer Nick Blackwell being left in a coma and

the death of mixed martial arts (MMA) fighter Joao Carvalho, has led to the British Medical Association renewing its call for boxing and MMA to be banned.

Speaking to the national media, Headway's Peter McCabe said: "We are deeply saddened to hear of this tragic and needless loss of life. It is another in a long line of boxing tragedies where lives have been lost or irreparably damaged as a result of brain injury."

Heading for change?

A study by researchers at the University of Stirling has found that repeatedly heading a football can impair memory function by between 41% and 67%, with the effects wearing off within 24 hours. The study was based on 19 footballers all aged in their early to mid 20s.

Headway welcomed the study but urged a cautious approach to interpreting the results.

"Our understanding of the effects of sub-concussive impacts is increasing as more research is conducted," said Luke Griggs, Director of Communications at Headway.

"However, there remains a lack of medical consensus about the

long-term implications of heading a football or whether certain age groups are at greater risk.

"Large-scale longitudinal studies are needed. In the meantime, it's important to address safety measures with common sense so as to not discourage people from taking part in sports that take a responsible approach to head injuries."



BOXING ALMOST COST ME MY LIFE

When amateur boxer Daniel Flaherty stepped into ring he never thought that hours later he would be close to death.

Daniel, from Stirling, collapsed after losing a fight that could have seen him named Scottish Novice Champion. Instead, the bout left him needing life-saving surgery to stem the bleeding on his brain before having to have a part of his skull removed to ease pressure inside his skull.

"I saw every punch and I didn't think anything was wrong," said Daniel's father, John. "Even when he had collapsed and I saw him on the oxygen I didn't think it would be anything that bad.

"Only when a nurse said 'Your son is seriously ill' did it all hit me."

Daniel, who was a joiner before his brain injury,



Daniel (right) in action

was in hospital for a total of four months before returning home. But boxing has left him with memory and speech problems, as well as issues with fatigue.

This year has seen a number of high-profile stories which have again highlighted the dangers of this brutal sport. In October, Dundee welterweight Mike Towell collapsed and died after a bout in Glasgow, while Nick Blackwell had to retire from the sport after being put into an induced coma following his fight with Chris Eubank Jr.

The latest tragedies have led the British Medical Association to renew its call for boxing to be banned, while Daniel believes they should act as warning that something has to change.

"These recent incidents should be a wakeup call for everyone," he said.

"I didn't think I might get hurt or that anything would happen to me. I never thought that boxing would lead to me being so close to death."

Daniel's father is also passionate that more needs to be done to educate people about the real risks of the sport.

He said: "I want to chip away at some of the ignorance that is around the sport. People need to fully understand the dangers of boxing before they step into the ring.

My Story...



Daniel is now trying to rebuild his life after his boxing brain injury

"You often hear people say that it's rare that boxers get badly hurt – but I don't think that is the case. I think that it's just not widely reported or, if it is reported, it's not the full story.

"After it's been in the press, it is soon forgotten about. The public and the promoters are quick to move onto the next fight.

"The boxing boards should be more transparent. Figures about the long-term injuries that boxers are left with should be collated and published – including for amateur bouts.

"Even the most avid boxing fans don't know the facts and if they want to find them – they can't.

"When boxers step in the ring they never think the worst will happen to them. But what happened to Daniel can happen to all boxers.

"If I could go back in time, I would have encouraged him to stop boxing, I would have said – Daniel, just leave it son."

HOW TO SURVIVE OR THRIVE AT CHRISTMAS



Christmas is a time when families and friends come together to eat, drink, and be merry – or so we're led to believe.

In reality, however, a busy social calendar, family politics, complex meals to plan and prepare, present shopping to do, and an expectation to keep smiling can mean 'tis not *always* the season to be jolly!

This is particularly the case when you combine these common stressors with brain injury effects such as fatigue, difficulty with planning, memory problems, and intolerance to noise. For some, the very thought of Christmas can result in nightmares!

So how do people with a brain injury plan for a stress-free Christmas? We posed the question to our Facebook and HealthUnlocked communities and received some excellent tips.

PLANNING

Forward planning seems to be the key, helping to put things in place before the big day: "Beforehand, let your family know you will need lots of breaks throughout the Christmas period," said Sonia Piper-Notley.

Randomphantoms has a few ways to avoid the last minute panic: "Circle the calendar or memo your phone to remind you to order meds to see you through until the new year. Present shop throughout the year. Clear at least a few days for wrapping, same again for delivery. As for food shopping, I start adding a Christmas item each week to the shopping for the freezer."

For Blim, it's all about lists: "I have lists. It's the only way Christmas happens. I also do as much in advance as I can."

Paxo05 has a similar approach, but also offers a way to stop memory problems getting in the way:

"The run up before can be overload time so once again plan shopping. I wrap and hide presents – but I have to remember to let someone else know where I've put them...yes I have found presents at Easter time."

CHRISTMAS DAY

On the day itself, fatigue plays a part for many. It's really important to be aware of what triggers your fatigue and don't be afraid to put yourself first, taking time out if necessary.

"Try not to do everything, accept help, ask for it if needed, try and space out the visits so not everyone all at once or, if not possible, take regular breaks, hour naps or lie down," said Lisa-marie Scott.

Sonia Piper-Notley agrees: "Don't be afraid to say 'I'm going to have a rest now' then join back in when you are ready!!!" and iforget has a great idea for refreshing yourself on the big day:

"Maybe take a walk...a short stroll in the fresh air can be a welcome break from the heat and chaos indoors...or shoo everyone else out for a walk and enjoy the peace and quiet!"

If you're cooking for friends and family, get help when needed but also think about ways to make the process easier, as Cat3 does if she's required to do the Christmas roast:

"I started buying a turkey crown so there's no messing with legs, wings and bones, just slicing tender meat and equally tasty!" she said. "And my stuffing was the 'Paxo' type, which I prepared the night before ready for crisping in the oven the following day. I also peeled all the veg on Christmas Eve. And my pudding was a bought one which took 3&1/2 mins in the microwave."

DOING WHAT SUITS YOU BEST

Moo196 makes an excellent point that you shouldn't feel pressured to

do things a certain way: "Most of all I would simply say 'do it your way'...you don't need to keep it like a traditional and fairytale Christmas. Make it manageable...eat pancakes if that's what you want, don't give presents if you can't afford them."

Razyheath43 agrees, highlighting the financial strain at Christmas: "A general tip would be keep it all as simple and cheap as you can and, if you are hosting, ask family to bring a contribution to the dinner."

It's fair to say Christmas isn't for everyone, and BaronC has a creative way to avoid the big day altogether: "Retreat, retreat, retreat, it's the only way. Attempt to hibernate if at all possible."

But for many, with careful planning and supportive people around you, it is possible to have a happy Christmas after brain injury. As Matt2584 says: "Mellow out. Christmas shouldn't be stressful...What I would mostly want for Christmas is to have a good time, good food and good company."

HOW TO RUN A Fabulous Fundraiser

At Headway, we're continuously impressed, inspired and humbled by the incredible efforts our supporters go to in order to raise money to help us improve life after brain injury.

To help our fabulous fundraisers to raise as much money as possible – and have fun doing so – we've put together some top tips...

WHERE DO I BEGIN...?!

The first thing to decide is what kind of event or activity you want to do. You can choose to support Headway UK through one of the organised events listed on our website, or create your own event to raise money for either Headway UK or your local group or branch.

If you're stuck for inspiration, why not check out our A-Z of fundraising ideas on our website?

Top tip: If you're doing a personal challenge, pushing yourself out of your comfort zone may encourage people to be more generous with their sponsorship.

GET ONLINE

To help you generate and manage your fundraising, we suggest you set up a fundraising page on Virgin Money Giving. It's simple to do and a great way for people to sponsor you while learning a little more about Headway.

LET'S GET TOGETHER!

Community events are a fantastic excuse to bring people together to raise money – and awareness – for a cause close to your heart.

It needn't be a huge event requiring lots of planning. It could be something simple such as holding a 'dress down day' in your workplace. Or how about hosting a Headway mince pie coffee morning with your friends or colleagues? Simple, fun – and tasty!

Top tip: Why not introduce an element of fun into group events by having a competition for the best outfit or winning quiz team?

IT'S ALL IN THE... TIMING

Choosing when and where to hold your event is important. Make sure you give yourself plenty of

time to plan, and try to avoid clashing with any major events.

Think about where you will hold your fundraiser. You might want to consider hiring a venue for evening or larger-scale events.

Top tip: Make sure you tell any potential venues that your event is for charity as they may even be able to offer a discount!

HOW MUCH?!

It's important to set a fundraising target before you start. You'll want to be ambitious, but you also need to be realistic.

Think about who you are asking to donate or sponsor you. Are you asking just friends and family, or will you be looking for corporate support for your event? The answer to that question may dictate your fundraising ambitions.

Top tip: Choose a fundraising target that is achievable. Anything you raise above that total is a bonus!

PAYING FOR IT

Plan how you are going to cover any costs, such as venue hire, promotional materials or refreshments.

You could do this by charging entry fees or selling refreshments, for example.

Approach local businesses for their support; often they will be willing to sponsor your event with prizes or donations in return for publicity.

Top tip: Create a spreadsheet to help you keep track of all income and expenditure.

SHOUT ABOUT IT!

People can't support you if they don't know what you're doing – or why.

Tell your local press, use social media, and persuade your friends to spread the word. And remember to use #HeadwayHeroes on all your social media posts!

Top tip: Check out the Get Involved section of our website for a host of useful documents, including advice on drafting a press release.

THE SAFETY CATCH

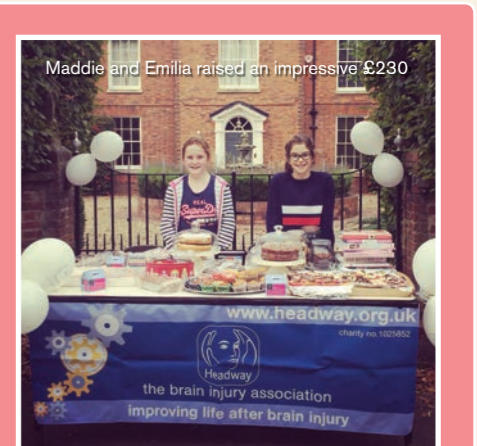
Remember to carefully consider all health and safety issues to ensure that your event runs safely and smoothly.

Again, our website has plenty more information on the safety issues you need to consider.

ALL DONE? NOT QUITE...

Don't forget to say thank you to all those who have supported your event and let them know how much you raised so they can help celebrate your success.

Finally, make sure you let us know how it went! We love to hear about what our amazing fundraisers have been up to. After all, you're all #HeadwayHeroes to us!



Maddie and Emilia raised an impressive £230. Emilia D'Adda (9) and Maddie Worths (10) raised £230 by organising a cake sale in support of Headway. They let Headway know their plans in advance of the event and were able to benefit from fundraising materials – which they used to decorate their stall – and information leaflets that gave their supporters more information about how donations will be used to fund our vital services. The girls made their own posters and Emilia's mum reached out to local residents via Twitter.



Catrina Cook organised a Masquerade Ball in memory of her 16-year-old nephew Reece, who died after sustaining a brain injury. Catrina sold 130 tickets by creating an event page on Facebook. By explaining to the venue that she was supporting Headway, Catrina managed to secure a discounted rate for the three-course meal, which was included in the ticket price. She then approached local businesses (with a letter of authorisation from Headway) to secure fantastic raffle prizes, helping her to raise more than £1,600.



This was one show I never thought would happen

For Christina Sweeney, from Portsmouth, brain injury came with a stream of bleak predictions: she may not survive, and may not walk or talk again. Her dreams of finding love and getting married appeared dim and distant.

And yet 12 years after surviving a fatal road traffic collision that tragically took the life of her friend and left Christina in a 13-week coma, the determined Hampshire woman married the love of her life, Joe.

In order to raise awareness of brain injury and give hope to others, the couple agreed to let the BBC's The One Show capture their wedding on film. They even appeared

alongside Christina's parents on the programme's sofa for a live interview after the film was shown to millions of viewers.

We caught up with Christina after her heart-warming appearance on prime-time television.



Firstly, many congratulations to you both! It must have been a very special day. Why did you decide to share it on national television?

My reason for sharing our wedding with such a large audience was to show people how much a disabled, brain injured 'will never walk, never talk' person can do. A person who has been called 'brain dead' several times has managed to find happiness.

I feel that I've achieved a lot, and we wanted to show how you should never write yourself off or lose hope because good things can happen in life.



What was it like having The One Show's camera crew at your wedding?

Sharing our wedding moment publicly was a bit hard for Joe, but he was very brave. I know Joe isn't the most confident of people, but his confidence has grown through our relationship and he also loves showing people how much disabled people can achieve. He did it to raise awareness of brain injury and I'm so proud.

We hope that, by sharing this story on television, other people will realise they don't have to give up hope of making progress.



Does your brain injury create challenges in your relationship?

If anything, I feel that my personal challenges make our marriage stronger. I have to rely more on Joe for help and support – 4am ambulance calls because of my epilepsy are not fun! – but to us, marriage means a real commitment to each other.

My memory issues following brain injury are challenging for Joe as I can sort of remember what I've done – I just can't remember doing it! When we go on holidays, I know where I've been when and what we did, but I struggle to remember it entirely.

This can be hard for Joe as he knows how much fun we had together, but he can see that I don't recall it fully. Our honeymoon is a big example. I know exactly what we did, where we went, and who we saw, but I can't remember the real experience.

Over the years, I've had a lot of support from Headway Portsmouth and South East Hants, with memory sessions at the group really helping me.

Joe is always happy to remind me of things, and often asks if I've eaten and fed the dog. We find that discussing these issues openly helps develop his understanding of my brain injury.

How did you and Joe meet?

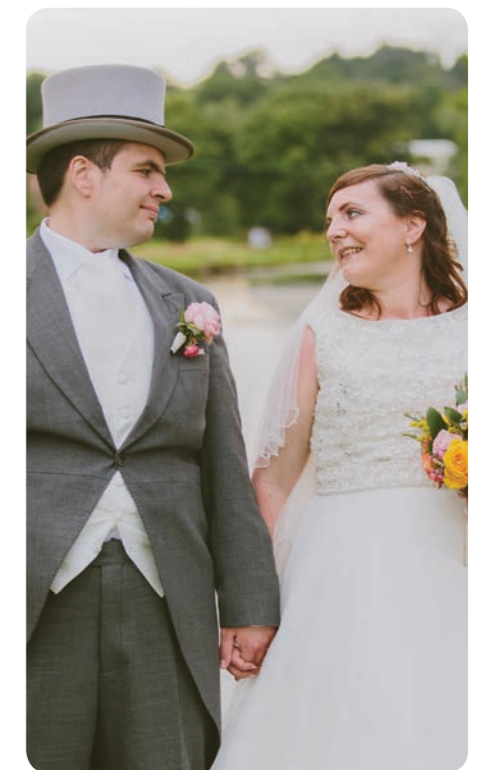
After sustaining my brain injury, I'd given up all hope of finding love. I waded through so many years with no-one and just watched everyone else, including my friends and younger brother, get married.

I was starting to believe that no-one wanted me. I had no confidence. It seemed like people just felt sorry for me and hearing the words 'brain injury' would write me off as 'brain dead', 'not with it', and 'incapable'.

Before I found Joe, my brain injury kept me in a state of desperation and I became an easy target for men. Groups like Headway gave me hope and I was determined to prove the labels wrong by showing people just how capable the 'incapable' can be.

Eventually, I met Joe through a dating agency and my happiest moment was

actually saying 'I do' in July. I'd been dreaming of this chance for years.



What does marriage after brain injury mean to you?

Taking into account everything that has happened to me, our marriage is a real godsend. Our wedding made for the most special and amazing time. Uniting in our love, marriage to us means learning to share our lives with each other – simple things, like having a person nearby to grab me a cuppa, and doing the same back!

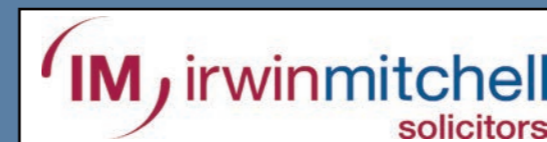
At present, Joe and I don't want to think of our future. We are both getting used to living with a partner, sharing beds, eating together etc. We find it best just to have an unplanned future.

Any messages for other brain injury survivors?

My message to others is just don't give up as anything can happen. I survived a 13-week coma, was told I'd never walk or talk again, and now I've just got married and am enjoying life in my own bungalow with my husband! Anything can happen. Take life as it comes.

THE FINAL COUNTDOWN!

Event sponsored by



Brochure sponsored by

Leigh Day

With this year's Headway Annual Awards looming large on the horizon, we profile the 12 inspirational finalists who will be the stars of the show at this year's ceremony, on 16 December.

The Alex Richardson Achiever of the Year Award

Sponsored by Slater & Gordon Lawyers



JAN HAMPSON

Five years ago, mother of two Jan sustained an ABI as a result of a rare brain condition.

With the ongoing support of Headway Cardiff, she made tremendous progress as she battled to regain lost skills and confidence. Known for her big personality and uplifting sense of humour, Jan was determined to help others by setting up a monthly social group called Brainy Friends, which is run entirely by and for brain injury survivors.

MICHAEL MABON

A vicious unprovoked attack just yards from his new home in Swansea left Michael with a life-changing traumatic brain injury that put paid to his hopes of becoming a nurse.

On returning home to Scotland, Michael began to rebuild his life. Battling against fatigue and social isolation, he has achieved great things including completing college courses and he is currently at university studying for a degree in art.

Michael is also a passionate supporter of and fundraiser for Headway Ayrshire, which provided him with invaluable support.

LUCY THURLOW

Lucy had been running her own catering business before a series of epileptic seizures four years ago resulted in her sustaining an anoxic brain injury.

Lucy had to relearn everything, including how to say her own name. She also lost her sight. With hard work and determination, she is continuing to improve her communications skills, and recently spoke her first sentence in public – announcing her joy at being a finalist in the Headway awards!

Initially wheelchair-bound, she has also worked tirelessly to regain movement in her legs and today can stand and walk with assistance. But mobility remains a huge challenge for Lucy, which makes her achievement of completing her own 2.6 mile version of the London Marathon, to raise money for Headway Hertfordshire, even more remarkable.



Carer of the Year

Sponsored by SweetTree Home Care Services



HEATHER BEAUMONT

In November 2013, Gary suffered a near-fatal brain haemorrhage in his sleep. Defying medical odds, Gary regained consciousness albeit at a low level.

Heather was informed by doctors that Gary had limited brain functionality and he would be unable to communicate or express his wishes. However, through eye contact alone, Gary is able to communicate with his wife and continues to make slow but definite improvements.

Now a member of Headway Ballymena, Heather is devoted to caring for her husband, taking a hands-on approach to delivering Gary's care as his voice and advocate.

Three years on, Heather continues to visit Gary at the hospital every day, and is now adapting their home with hopes that Gary will finally be able to return in time for Christmas.



GAIL LUCAS

Gail's daughter Tina sustained a severe traumatic brain injury in 1995 at the age of just 16 after she was involved in a road traffic incident. As a result, Tina has quadriplegia with spasticity and ataxia. She also suffers from memory difficulties and needs support with all acts of personal care and daily living.

In the years following Tina's injury, Gail has worked selflessly and with great creativity to ensure that Tina's daily life is both stimulating and varied. She is committed in ensuring that her daughter's complex care needs are met without compromise or delay.

Supported by Headway Gloucestershire, Gail is unrelenting in her determination to support her daughter.



JANET MALCOLM

When Janet's husband Andy suffered a stroke in 2014, the former fireman was left with many long-term health issues including severe mobility and communication problems.

With support from Edinburgh Headway, Janet has dedicated her life to providing Andy with the 24-hour care he needs and has been selfless with adapting her needs to support her husband of 49 years.

Janet has spent numerous hours teaching Andy how to do simple tasks he once would have taken for granted. He is now able to make himself drinks and a choice of simple meals, which has significantly boosted his confidence and independence.





ABOUT THE HEADWAY ANNUAL AWARDS

Each year in December, we honour a small group of inspirational, dedicated, kind-hearted people who are deserving of our recognition and thanks.

Held in the resplendent surroundings of The Dorchester hotel, the awards luncheon is a celebration of life after brain injury and the work of people who voluntarily support those affected.

Selecting just 12 finalists from across the UK is never an easy task, and each and every one of our nominees is worthy of praise. Our finalists represent thousands of others across the UK who day-in, day-out demonstrate admirable determination to prove that there can be life after brain injury.

To all our finalists, and all those who were nominated for this year's awards, we say THANK YOU! You're all #HeadwayHeroes!

Headway Annual Awards

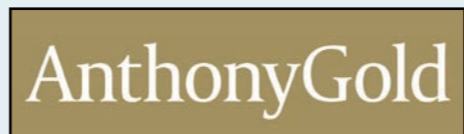
The Stephen McAleese Outstanding Contribution to Headway Award

Sponsored by No5 Chambers



Volunteer of the Year

Sponsored by Anthony Gold Solicitors



PAMELA BELL

Pamela's positivity has been hailed inspirational by Headway members across Northern Ireland who have benefited from her drama therapy sessions.

After seeing first-hand the devastating impact brain injury can have upon individuals and their families, Pamela did not hesitate to offer her skills for free, without consideration of travel time or costs.

Pamela is passionate about what she does and has been praised as an invaluable asset for her exceptional talent of inspiring confidence and encouraging even the shyest characters to engage in group activities.



LESLEY STEPHENSON

For the past decade, Lesley has given her time, energy and emotion to Headway North Northumberland, acting as Chair for the branch she helped establish.

Lesley organises an activity day each month and is also constantly on the lookout for fundraising opportunities to support the branch's activities, including running a tea room at the Kelso races every year and organising regular events for members.

Lesley does all of this voluntarily with no desire for any reward – other than seeing the enjoyment of the Headway members.



RUTH WRIGHT

Ruth's passion to help people with brain injuries is unwavering and she is a crucial part of the Headway Derby team. She began working at the group as a support worker in 2006 and took the lead running the group's popular and productive allotment project.

When the group's funding was cut earlier this year, Ruth chose to take voluntary redundancy. However, rather than walk away, Ruth continues to run the project on a voluntary basis, leading a small team of volunteers who support the group's members to meet and socialise, and maintain that very important supportive network.



SUE HAWKINS

After sustaining a brain injury in 1993 as a result of a haemorrhage, which left her unable to speak or do any of the basic tasks she once took for granted, Sue was helped by Headway East Kent.

Years of battling to relearn how to walk and talk followed before Sue finally began to come to terms with her brain injury and, in 2006, she asked to become a volunteer at the charity in order to give something back and help others as she herself had been helped.

Sue always goes the extra mile to support members across the group's several hubs. She also attends all of the fundraising events, contributing with knitted hats, gloves and baby clothes, and homemade jam to sell at events.

After 10 years as a volunteer and approaching her 70th birthday, Sue has now decided the time is right to step down as a volunteer.



JANE REAMS

For more than 23 years, Jane has been a vital and ever-present support for many families across Lincolnshire who are coming to terms with the devastating consequences of a brain injury.

She has also provided invaluable advice and expertise to Headway Lincolnshire, joining the board as a trustee in 2010.

With her guidance, the branch developed into a group that continues to flourish, thanks in part to her willingness to draft funding applications, support the monthly support groups and organise fundraising events.

In addition, Jane uses her experience to work with local clinicians to raise awareness and understanding of brain injury, running training days for professionals, brain injury survivors and their families.



NORMA WILLIAMS

Norma's dedication and passion has been invaluable to the ongoing development of Headway Gloucestershire over the past decade.

A volunteer since 2006, including six years as a trustee, she has supported staff, volunteers and survivors through numerous changes and challenges faced by the group.

Norma spent her entire adult life caring for her son, Gareth, who was born with Down's Syndrome and has profound learning disabilities - much of Norma's life has revolved around him. And yet she still has time and care to give to others, giving it without hesitation, generously and with great warmth.



TIRED OF FEELING FATIGUED?

Top tips to help you cope

Fatigue is one of the most commonly reported effects of a brain injury. Unlike 'normal' fatigue, which is time-limited and alleviated by rest, the intense feeling of fatigue after brain injury can be ever present and have a significant impact on quality of life.

We've put together some top tips for coping with fatigue, as well as some good advice from an expert in the field and people living with brain injury.

WATCH YOUR MOOD

Brain injury can have a significant impact on mood and behaviour. This may be a consequence of direct damage to the brain itself or because of the psychological impact the injury has had on an individual's life.

Feeling depressed, stressed and anxious can leave you feeling tired. Equally, when people experience high levels of fatigue, which stop them from doing what they want to do, they may report feeling low and irritable.

TOP TIPS

- If you're struggling to achieve a task, stop trying and instead reschedule it for when you are not fatigued.
- Try not to brood on things you haven't achieved. Notice when you have done things well and celebrate these achievements.
- Plan time in your schedule to do pleasurable activities that will make you feel good about yourself.

PACE YOURSELF

Pacing is a way of balancing activities that you do throughout the week. By spreading tasks out you may be able to reduce fatigue.

TOP TIPS

- Have regular rest breaks.
- Plan your time and be organised.
- Prioritising where to use your energy.

"Minimise all stimulation to the brain (mainly of sight and sound). I do this by finding a quiet space, shutting my eyes and taking an afternoon nap. I rarely sleep, but shutting your brain off like this is a great reducer of mental fatigue."

Smilerdi - brain injury survivor

SLEEP HYGIENICALLY

Sleep hygiene is nothing to do with personal hygiene, but is simply about having a regular sleep routine. This helps the body to prepare for going to sleep by winding down and helps you to feel more alert on waking.

TOP TIPS

Do...

- Establish a regular routine by going to bed at the same time each day, and getting up at the same time.
- Use your bed for sleeping only – don't watch TV in bed.
- Create a calm bedroom that is cool, dark and quiet – earplugs and blackout blinds can help.

Don't...

- Look at the time if you wake up; this may make it difficult to get back to sleep.
- Eat heavy meals late in the evening.
- Have too much tea, chocolate, coffee, alcohol or fizzy drinks in the evening.

HEALTHY LIFESTYLE

Exercising improves our capacity to undertake physical activities. Current government guidelines recommend 30 minutes of moderately-intense exercise five times a week to improve our physical fitness. Try to choose something which you enjoy as you are more likely to stick to it.

Some people report that exercise has an energising effect and research shows that it can have a positive effect on mood. Exercise can also help you to sleep more deeply.

TOP TIPS

- Park the car further away from work, or at the other side of the supermarket car park.
- Get off the bus one stop before your destination.
- Monitor your nutrition and hydration.

Some types of food can make us feel more sluggish and lacking in energy, while others can help to maintain energy levels for longer periods. Eating the right things at the right times is important in managing fatigue.

Fast-releasing carbohydrates, in foods such as sweets, sugary cereals, white bread and sugary drinks, break down quickly and flood the blood with too much sugar. Surges in blood

sugar levels may result in a short-term increase in energy, followed by decreased energy and concentration.

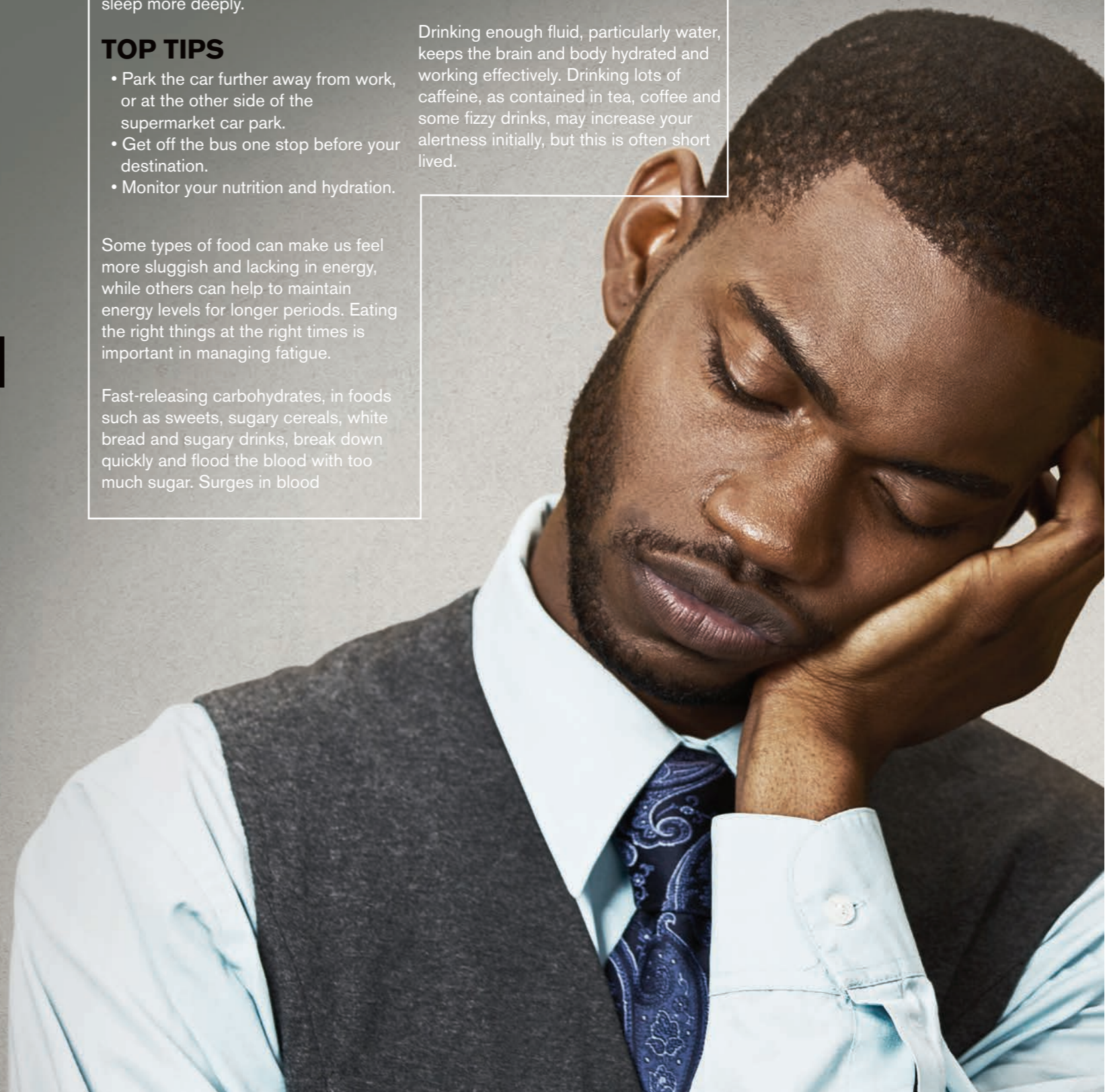
Slow-releasing carbohydrates, in foods like brown rice, wholegrain pasta, fruit and vegetables, are more complex and contain fibre that helps to slow down the release of sugar and so maintain energy levels.

It is important for your diet to contain a balance of complex carbohydrates and protein from foods such as meat, fish, dairy products and nuts.

Drinking enough fluid, particularly water, keeps the brain and body hydrated and working effectively. Drinking lots of caffeine, as contained in tea, coffee and some fizzy drinks, may increase your alertness initially, but this is often short lived.

"I plan ahead of time and avoid situations where I am uncertain what will happen. I try to avoid very busy environments or limit my time in them."

skipper53 - brain injury survivor





Discuss medication

There is currently very little research into the effectiveness of medication for managing fatigue following brain injury, although some types of medication have been found to be helpful with other conditions where fatigue is a symptom.

Medication may be helpful in managing other factors associated with your injury, such as anti-depressants for low mood, but it may also influence the fatigue you experience. Some side effects may include drowsiness and could make you feel more tired during the day. It is important to discuss these issues with your GP, who should be able to advise you on the benefits of medication and suggest alternatives.

Modify your environment

You may want to think about the environment in which you live and work. Being organised and avoiding distraction can help to minimise the physical and mental effort that is required to complete an activity.

TOP TIPS

Energy conservation techniques will be helpful if you experience physical fatigue; for example, sliding instead of lifting items, using a laundry basket on wheels, or keeping regularly-used items within easy reach.

Organise your workspace, such as your kitchen or office area, keeping it as uncluttered as possible. Try to have 'a place for everything and everything in its place' so that you don't waste energy searching.

- Use good lighting in order to prevent eye strain.
- Turn off the TV or music when you are trying to concentrate on a task.
- Prevent interruptions by using a 'Do Not Disturb' sign on the door, for example.

Explore cognitive (thinking) strategies

Following brain injury you may need more mental effort to perform a task and you may experience difficulty sustaining this effort over time. Some people have described reaching a point at which their brain 'shuts off'.

It is normal to become forgetful and make mistakes when you are mentally fatigued. You may also notice additional cognitive difficulties, such as being unable to think clearly and difficulties concentrating.

TOP TIPS

- Use checklists, such as a shopping or 'to do' list to help you stay on track.
- Do one thing at a time to help your concentration.
- Use 'post-it' notes or a digital app as reminders, rather than trying to 'hold something in mind'.



THE EXPERT VIEW

"It is common for people to experience fatigue following brain injury. Fatigue may be experienced as general tiredness, exhaustion or a lack of energy that makes it difficult to resume usual activities including work, study, socialising with family or friends, or housework.

Energy levels and stamina will improve with time following brain injury for some people; for many others, fatigue is a persistent problem. Strategies are required to manage fatigue and support everyday living.

Consider mindfulness

Mindfulness is a technique that entails being consciously aware of the present moment and taking time to focus on your own thoughts, feelings, and the things around you.

Although it is often used to help with depression, anxiety and stress, there is some evidence to suggest that mindfulness can also help people with managing fatigue after brain injury.

Did you know...?

- The brain system linked to fatigue is the ascending reticular activating system – this is responsible for maintaining alertness.
- Fatigue can worsen in winter when there are fewer hours of sunlight.
- Talking therapies, such as cognitive behavioural therapy, can help some people with managing fatigue.
- More than 60% of people who have a brain injury suffer fatigue.

Find out more

For further advice or support, including more top tips, download the free Headway booklet *Managing fatigue after brain injury* from the information library on our website.

Alternatively, contact the helpline on **0808 800 2244** or helpline@headway.org.uk.

"Most of the time, I do my best to fight it, which in reality probably only makes it worse. If I'm at work or something, where I'm unable to rest, I get irritable and angry. Proper food and a good night's sleep are a must!!"

thescriv - brain injury survivor

"Routine, routine, sleep, sleep, exercise. No good trying to fight fatigue, just go with it and listen to your body."

dillyd - brain injury survivor

A fatigue diary is a good first step to understanding fatigue. The diary can note levels of energy across a day and week, triggers to fatigue, or ratings of energy levels before and after activities. Activities and rest breaks can then be planned according to energy levels.

Pacing in this manner can help manage fatigue. It is important to take regular breaks, with for example, the use of a smartphone alarm to act as a prompt.

Breaks at regular intervals are recommended and not just when feeling tired. Some people benefit

from a longer and regular rest period which may include sleep, meditation, or listening to music.

A good sleep routine can help to ensure good-quality sleep to manage fatigue, with a regular time to go to sleep and wake up. It is important to reduce the intake of caffeine drinks during the day and use of electronic devices prior to sleep to ensure a good night's rest. Exercise and a healthy diet can also help to support energy levels."

Dr Bonnie-Kate Dewar, Clinical Neuropsychologist

WONDER WOMAN

mum a true superhero

At Headway, we are indebted to a huge array of incredible volunteers. Many of these are brain injury survivors determined to give something back to the charity that helped them in order that they may help others.

43-year-old Claire Cowlshaw is one such #HeadwayHero determined to do what she could to help after receiving support for her own brain injury. And, with the help of 18-year-old daughter Lauren, she's doing it in super (hero) style!

Claire had been taking out the bins as usual at her home in Leamington when Lauren discovered her collapsed in the hallway.

After being rushed by ambulance to Coventry Hospital, Lauren was told that Claire had suffered two ruptured brain aneurysms, causing a life-threatening subarachnoid haemorrhage. She survived, but was left with a severe brain injury.

"There were no warning signs that something may be wrong," said Lauren.

"One minute she was taking the bins out and the next she was unconscious in the hallway. At first, we were told she might not make it. I remember how difficult it was, waiting in A&E, not knowing what was going to happen.

"In the earliest stages of recovery after an operation to clip the aneurysms, she kept slipping in and out of consciousness. Her neck really hurt and she could not open her eyes properly.

"Although I believe my mum was aware of what was going on, she was very confused and easily agitated.

"Several times she jumped up out of bed, shouting and screaming in the hospital ward. She would be mortified had she been aware of such uncharacteristic behaviours."

'She couldn't remember me or our relatives'

"The day after her surgery was her birthday," Lauren recalled. "We took her cards and presents to the ward. Halfway through reading one card from a friend she asked: 'Who's Daryl? Why am I here?'"



Having a ball: Claire Cowlshaw (centre) with two Headway superheroes

"There was one very scary moment when she did not recognise me or my Nan – her own mother. We are inseparably close so it was heartbreaking to think she may not remember me or our relationship."

"As a single parent, she has literally been my everything and it was a terrifying prospect to think I could lose the mum I knew and loved.

"Thankfully, this confusion passed quite quickly, which was an enormous relief. A day later, she started to recognise me and was able to recall many more things about our lives.



Inseparable: Claire and Lauren

"To this day, she still cannot remember the first three weeks after the incident. However, one thing she was able to recall was seeing the name Headway on an information board in the hospital.

"I'm delighted she did, as the charity has been immensely helpful to us.

"In particular, Headway's online support forum, HealthUnlocked, has been a source of absolutely amazing support.

"It provides a great platform to ask questions and have a non-judgemental conversation about brain injury with others who know what we're going through – either from the point of view of having a brain injury or from family member's perspective."

Not everyone is so lucky

Claire and Lauren began attending support sessions at Headway Coventry and Warwickshire.

"We benefited so much from being around other people who had experience and understanding of brain injury. We no longer felt alone and it gave us great confidence for the future."

Claire and Lauren were so grateful for the help they received that they decided to set up a satellite support group in their town of Leamington, with support from Headway Coventry and Warwickshire.

"We launched the new local social group in September and have already received a wave of interest, which highlights the need to keep developing these vital local services. More awareness is needed to ensure no family feels alone after brain injury, and our regular social meetings will help achieve that for people in the town."

Superheroes

Claire has made good progress and even managed to return to work.

"I'm just so grateful that she is still here with us," said Lauren. "More so, I'm so proud of the amazing progress she has made since her injury. Not everyone is so lucky.

"There are still challenges – she suffers from insomnia and perhaps returned to work slightly too soon – but she now has a new lease of life. I know it will be okay."

To thank the charity, doctors and nurses for being the family's superheroes at a time of true desperation, Lauren and Claire decided to host a Superhero Ball in aid of their new Headway support group.

"Recovery is very much an ongoing process," Lauren explained. "Even now, my mum has to stop and think carefully about things quite a lot because her ability to process information has been affected.

"That is why we decided to throw a ball. We could not have got through this without the incredible support of Headway, and we felt it's now our turn to give something back by raising funds and expanding the local services to reach out to more families facing the scary unknown world of brain injury.

"Everyone dressed up for the cause and literally had a ball. We saw everything from ninja turtles to the classic superheroes.

"Despite her brain injury, my mum organised the whole event and led the way, raising a staggering £3,000. Wonder Woman indeed!"

MILES OF MEMORIES

Two friends of a Chester-le-Street woman who tragically died of a fatal brain haemorrhage have tackled a charity cycling challenge in her memory.

Joe Astbury, 34, and 25-year-old Ed Walker completed a gruelling 160-mile ride from Liverpool to Chester-le-Street, County Durham, to raise funds for Headway and celebrate the life of Angela Howey.

On 19 July 2015, Angela had been celebrating her 48th birthday with her husband Colin when she suffered a brain haemorrhage, before sadly passing away three days later. A year on, Joe wanted to organise an event which would remember Angela while raising money for a worthy and relevant cause.

It took Ed and Joe just one day to complete the route, which carefully tracked Angela's favourite places across the region, raising almost £4,000 for Headway.

On completing the challenge, the duo were greeted by a cheering crowd at the health club based at the County Grounds, Riverside, where Angela used to work.

Supporters, including staff at County Durham and Darlington Fire and Rescue service, for which Joe is a Personal Trainer, and members of Angela's family also turned out to show their support.

"Angela was one of a kind," said Joe. "She was a friendly, very funny and loving person who cared dearly for her family and close friends.

"It felt quite fitting for us to cycle from Liverpool, a place Angela loved and visited regularly to see friends and family, to her former workplace in her hometown where she lived with Colin.

"The support from Angela's family and the local community has been amazing. We know Angela would be moved by our efforts to retrace her favourite places on our bikes and hope that we can reach out to help others faced with the devastating impact brain injury can have upon entire families."

Ed said: "We've been really fortunate to receive such amazing support from so many people and local organisations.

"Joe and I would like to say a huge thank you to Bannatyne Health Club, support crew members John Walker and John Douglas-Walker, Delta Taxis in Liverpool, and our event photographer, Ronnie Fraser.

"Finally, thank you to everyone who got involved and donated to help people living with brain injury."



RUNNING in the family

Whether you are an adrenaline junkie, passionate fundraiser or have a personal reason for going that extra mile, everyone has their own reason for deciding to run a marathon for charity.

For married couple Jennifer and Richard Fewtrell, from West Sussex, that reason was a haemorrhagic stroke in 2013 that threatened to tear their lives apart, turning wife into carer and severely challenging their relationship.

This year, the duo decided to take on not one, but two half marathons to thank Headway for supporting them after Richard sustained a career-ending brain injury.

On Sunday 11 September, Jennifer and Richard joined Headway's team of 21 ferocious fundraisers to battle exhausting 25-degree heat as they tackled the Great North Run's 13.1-mile route in Newcastle.

Having crossed the finish line together in just over two hours, the couple then went on to complete the London Royal Parks half marathon on 9 October with hopes of totalling £1,000 for the charity.

When Richard suffered a stroke and was left with a life-changing brain injury in 2013, the British Airways airline pilot was forced to end his career as he began an uphill battle to recovery.

"Brain injury caused my husband to lose much that was dear to both of us," said Jennifer.

"This included much of his identity, some of his sight, his driving licence and many of his hobbies. Losing his job as an airline pilot due to cognitive difficulties and problems with co-ordination after brain injury was particularly hard for Richard as it stripped him of his independence and daily routine."

'Brain injury is ongoing'

Jennifer and Richard first discovered Headway after reading *Touching Distance*, a book following the life experiences of Headway UK's Vice President and brain injury survivor James Cracknell, and his wife, LBC presenter Beverly Turner.

Jennifer continued: "Reading James and Beverly's experience of navigating life and marriage helped us come to terms with our own understanding of brain injury.

"Even things like the fear as a wife of travelling to hospital on your own into the unexpected can be hard. It's the not knowing how ill your husband is or how brain injury will affect his character or behaviour.



"After much struggle and improvement following counselling support from Headway West Sussex, life is finally 'on the up'. As we know, and wish more people would realise, brain injury is ongoing and not something that just goes away like a cold.

"We both completed the Great North Run in 2014, but this year we dearly wanted to run to raise funds for Headway in order to reach out and help other families experiencing similar life challenges after brain injury around the country."

A HUGE thank you to everyone who took part in this year's Great North Run for contributing to a wonderful weekend of fundraising!




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#HeadwayHeroes

Ana hugs her daughter at the finish line of her 30th marathon in 30 days



ANA IS PRIDE OF BRITAIN

A devoted sister from Jersey who recently ran 30 marathons in 30 days to raise money for her local Headway group has won one of Britain's most prestigious awards.

Ultramarathon runner Ana Goncalves won the Daily Mirror's regional Pride of Britain Fundraiser of the Year Award in recognition of her epic charity challenge.

Ana has spent the past 15 years taking on increasingly difficult running challenges to raise more than £100,000 for Headway Jersey as a thank you to the charity for helping her sister, Maria de Jesus, rebuild her life after brain injury.

The challenges have ranged from running seven marathons in seven days,

running a marathon once a month for a year, and covering 100 miles in a single day.

Ana's past notable achievements include running the Marathon des Sables in the Moroccan desert and the Comrades Ultra-Marathon, a 56-mile run between the South African cities of Durban and Pietermaritzburg.

However, Ana's greatest triumph occurred this summer when she became the first person from Jersey ever to run 30 marathons in 30 days, raising more than £15,000 for local brain injury survivors and their families in the process.

"I'm over the moon to win such an incredible award," said Ana, upon receiving her Pride of Britain accolade.

"You go through bad patches, but being part of Headway Jersey has

taught us that, at the end of the day, there are people out there suffering more than you are.

"I will continue to support such charities because I know what it feels like to be told your sister has sustained a brain injury and she most likely won't make it. We were told that if she did survive, she would probably never be able to speak or walk again.

"With the support of Headway, along with nurses and therapists in Southampton Hospital, my sister did pull through, and she can now walk and talk perfectly well again. Others aren't so lucky.

"Doing a marathon is tough, but an hour or two afterwards I'm okay. Many Headway members with a brain injury wouldn't be able to enjoy such a quick recovery time following much less physical exertion.

"Fatigue and other hidden effects of brain injury can devastate a person's everyday life for years or even the rest of their lives. I want to raise awareness of this issue and help fund the support given to families affected."

In November, Ana represented the Channel Islands at the star-studded national Pride of Britain ceremony, where she brushed shoulders with the likes of Sir Tom Jones and Simon Cowell.

Well done Ana!

Who's your #HeadwayHero?
 Tell us on [f](#) or [t](#) 29

#HeadwayHeroes

A FITTING TRIBUTE FOR FOOTBALL FAN ADAM



A football tournament held at the FA's national training centre in memory of a bank employee who died of a brain injury has raised more than £8,000 for Headway.

The annual five-a-side match was hosted by national finance broker Aldermore to honour the firm's former employee Adam Massen at St George's Park, the Football Association's National Football Centre, in Staffordshire.

Adam had been working for Aldermore's asset finance team when he suffered

a brain haemorrhage and tragically passed away shortly after in 2014.

Jon Maycock, Sales Director of Asset Finance at Aldermore, said: "The event was about remembering Adam, who was a massive football fan and would be delighted to know that an event like this was being held in his name.

"We are really grateful to all of those who took part for making the tournament such a success and raising vital funds for Headway."

Newport-based lender firm Henry Howard Finance beat 15 other finance

company teams to claim the trophy, which was presented by Jenny Massen, Adam's wife, and former England footballer Alan Kennedy.

Anna Kerr, Corporate Partnership Officer at Headway UK, said: "We are extremely grateful to Aldermore for its invaluable ongoing support.

"The annual tournament is fantastic not only because it raises vital funds to support our work with people affected by brain injury, but also for the very fitting memorial it provides for Adam."

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Arne Cahill



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