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Autumn 2017

# Headway News



The magazine of Headway - the brain injury association

## *Prince Harry returns to Headway*

**New ID card  
launched  
in style**







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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](http://www.headway.org.uk) or you can call the freephone helpline on 0808 800 2244 if you need support.



the brain injury association

## 'A life-changing moment'

If we're being honest, it's not every day that a member of the Royal family takes time out of their busy schedule to praise the work of Headway. (Of course, we think the work we do across the UK would warrant such action, but perhaps we're a touch biased!)

So when HRH Prince Harry agreed to launch our Justice Project, at the heart of which is the new Brain Injury Identity Card, we were naturally thrilled.

A lot has already been said about the ID card, and you'll find plenty more in this edition of Headway News.

However, it's fair to say that Prince Harry managed to sum it up quite nicely when launching the initiative.

"This surely is a life-changing moment," he said, before also recognising that the card is 'a saving grace' for the police as well as brain injury survivors.

The support of Prince Harry is invaluable in raising awareness of this important project. But the endorsement and commitment of police organisations cannot be understated either.

The primary aim of this project – to help police identify brain injury survivors at the earliest opportunity to ensure they receive appropriate support – can only be met if the card is recognised and respected by the police.

Thankfully, this support is absolute and will make a significant difference to the way brain injury survivors are treated when and if they come into contact with the criminal justice system.

Brain injury is often referred to as 'the hidden disability'. Now though, by carrying an official Headway Brain Injury Identity Card, survivors will have access to a simple solution to a tricky conversation that will help to avoid or minimise misunderstandings or mistreatment, as you can see from the positive feedback on page two of the magazine.

Life changing indeed.

### The Communications Team



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

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# Your views...

We have been overwhelmed with the positive response to the launch of our new Brain Injury Identity Card. Here is a selection of comments that show just exactly why they're needed.

"Happy days! We are in Northern Ireland and my hubby received his card a couple of weeks ago. It's fab!"

Jacqui McNeill

"I also have a brain injury and the first few years after I got walking, every week someone said to me 'Are you drunk?' It's been a decade now... and when I go drinking most doormen say I can't come in because I've had enough."

Liam Spence

"I have used mine at times of confusion when my speech is slurred and people think I'm drunk. On the bus, in shops, and in the bank. People's attitudes change from being impatient and intolerant to caring and helpful in a flash."

Raymond Lovelock

"A client had gone shopping with his wife. Along the way he lost her and he was wandering up and down the aisles. The security approached him as they thought he was acting suspiciously. He showed them his ID card and explained that he was very anxious. They were very helpful once they were aware. If it hadn't been for the card the situation could have been different."

Lucy Page

"Had mine a while now and very handy when used in shops when you're having trouble processing information, i.e. in banks."

Mike Palmer

"My son has an acquired brain injury through various surgeries. He has various problems and can't read or write due to an operation. Trouble is, he seems OK at first to people. So something like this would be fabulous for him."

Jules Cartwright

"I have that card and it is a great thing. I was not well one time and showed it to the ambulance drivers. They found it very useful and I would recommend it to anyone with a brain injury."

Richard Scott

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#HeadwayHeroes



news you may have missed...

# Horseracing authorities back Concussion Aware campaign

The British Horseracing Authority (BHA) has teamed up with Headway to raise awareness and understanding of concussion.

The campaign includes a series of posters featuring top jockeys Richard Johnson, Lizzie Kelly and Martin Dwyer. The project, which also has the support of the Racecourse Association (RCA), Injured Jockeys Fund (IJF) and Professional Jockeys Association

(PJA), will also encompass education, regulation and research.

Dr Jerry Hill, Chief Medical Adviser for the BHA, said: "While British racing has for some time been a pioneer on this topic, I am determined that we remain at the forefront of scientific research, education and regulation when it comes to this crucial issue.

"Racing is a high-risk sport for concussion and, quite simply, our approach to assessment, management and treatment must be no less than world class.

*"No matter how effective our medical teams can become in assessing and treating head injuries, we need our participants to be aware of the serious consequences that concussion can have and, in particular, the risks around continuing to compete when suffering from concussion."*



# High street profile boost



Louise and Kevin French are helped by Councillor Tony Neville, Mayor of Whitchurch, to cut the ribbon in Whitchurch

Headway's high street presence has been boosted with the opening of two new shops in Oakham, in Rutland, and Whitchurch, in Shropshire.

The ribbon-cutting honours were performed by brain injury survivors who have benefited from the help of the charity, with Simon Hales performing the honours in Oakham, and Kevin and Louise French doing likewise in Shropshire.

Simon, 27, who sustained his brain injury after falling from a wall on a night out while studying at Newcastle University in 2009, has been supported by the Headway helpline and local group Headway Leicester, Leicestershire and Rutland.

"Headway has given me and my family so much help since my accident," said Simon, who was accompanied by his mother Jane, a trustee of Headway UK.

"I hope that having a shop in Oakham will help raise funds to help survivors like me, as well as raising awareness of brain injury in the local area."

In 2012, Kevin and Louise were changing a tyre on their daughter's car on the side of the motorway when a car crashed into them at 70mph leaving them both with brain injuries.

For the past five years, Headway Shropshire has supported the family. Volunteers and staff from the local charity were out in force to celebrate the opening of the Whitchurch shop, which will feature information about the group.

Louise said: "We're really grateful for all the support Headway Shropshire has given us. We wanted to open the shop as a way of giving something back."



Jo Plant, Director of Fundraising at Headway, said: "It's very exciting to have opened two more Headway shops.

"Not only do they generate vital funds, but they provide opportunities for local

brain injury survivors to volunteer as a means of regaining lost skills and confidence.

"Having a high street presence is also a good way of boosting the profile of Headway and ensuring people know what local and national support is available.

"We're extremely grateful to Simon, Jane, Kevin and Louise for their help. I'd also like to thank Headway Leicester, Leicestershire and Rutland, and Headway Shropshire for their support, along with Emma Wilde from Lanyon Bowdler Solicitors and Jenny Birrell from Knights 1759 for providing legal assistance."

## Clear out your clutter!

All Headway shops rely entirely on stock donations from the general public. So, we're asking all our supporters to clear out their clutter and donate any unwanted items.

To find your local shop or the Headway donation centre, type your postcode into the 'Find local support' box on the homepage of the charity's website.



news you may have missed...

## Warning that power of attorney can have ‘devastating effects’

The former senior judge of the Court of Protection has warned that a lack of safeguards in the power of attorney system in England and Wales is putting vulnerable people at risk.

Speaking on BBC Radio 4's Today programme, Denzil Lush, a trustee of Headway, said: "There tends to be a lack of transparency and accountability in attorneyships, which can have a devastating effect on family

relationships, particularly between siblings and other family members."

Mr Lush went on to state that people should be far more aware of the risks of LPAs and has vowed to never sign one himself.

"I would prefer a deputyship because there is accountability, there's supervision, there's security," he said.

The lasting power of attorney (LPA) is a legal document that allows someone to make certain decisions on behalf of a person in the event that they lose capacity in the future.

A deputy is appointed by the Court of Protection (CoP) and is required to keep records, receipts and statements of financial transactions and submit an annual report to the Office of the Public Guardian.

For further information about deputyships or LPAs, download Headway's factsheet *A guide to the Mental Capacity Act* or the e-booklet *Mental capacity: supporting decision making after brain injury*.

## New website to feature personal perspectives

Headway has launched an exciting new website to help raise awareness of the effects brain injury can have on individuals and families.

Following on from the success of the recent *A New Me* campaign, *Brain injury and me* features creative

expressions of what brain injury means to people. Artwork, blogs, and podcasts will all be included, as will the moving and inspiring personal testimonies of those willing to share their experiences in order to help others.

The site will also host a series of short films created by the charity to raise awareness of brain injury among the

general public. The films are designed to be shared on social media in order to help people understand the often hidden effects and challenges that can result from ABI.

Interested in contributing? Visit [www.braininjuryandme.org.uk](http://www.braininjuryandme.org.uk) or access it via the main Headway website.

# Ian Garrow OBE

Ian Garrow OBE, Chief Executive of the charity from 1991-1999, has sadly passed away at the age of 83.

Ian joined the charity as its Chief Executive following a distinguished military career, during which he rose to the rank of Colonel.

While renowned for his professionalism and meticulous attention to detail, Ian was also known to have a finely tuned – and occasionally wicked – sense of humour.

Ian's contribution to the charity cannot be understated. He joined the organisation at a time of intense financial pressure, with the charity facing the very real threat of closure.

Ian worked tirelessly with passion and determination to secure the charity's future. His drive and commitment laid the foundations for the support services provided by the charity today to thousands of brain injury survivors, families, carers, and professionals each week.

One of Ian's most notable contributions to the charity was to secure the support of Diana, Princess of Wales, who accepted the role of Royal Patron in 1991. This support

significantly raised the profile of Headway and enabled the charity to attract new financial support.

Ian will be sorely missed by all who knew and loved him, especially daughters Jackie and Heather, their husbands Steve and Rolf, grandchildren Michelle and Mark, and great grandchildren Alexander, Noah and Johanna.



## A rose by any other name...

A brain injury survivor has named a new breed of rose in honour of Headway to help raise awareness of the charity's work across the country.

Keen gardener Reg Singleton, 71, who is supported by Headway East Kent, was so determined to raise awareness of brain injury that he started writing to gardening greats such as Alan Titchmarsh and Monty Don to ask for their support.

As a result of Reg's efforts, The British Isles Rose Society agreed to donate a new breed of rose in Headway's name. The organisation, which typically donates just two specially-bred types of roses to charity each year, also agreed to give a portion of the sales of The Headway Rose to be shared between Headway East Kent and Headway UK.

Reg said: "I'm so grateful to the British Isles Rose Society for naming the rose after Headway. My interest is not necessarily the pound that goes in the pot, it's when somebody stops and asks about brain injury."



news you may have missed...

# Local authorities 'must learn lessons'



A report into the death of a Somerset man with a brain injury has highlighted important lessons to be learned by health and social care organisations.

A Serious Case Review was commissioned by the Somerset Safeguarding Adults Board (SSAB) following the death of Dave Alsbury, who took his own life in 2014, aged 43.

Dave had sustained a traumatic brain injury in a road traffic accident in his early twenties, which left him with

physical, cognitive and psychological issues. In addition, Dave had a dependency on drugs and alcohol.

The independent report concluded that despite numerous contacts with many health and care professionals, and the concerns of family members, he was not provided with appropriate support.

It highlighted a lack of joined up working across social care, health bodies and drug and alcohol services.

No organisation took a lead role in determining a co-ordinated, multi-agency response and opportunities to intervene in an integrated way were missed.

The report also highlighted the invaluable role played by his local group Headway Somerset, which supported Dave for more than 13 years.

Dave's sister Alyson Norman, who is now a trustee of Headway Somerset, contributed to the review and has been

## Key Findings

- The family could not understand why neither adult social care nor mental health professionals perceived 'Tom' as 'a vulnerable adult'.
- Although his sister had been a willing advocate since 2005, she could not understand the actions of professionals. Her overall sense was that 'everyone seemed to buck pass'.
- Somerset County Council's adult social care, Somerset Partnership Trust and Turning Point did not

- provide a service to a man who was brain injured, who was depressed, who could not sleep, who abused alcohol and drugs and who had expressed his intention to take his own life.
- Some professional decision-making was frankly bizarre. For example, during April 2013 the independent living assessment was declined because 'Tom' had 'no permanent accommodation'.
- Although 'Tom' had been referred to Turning Point, it was unable to help because 'he did not have an addiction due to ability to abstain'.

- Headway, 'Tom's' partner, and his family were in regular contact with his social workers and raised concerns and yet these were not reflected in adult social care records.
- Somerset Partnership Trust states that, even now, he would remain ineligible for any mental health service if he were to be referred during 2016.



passionately campaigning to ensure others are not let down in a similar way to her brother.

Speaking at The Way Ahead, Headway's annual conference for groups and branches, Alyson said:

*"I managed to get Dave a referral to a clinical psychologist. As a psychologist myself, I was quite hopeful that this might lead to some support. Sadly this was not to be the case."*

"He was referred to the drug and alcohol service and was discharged from clinical psychology on the grounds that until he sorted out his addiction problems he was not eligible for treatment.

"The reality is that without the psychological support, he was incapable of giving up his addictions and the substance abuse service – with no working knowledge of brain injury – was wholly inappropriate and unable to deal with his issues.

"They often saw his lack of attendance at appointments as a sign of him disengaging, rather than issues around his memory."

## 'His life mattered'

The report used a pseudonym of 'Tom' before Dave's family chose to reveal

his name. The independent author of the report, Margaret Flynn, stated: "Tom's brain injury was as unexpected as it was sudden. Yet his family's grief and growing concerns were met with incomprehension.

"Tom's life and death raise questions about the importance of understanding people's pre-brain injured lives and seeing them in terms of support needs. His life mattered."

The report makes recommendations about how services can best support people with multiple and complex needs. Among these is the use of 'Tom's' case in multi-agency training and that it be disseminated beyond Somerset to stimulate debate and improve care across the country.

In addition, Headway has worked to raise awareness of the report by securing national and local press coverage, including a moving and lengthy interview on BBC Radio 5Live with Alyson and Headway Chief Executive, Peter McCabe.

The charity also asked one of its Parliamentary Champions, Ben Bradshaw MP, to ask the Secretary of State for Health what progress has been made in implementing the recommendations of a Health Select Committee report on brain injury published in 2001.

Peter McCabe said: "The tragic reality is that Dave, a vulnerable adult, was repeatedly failed by agencies whose responsibility it was to protect and support him.

"As long ago as 2001, the Health Select Committee recommended that health authorities, trusts and local authorities put in place a case management or equivalent system which gives head-injured patients and carers an identifiable guide and advocate through the whole care pathway.

"It also recommended that NHS trusts and Adult Social Care departments should be required to identify named managers with responsibility for co-ordinating the service and ensuring inter-agency collaboration.

"Sadly, this was never acted upon by successive governments, with local authorities provided with no additional resources or clearly specified objectives.

"It is vital that all local authorities take time to read and fully digest the Serious Case Review and learn the lessons contained within in order to ensure that no other brain injury survivors are similarly let down."

## How you can help

Speaking alongside Alyson at The Way Ahead, Peter said to delegates: "I would simply ask you to take a copy of the report and actually go along to your local authority and say 'What lessons have you learned from this? What changes are you making as a consequence of this?'

"Don't be afraid to confront them about this because this should never be allowed to happen again, and the only people that are going to change it is us, in our own communities, going out and putting pressure on those that need to listen.

"It's about providing a fair share of national and local resources for survivors of a brain injury and their families."

The report, along with Alyson's powerful talk at The Way Ahead, is available to view and download from our website at [www.headway.org.uk](http://www.headway.org.uk).



# Royal Approval for new ID cards



The launch of an innovative new scheme designed to ensure brain injury survivors get the help, understanding and support they need has been labelled as a 'life-changing moment' by His Royal Highness Prince Harry.

"The woman in a supermarket behind the till was scrutinising me and looking suspiciously at me. But I just showed her the card and she immediately understood."

"Having a card has given me a lot more confidence and reassurance. It has given me proof. I carry it everywhere I go – I'm so happy I have one."

Samuel Bishop

The Prince's passionate praise came as he officially launched Headway's new Brain Injury Identity Card.

The card is part of the charity's Justice Project, which aims to raise awareness of brain injury within the criminal justice system and help police to identify survivors at the earliest possible opportunity to ensure they receive appropriate support.

It was the second time Prince Harry has supported Headway. In 2013, the Prince officially opened Headway's new home in Nottingham where he took the opportunity to learn more about the work of the charity.

Peter McCabe, Chief Executive of Headway, said: "We are delighted that Prince Harry offered his support to launch this important project."

"The hidden effects of brain injury can often lead to misunderstandings and difficulties for survivors."

"Many people are assumed to be drunk as a result of having slurred speech or an unsteady gait, with attempts to explain the effects of their brain injury often being ignored."

*"The Headway Brain Injury Identity Card is designed to help the police to identify survivors at the earliest opportunity, ensuring they receive suitable support and are diverted away from the criminal justice system where appropriate."*

"Carrying the card is very reassuring as I know that I can quickly show it in times of difficulty."

"Because I don't look like a person with a disability, the card gives me confidence that I can verify my disability if required. It's really helpful when I have to catch a bus and want to use its priority seats or when I'm struggling with walking."

Phil Broxton



"The card also has the additional benefit of breaking down social exclusion, with card holders having renewed confidence in the knowledge that they can easily explain their support needs should they require assistance in everyday situations."

"It's a simple solution to a tricky conversation."

## 'I can appear drunk'

During his visit, Prince Harry met people who have been directly affected by brain injury and have encountered difficulties with the criminal justice system.

This included Jamie Gailer who suffered a brain injury when he was knocked down by a car in 1994.

For the past two decades, Jamie has lived with the hidden effects of brain injury, often having to cope with his injury being misunderstood or disbelieved.

On 10 April, 2016, Jamie was driving home from the shops in heavy rain and lost control of his car.

He sustained a cut to his head and was found at the scene confused and disorientated. Police mistakenly

believed Jamie was driving under the influence of alcohol and arrested him.

Subsequently Jamie was taken to court where he was found not guilty, while the court instructed that the costs of his defence should be met from the public purse.

Jamie said: "Just because a person may not have big scars or holes in their head, the authorities fail to believe the scale of the injury or impact of that injury."

"In my everyday routine I can communicate well. However, when I am faced with stressful situations, I can appear drunk because I have difficulties processing information and answering questions."

*"Brain injury needs to be spotted quickly so that the person's needs can be identified. The cards are a fantastic start to that identification."*

## 'Down to Earth'

Prince Harry also spoke with Dominic Hurley, who has been arrested three times for being 'drunk and disorderly' but in each case he was simply showing symptoms of his brain injury.

"Harry was so down to earth and friendly," Dominic said. "He walked in and it was like meeting a friend."

"He had obviously taken a real interest because he had done his research about the card and knew about traumatic brain injury."

"He knew how life changing it was going to be and we talked about it rather than me telling him all about it."

Dominic was just 21-years-old when he suffered a serious brain injury after falling off a moped while on holiday in Cyprus in 1994.

As a consequence, he has weakness on his right side and an unsteady walking



Peter McCabe introduces the new ID card to Prince Harry and special guests

For more information or to apply visit [www.headway.org.uk/idcard](http://www.headway.org.uk/idcard) **13**



Dominic Hurley shares his experiences with Prince Harry. Photo courtesy of Archant/Sarah Lucy Brown



gait. His speech was badly affected. He also has problems committing things to memory and struggles with organisational skills.

Despite this, Dominic returned to education and forged ahead facing the challenges that his new life threw at him – doing the things he previously enjoyed such as socialising and drinking with his friends. But it wasn't long until he began noticing people were reacting differently to him.

He said: "I wasn't drinking half as much as before my accident. But that is when all the problems started because people assumed I was intoxicated.

"I have been arrested three times. Each time, I was just seen as another drunk. Handcuffed, put into the van and taken to the police station. I wasn't given much of an interview at all.

"It was really horrible because I have never done anything wrong in my life, yet I was being treated like a common criminal."

Dominic thinks the Brain Injury Identity Card will be a great help.

He said: "I think the Justice Project and ID card is a great idea. Of course, you can work hard to raise awareness but you may not reach every police officer and that is where the card comes in."

Peter McCabe said: "The experiences of Jamie and Dominic highlight the challenges police face in understanding and quickly identifying the hidden effects of brain injury.

"They also perfectly demonstrate the importance of this new ID card.

"Had Jamie or Dominic been carrying one, these situations may have been

avoided, scarce police resources could have been saved, and vulnerable adults would not have been put through such ordeals."

## 'A life-changing moment'

Speaking at the launch event hosted by Headway Suffolk, Prince Harry said: "This surely is a life-changing moment for people with a traumatic brain injury, whether or not they ever get arrested.

"It can be quite terrifying if you're by yourself being accused of something you haven't done. This card is a saving grace for you guys and for the police as well."

While at the charity's rehabilitation hub in Ipswich, Prince Harry met with service users, volunteers and staff and was treated to a play by service users. He was given the opportunity to try his hand at decorating a cupcake while blindfolded, building on the experiential tasks he took on while visiting Nottingham four years ago.

## Support

To access a Headway Brain Injury Identity Card, which is personalised to include the individual's photo and lists some of the effects they commonly experience, applicants are asked to provide clinical verification of their brain injury.

"Sadly, evidence shows that brain injury is over-represented in the criminal justice system," said Peter. "It is widely

"The card has helped in many ways and I have been very encouraged with the understanding people have shown once I show it.

"Bus drivers in particular have been very supportive. They lower the step for me, and wait until I'm seated before moving away."

Nell Gregory

"I suffer from impaired balance. This has drawn attention from the police and they have watched me closely as I have crossed the road or when I'm at football matches. When I am tired I struggle to communicate and this can be very stressful when I'm out on my own.

"But the card is like having back up, plus there is a phone number for legal assistance too just in case anything was to happen."

Callum Maclean



Prince Harry officially opens Headway's Nottingham home in 2013

misunderstood in all facets of society and those working in the criminal justice system are certainly not alone in struggling to identify and appropriately

support those affected.

"It is vital, however, that vulnerable adults living with the long-term effects of brain injury are identified at the earliest possible opportunity.

"Being a victim of crime or being arrested can be a traumatic time for anyone, but can be particularly traumatic for a survivor of a brain injury.

"They may be confused, afraid and emotional about the situation they find themselves in. They may also experience severe anxiety or anger management issues from being confronted, left alone, being in a noisy

environment, or being in a confined space.

*"This project not only helps police to quickly identify brain injury survivors, but it also enables people to access specialist legal support from solicitors with expertise and understanding of brain injury."*

The Headway Brain Injury Identity Card is supported by organisations across the UK, including the National Police Chiefs' Council, which covers England and Wales, Police Scotland, the Police Service of Northern Ireland, the National Appropriate Adult Network, NHS England's Liaison and Diversion Service, and the Police Federation of England and Wales.

## Thanks

Our sincere thanks go to Headway Suffolk for hosting the event, to volunteer photographer Cedric Fairweather, and to CMC Markets – a leading global provider of spread betting, CFDs, forex and binaries – for its support of the launch.



Prince Harry takes a close look at one of the cards



Prince Harry took the time to sign some service users' artwork



# Awareness Boost

As you might imagine, the support of Prince Harry certainly helped to secure some positive press coverage across the UK, with conservative viewing figures estimated to be in excess of 18 million people reached. Of this, around 15 million came from national press coverage.

With television news features, radio interviews, newspaper articles, and online videos and personal testimonies, the card has helped to raise awareness of the often hidden effects of brain injury, while boosting the profile of Headway.

Brain injury survivor and ID card holder Tom Birch shared with the BBC his experience of being detained by the police as a result of the effects of his brain injury being misunderstood.

Like many people with brain injuries, Tom Birch walks with a slight stagger and has impaired speech. Often it gives the impression he is drunk, and this has led to unfair treatment.

In 2014, Tom was forcibly restrained and arrested by a police officer who assumed him to be drunk. This followed a quiet night out in London, where he had travelled with his brother for a medical appointment. The pair were about to

board a train home to Nottingham at the time of the incident.

Tom and his brother informed the police officers of Tom's brain injury, but they refused to believe the pair – or Tom's mother who tried to convince the officers of Tom's brain injury over the phone.

Tom was taken away and placed in custody while his brother was told to go on his way. He was later released – at 4am – when the police realised their error.

Tom said: "I have an invisible disability, you wouldn't know from looking at me. It's because of this that I think people's prejudices get the better of themselves and they pre-judge you.

*"They instantly think you are drunk, acting up or being a nuisance. It is really frustrating and upsetting. I only go to a few select places now as they know me in there and understand. I stick to the places I know and they know me. If I go somewhere new, it's always in the back of my mind that they might think I'm drunk and reject me."*



*"The police need to understand more about this new card so when they see it they will be willing to accept that they have made a mistake."*

Tom spoke to BBC Radio 5Live, in addition to being filmed in a bar situation, with members of the public being asked whether or not they thought he was drunk in order to highlight the challenges bar staff face in deciding whether or not a person is intoxicated.

The powerful feature remained on the front page of the BBC News website on the day of the launch and stayed there until early afternoon, and was the most watched clip on the whole of the site for most of the morning, beating even international news. The film has now been viewed more than a million times.

Further interviews on BBC Radio 5Live followed, in addition to television news items on the BBC and ITV. The project also received online coverage on four national newspaper websites, including the Mail Online, Daily Telegraph, the Sun and the Daily Express, and in more than 80 local newspapers.



Dominic Hurley stars in a new promotional film to promote the card



## Local coverage

Several Headway groups and branches also took advantage of a press template issued from the Headway press office, resulting in strong local media coverage featuring brain injury survivors from their respective groups.

Groups including Headways Tyneside, Cambridgeshire, Preston and Chorley, Portsmouth, and Hertfordshire were

among those to enjoy a profile boost in their local media, with some securing full-page articles in their respective newspapers.

## A simple solution

To help promote the ID card, a short film entitled *A simple solution* has been produced.

The film focuses on the social complications that can result from a brain injury being misunderstood. One such situation reported to Headway by some brain injury survivors is hailing a taxi.

Featuring Dominic Hurley, the promotional film depicts a taxi driver refusing to pick up a brain injury survivor due to his speech being slurred and the driver falsely assuming he's drunk.

"My walking can be quite good," said Dom. "But when I know someone is watching me I tense up and get worse. You know people are looking at you thinking 'it's early to be drinking'.

*"I used to wish I could walk around with a badge around my neck to say 'I'm not drunk'."*

*"But now if I need it, I have my card."*

Our thanks to Dominic Hurley and Royal Cabs in Nottingham for their support in making this film.



# Support for Headway's Brain Injury Identity Card

## National Police Chiefs' Council (NPCC)

Janette McCormick, National Police Chiefs' Council Lead for Disabilities, said: "We fully support this excellent initiative, which will help police officers and custody sergeants identify brain injury survivors at an early stage.

"This will not only save valuable and limited resources in many cases, but more importantly will ensure vulnerable adults are treated in an appropriate manner as a result of having their needs identified."

## Police Service of Northern Ireland

Superintendent Simon Walls, said: "We fully support Headway's initiative that can help police quickly identify those living with hidden disabilities such as brain injury.

"This new card will play an important role in raising awareness and understanding, as well as helping frontline staff to ensure vulnerable adults receive appropriate support."

## Police Federation of England and Wales

Andrew Ward, Deputy General Secretary and Custody lead for the Police Federation of England and Wales, said: "The Federation is proud to support this valuable and important scheme.

"It will enable custody officers and other operational police officers to give particular support and assistance to members of the public affected by this type of injury and act as a cue to seek an appropriate adult or further medical advice for those who have been detained."

## Police Scotland

Chief Inspector Alistair Muir said: "This is an excellent initiative by Headway that has the full support of Police Scotland.

"The Brain Injury Identity Card will benefit brain injury survivors by ensuring police officers respond appropriately and deliver a service according to individual needs."

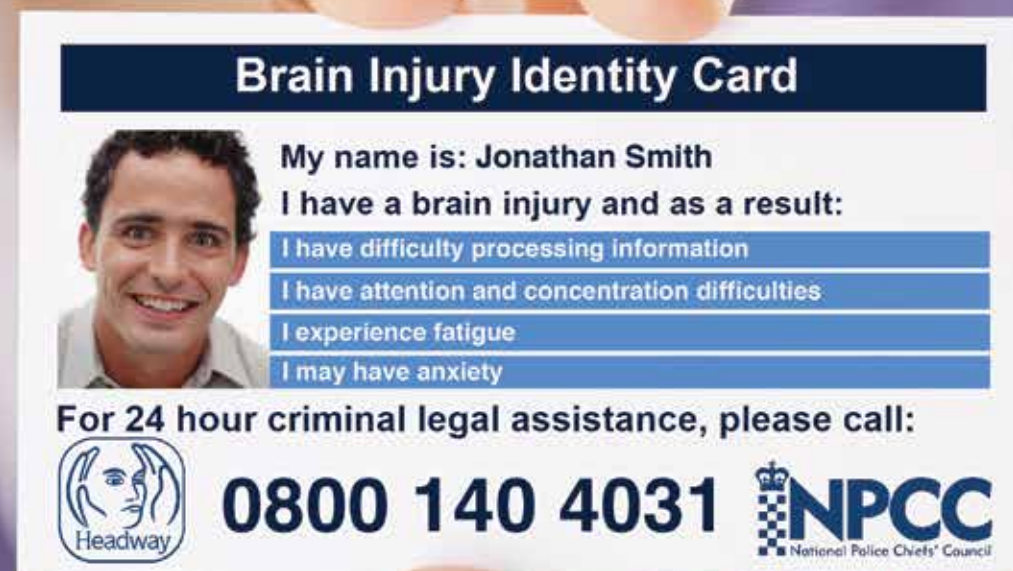
## NHS England's Liaison and Diversion Services

Kate Davies OBE, NHS England's Director of Health & Justice, Armed Forces and Sexual Assault Services Commissioning, said: "This is an excellent initiative that will help Liaison and Diversion services operating in police stations to identify brain injury survivors and provide early intervention.

"We look forward to continuing our partnership with Headway, which includes brain injury training for Liaison and Diversion staff."

## National Appropriate Adult Network (NAAN)

Chris Bath, Chief Executive of the National Appropriate Adult Network (NAAN), said: "We are delighted to support this project, which will help to ensure vulnerable adults living with the often hidden effects of brain injury are appropriately supported when they come into contact with the criminal justice system."



# About the Brain Injury Identity Card

## Why should I carry a Headway Brain Injury Identity Card?

The complexities of brain injury can make it difficult for people to ask for support. Carrying an official Headway Brain Injury Identity Card can provide you with the confidence to know that if you need help, your needs can be easily identified, whether in social situations, or if you come into contact with police officers or other emergency services.

## Who can apply?

The card is available to anyone in the UK aged 18 and over who has a verifiable brain injury.

## I'm not currently involved with Headway.

## Can I still apply for a card?

Yes. Anyone living with the effects of brain injury can apply for a card.

## Which agencies support the card?

The National Police Chiefs' Council (NPCC), which covers England and Wales, Police Scotland, and the Police Service of Northern Ireland all recognise and endorse this card.

## What is the number on the front of the ID card?

This number can be called to request criminal legal advice and/or representation from solicitors trained in understanding brain injury, should

you find yourself in a situation where you need this support.

## I have never come into contact with the police – is this card for me?

Absolutely! The card can be used in many different everyday social scenarios to help you access any support you may need.

## What is required?

Clinical verification of brain injury and a photo are required, as well as some information about how your brain injury affects you.

## How much does it cost?

The card is provided free-of-charge.

Register for your ID Card at [www.headway.org.uk/idcard](http://www.headway.org.uk/idcard)



# 'If we could make it through this...'

When Scottie Elliott met Katie at their very first beginners Lindy Hop dance lesson, he had a strong feeling they were fated to be together.

Their love blossomed over the next six months, but was put to the ultimate test when Scottie sustained a traumatic brain injury.

The council worker was cycling in thick fog along the seafront at night when he crashed head first into an unlit bus shelter. Sadly, Scottie was not wearing a helmet.

He spent four days in a coma and suffered damaged vertebrae, multiple facial fractures and a fractured skull.

Due to the extent of his injuries, Katie was told he may never wake up, or if that

he did, he may no longer be the same person. But she was reassured by the support she received from hospital staff.

She said: "The staff at Hurstwood Park Neurological Centre were just fantastic.

"They were so brilliant. Not just what they did for Scottie but what they did for me, they made me cups of tea, they gave me hugs. They explained why I couldn't go in and see him."

Thankfully, Scottie woke up from his coma and knew exactly who Katie was.

"Over the next few days I felt the shock and the relief of being alive," he said.

"But my life was suddenly turned upside-down. I was in pain, on morphine, having MRIs and surgical procedures.

"I was transported for scans and operations between hospitals, remaining in my hospital bed or on a gurney for three weeks. For

somebody as active as I had been, that was very scary."

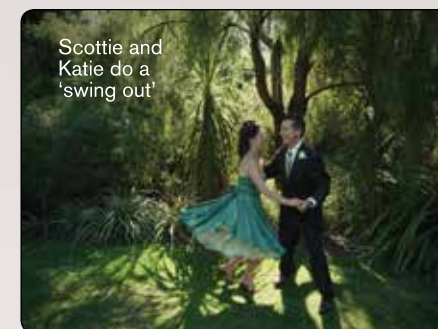
Although doctors feared he may never walk again, Scottie dreamed of dancing with Katie once more.

Scottie said: "We went through so much together in those whirlwind months after our first dance.

"I knew if we could make it through that we could get through anything together."

Katie constantly stayed by his side while he was in his coma, then drove the 50-mile round trip to visit him at Hurstwood Park Brain Injury Unit every day throughout his recovery.

Initially, Scottie was unable to grip with his right hand while doctors also feared he would be unable to walk.



"Although I could move my legs, I was unable to walk," said Scottie. "But I dreamed of wandering around my little garden, mountain-biking on the South Downs National Park and dancing again."

Not long after taking his first tentative steps the couple shared a special moment – their first dance together since the accident.

"We like to do a Lindy Hop move called a 'swing out,'" explained Katie. "We found ourselves alone in the corridor. We hadn't really been alone very much because he had been receiving so much care from the staff.

"In a rare unsupervised moment, we did the swing out. It was lovely

– although very unglamorous as I'd helped him to the toilet!"

After going through such an ordeal in the few short months they had been together and coming out the other side, Scottie knew he wanted to spend the rest of his life with Katie.

Scottie said: "Perhaps above all it highlighted the love and devotion of a woman I had not known very long, but from that moment I knew that she was the one I wanted to spend the rest of my life with.

***"I knew that if we could get through this together with love, patience and even a little laughter, we could get through anything."***

Just six months after the accident, Scottie took Katie on a romantic trip to Paris and proposed to her at a pavement café in the shadow of the Sacre-Coeur in Montmartre.

Katie said: "I wasn't expecting the proposal at the time, which was silly because everyone else was.

"In hindsight, a holiday to Paris was kind of obvious!"

"After the accident, he knew I would be with him no matter what. I would have arrived at that conclusion as well, but the accident made it very clear just how much he mattered to me."

Exactly one year after Scottie's accident, the couple shared their first dance as a married couple at their wedding party on Brighton seafront, just metres from the spot where they almost lost each other forever.

Scottie said: "The wedding really did bring a sense of closure to a year-long journey that had changed my life.

"It made a special day extra-special. Every year since, my wife and I have taken a walk along the seafront to where I suffered my brain injury.

"I still have some physiological issues, but my brain injury has undoubtedly made me a better person and has brought us even closer. I am eternally grateful to Headway and the NHS for my continuing recovery."





# THROUGH THE GOOD TIMES & THE BAD

Take a moment to think about your existing relationships. How many of them do you take for granted? Do you work hard to maintain them? Could you retain your social circle if you suddenly sustained a brain injury?

Maintaining relationships is not always easy for any of us, but it can be significantly more challenging for brain injury survivors. Any number of issues, whether cognitive, physical, or emotional or behavioural, can make it hard for people to return to the social or family life they once enjoyed.

Relationships can play a vital role during periods of hardship. The support of partners, family members, friends and even colleagues can be crucial in helping someone with a brain injury to rebuild their life and regain a degree of confidence and independence.

But how easy is it to maintain those relationships and get that support at a time when those closest to you are also struggling to adapt to life after brain injury?

To launch our new *Relationships after brain injury* information pack, here we share some general top tips for brain injury survivors and also the people with whom they have relationships.

## Communicate with one another

Effective communication is a vital part of any relationship, and it's important to be able to talk about both minor and significant things to keep a relationship healthy.

It's also important to be able to openly and honestly share things, such as how you are feeling, as this builds up trust which can deepen relationships.

If there is something you are upset about, and you are not sure how to communicate this to others, find a moment when you are both feeling calm and have enough time for a proper discussion to take place.

## Share Headway information

Encouraging others to learn about the effects of brain injury can give them a better understanding of what the brain injury survivor is experiencing. This can help them with identifying ways of supporting the survivor, both on an emotional and practical basis. Headway's new publications have been launched to offer this information and relationship-specific advice to various people in the survivor's life.

Our new film *Lost in a crowd*, which you can see on the new Brain injury and me website ([www.braininjuryandme.org.uk](http://www.braininjuryandme.org.uk)), is also designed to help friends of brain injury survivors to recognise how they can ensure their friend is not excluded.

## Make an effort to show you care

Making regular, conscious efforts to show you care for one another is important. Small gestures, such as telling someone how special they are to you, can help to show appreciation and harbour positive relationships. Try to not be offended if the brain injury survivor doesn't reciprocate or respond appropriately to your efforts, as they may be struggling with expressing themselves.

## Remember that it's natural for relationships to fluctuate!

All relationships go through good and bad times, and it's completely normal to have moments or periods of difficulties and challenges in any relationship. Give each other time and space before trying to talk through any difficulties. For serious, ongoing issues, consider seeking professional support.

## Hold regular 'date nights'

Choose an activity and location that is relaxing, enjoyable and safe, and that you both feel comfortable with.

## Write letters to one another

It can sometimes be difficult to convey complex emotions and thoughts, especially if a brain injury survivor experiences difficulties with sustained attention, concentration, empathy and processing information. Writing and reading letters can make it easier to take one's time with generating and processing this information.

## Celebrate the good times!

Keep a record of good times that you have with each other, such as with photographs, a scrap book or a journal. Reflect back over these positive times to show the survivor how much they have achieved and to remind them, and yourself, of the positive aspects of your lives.

*Thank you to Irwin Mitchell for supporting Headway's new relationships resources, with various publications sponsored by the firm's Family Law Team.*

To access free Headway publications, visit [www.headway.org.uk/information-library](http://www.headway.org.uk/information-library)

# TOP TIPS...

## For friends:

Try to keep in touch with your friend, even if they don't initially respond to your messages or only occasionally reply.

Offer practical help, such as bringing them cooked meals, doing grocery shopping or driving them to appointments.

If your friend struggles with busy or noisy environments, consider meeting them in a quiet location - such as their house or in a park.

## For partners:

Communicate openly with each other, and be honest about your feelings.

Discover new activities that you can do with your partner if they are no longer able to safely do activities they previously enjoyed, or are no longer interested in these.

Help your partner with filling in forms and attending any appointments or assessments they may have. Your input can be very helpful, especially if your partner has memory problems or lacks insight. Facing these challenges can also bring you closer.

## For colleagues:

Learn about brain injury and encourage other colleagues to do the same. Employers can get relevant information in the Headway factsheet *Brain injury: a guide for employers*.

Offer to help out where you can.

Recognise the achievements of your colleague, regardless of what they were able to do before their injury.

**Check out more tips in our new range of relationships publications, including our booklets *Relationships after brain injury*, *Sex and sexuality after brain injury*, and the new series of factsheets for friends, couples, colleagues, siblings and grandparents.**



# Brain injury: To tell or not to tell?

“You just don’t feel like telling them unless you really know them,” brain injury survivor Dominic Hurley recently told listeners to BBC Radio 5Live.

People living with visible physical disabilities can find it tiresome to repeatedly answer questions about what has happened to them.

But explaining the complex and often hidden effects of brain injury in order to get support and understanding can be an even greater challenge.

For many people with a brain injury, the question of whether to explain their injury and its effects is difficult but ever-present. To tell or not to tell: It’s a conundrum faced by many.

We asked our online community whether they usually tell people about their brain injury, or if there are certain situations where they prefer not to say.

## ‘I’m always forgetting things too’

“The most frustrating thing about trying to explain symptoms of my head injury to people is their ‘I get that’ reaction or ‘I’m always forgetting things too’,” said Jacquie Fowler.

Indeed, many people highlighted the general lack of understanding that exists when it comes to brain injury. But while such clichés are often accepted as well-meaning attempts to show empathy, mis-informed comments can stop people talking about their brain injury.

Jerome Wilson feels that people’s responses over time have made him

less likely to share. “In the beginning I thought it was my number one thing to do, explaining how the brain injury has affected me. But I began to see and understand that people didn’t really understand it, as they believe what they see.

“I don’t really have the visual effects of brain injury besides a large scar on my skull where it was cut open. It has therefore become frustrating and tiring at times explaining myself to others.”

It is clear that the response of others is one of the key reasons people prefer to not share.

Fiona Hutchings, who suffered a subarachnoid haemorrhage, explains this struggle: “It depends. Sometimes being open helps, sometimes I end up being pitied, patronised or getting ‘yes, I had a bad headache once’.

“I’m weary of the assumptions people make about how I should or shouldn’t be as a person living with brain injury, but most of all I struggle when others want me to relive one of the most traumatic experiences of my life for them, often with no warning.

“It’s disrespectful and not the same as choosing to share my story at a time and in a way that feels okay to me.”

## At work

Whether to tell people in the workplace is a difficult decision for many who are taking the step back into employment after brain injury.

Under the Equality Act, employers are required to make ‘reasonable adjustments’ for people with long-term disabilities, but finding a balance that works can be difficult and requires a lot of support.

Many people choose not to tell employers for this reason, however it’s worth bearing in mind that employers can’t make adjustments for problems they don’t know about.

For self-employed people, the challenges are different but are no doubt familiar to many people who have worked after brain injury.

“I’m self employed,” said Richard

De Pesando. “I found that after my accident most of my clients (many of whom I have worked with for years) were very sympathetic for the first few weeks.

“Then, when it was clear I would be out of circulation for months, their attitude changed and people either became uncomfortable with me or rejected me professionally.

“I spent the last two years building my client base up again from scratch. I now tell everyone, not forcefully, but I make them aware of it. I need to have trust-based relationships at work.”

## Happy to share

While some have good reasons for preferring to keep their brain injury quiet, others are more keen to tell and, with the right approach, the results can be very rewarding.

“I do and always have,” said Gary

Kearney. “I have the story down to a couple of lines now.

“They don’t need the full story. It explains things so if I make a mistake with something they understand. It also, more importantly, gives me a chance to educate and advocate for us.”

Mark Bardsley is happy to talk about his condition, but also highlights the importance of being defined as the whole person, not just the brain injury. “(During) Early rehab (I) was concerned about appearing rude or not listening so would always mention it.

“Now (I’m) entirely open when it’s raised but otherwise stay ‘hidden’. Happy to share it, but keen not to allow it to be the total focus of my being.”

## ‘This is me’

Perhaps then it isn’t so much a question of whether to tell people about your brain injury or not, but a case of

finding a point that’s comfortable for you.

Rachel Bisson touches on this acceptance: “I am happy for the chance to raise awareness of my condition. But now, five years on, when meeting new people I don’t always feel the need to disclose it.

“A good quote I live by is: ‘I am not what happened to me, I am what I am about to become’.

“I don’t feel I have to make excuses anymore, like when I can’t get my words out or have involuntary arm movements (not so frequent).

“This is me now, take it or leave it.”

If you would like to talk to someone about the issues raised in this article, you can contact our free, confidential helpline on 0808 800 2244 or [helpline@headway.org.uk](mailto:helpline@headway.org.uk).



Join the conversation at [www.healthunlocked.com/headway](http://www.healthunlocked.com/headway) **25**



## Advertising feature

# BRAIN INJURY SPECIALIST SOLICITORS PROUD TO SUPPORT HEADWAY



**Hats for Headway** – Wolferstans won the Best Group Photo during the recent Hats for Headway Day event.

Wolferstans is a major law firm in Plymouth with a history going back to 1812. With a nationally recognised reputation as a specialist practice in respect of Personal Injury and Medical Negligence, the firm are proud to support Headway and delighted to take part in Action for Brain Injury Week and Hats for Headway Day to raise funds for the charity.



**One of Headway Plymouth's Trustees, Andrew Warlow, is a Partner at Wolferstans and speaks about his experience as a Brain Injury Specialist:**

*"I have been undertaking head*

*injury related litigation for many years and consider it a real privilege to be able to help others who have had their lives so drastically changed by something so sudden and unexpected. No two cases are the same as no two people are the same.*

*To be allowed into people's lives and to help them rebuild is an awesome responsibility and one which I don't take lightly. Of course, much of the pressure and stress is often borne by those nearest and dearest to the injured person. To be able to give them time and understanding, as well as hopefully*

*encouragement and support are every bit as important as negotiating one's way through the Court procedures in the case. Although it can be said that claims for damages are about money, I think that the process of getting to the conclusion and taking the injured person and those closest to them to the finishing line is hugely important and can set them up for a lifetime ahead, when I have to bow out of the picture, which just presenting a cheque or arranging for periodic payments cannot achieve.*

*I am also always conscious of the fact that there is only one bite of the cherry in the claims I bring and that it is essential to make the most for each client of their case, knowing that I will not be there to guide them when the case is finished, but will hopefully be able to provide them with a platform on which to make the most of the future."*

**Andrew is listed on the Headway Head Injury Solicitors List and is accredited as a Brain Injury Specialist by the Association of Personal Injury Lawyers.**

# #HeadwayHeroes Supporters scale NEW HEIGHTS

What lengths – or should we say heights – would you go to in order to show your support for Headway? Well, for a group of brave corporate supporters, the quick answer is 52 metres.

Doesn't sound a lot, does it? How about if the 52 metres was the height above ground level of a walkway suspended on top of The O2 Arena in London?

The dizzying challenge to climb The O2 was completed by teams from Burcher Jennings, Jefferies Solicitors, Lester Aldridge, Lyons Davidson, No5 Barristers' Chambers, Old Square Chambers, Osbornes Law and Wynne-Jones IP, who between them raised more than £11,000.

Determined to be good hosts, the teams were accompanied by Headway's Peter McCabe and Anna Kerr.

The climb, described as urban mountaineering, involved ascending all the way to the top of The O2 via a walkway, suspended 52m above ground level.

The whole experience took the teams 90 minutes, with time to take in the spectacular views across the sunny London skyline.

Sarah Earl, Head of Administration at Old Square Chambers, was one of

the 60 participants who took part in the climb. "We were delighted to be invited to participate – we do enjoy a challenge, especially for such a good cause," she said.

The Jefferies Solicitors team also had a lot of fun. "It was a fantastic team-building exercise and a great way to see the sights of London," said Director Nina Ramsden.

"Most importantly, we were delighted to have another opportunity to support Headway and their important work."

Tim Blackwell, Partner at Lester Aldridge, agreed: "Our Personal Injury team had a thoroughly enjoyable day climbing over the O2 in London and what made it even more amazing was that it was to raise funds for Headway – the brain injury association.

*"We look forward to next year's challenge and raising more money for this most deserving charity. It is good to know that the £2,182.50 we raised will be used to help brain injury survivors, their families and carers."*



This stunning view was waiting to greet the climbers



The intrepid 'urban mountaineers' prepare to make their ascent

After the exhilarating experience, climbers were treated to a drinks reception kindly sponsored by No5 Barristers' Chambers.

Headway would like to thank all involved for supporting this incredible day of fundraising and look forward to inviting you to next year's corporate challenge day.

To find out more about Corporate Membership or sponsorship opportunities, please contact Anna Kerr on [partnerships@headway.org.uk](mailto:partnerships@headway.org.uk).



# #HeadwayHeroes Climbing, dancing and running – our baton holders GET ACTIVE!

At the beginning of the year, four committed companies accepted the challenge to become a Headway Baton Holder – and what a year it has been so far!

Burcher Jennings, EMG Solicitors, QVC and Voyage Care have all been busy holding dinners and quizzes, running marathons and even climbing mountains to raise money to help provide support for brain injury survivors.

**‘IT CAN HAPPEN TO ANYONE, AT ANY TIME’**

Legal pricing and costs consultancy, Burcher Jennings, has raised more than £12,000 so far.

Its staff put their fear of heights to the back of their minds to take part in the O2 Arena climb, held ‘An Audience with...’ dinner event with former football club chairman Peter Risdale, and one colleague, Claire Borradaile, even took on the gruelling London Marathon.

Victoria Morrison-Hughes, Costs Consultant at the firm, said: “We were inspired to become baton holders after hearing inspirational speaker Kate Allatt talk about her stroke at a Headway event.

“It bought home to us how brain injury can happen to anyone at anytime.”



No hatastrophe when it comes to EMG's fundraising

**IT'S A RAT RACE OUT THERE!**

Durham-based firm EMG Solicitors has been busy with a wide range of activities, gearing up to its glamorous Moulin Rouge themed WonderLAN Ball on Thursday 9 November.

The team got its fundraising off to a flying start with an office launch party in January. They then took part in Headway's Pancake Party Day, where staff all donated to compete in the 'biggest pancake tosser' competition.

Staff members also competed in a River Rat Race in August which saw them swim, crawl, climb, jump, splash and run their way around an urban obstacle course.



Claire Borradaile from Burcher Jennings proudly shows her London Marathon medal

Ros Danson, Head of Business Development at EMG Solicitors, said:

*“It has been a great year of fundraising. So far we have raised just over £6,000, but with more events to come, we are well on our way to achieving the incredible £20,000 target.”*

## A VOYAGE OF DISCOVERY

Voyage Care, a specialist care provider to adults with a brain injury, has also been going the extra mile to raise money for Headway, with more than £9,000 raised to date.



Jez Evans and John Dawson complete their epic challenge

Staff from across the country took part in Hats for Headway Day, held cake sales, and completed a sponsored walk, while Samantha Maxwell from the firm's Codnor care home took part in the London Marathon.

Jez Evans, a Supported Living Team Leader at the company, embarked upon an incredible journey and took on the Snowdon challenge alongside service user John Dawson, who receives support from Voyage Care in Nuneaton.

John sustained a brain injury and lost sight in his right eye whilst serving in Afghanistan at just 20 years old. He was determined that nothing would stop him completing the demanding challenge, which sees participants cycle 19km around Snowdon, trek 15km to the mountain's summit and finally canoe 4km across Llyn Padarn to the finish line.

Not only did John overcome the odds and fulfil his ambition, he and his support team helped to raise more than £500 for Headway.

## ON TARGET

Staff at the QVC shopping television channel have also been busy raising money to help brain injury survivors.

They have taken part in Hats for Headway Day, bake sales and attempted to hit the back of the net in a sponsored penalty shoot out.

Headway was nominated to be the channel's charity of the year by one of the channel's presenters, Jackie Kabler, whose sister Deborah died from a brain haemorrhage in 2010.



Leave some for everyone else! QVC's bake sale goes down a treat!

# FREETHS

## National Presence: Local Understanding

For specialist advice on all personal injury and clinical negligence claims, speak to one of the UK's leading law firms.

For a no obligation consultation with us please contact Jane Goulding.

[www.freeths.co.uk](http://www.freeths.co.uk)

Birmingham • Derby • Leeds • Leicester • London • Manchester • Milton Keynes • Nottingham • Oxford • Sheffield • Stoke on Trent



**Jane Goulding**  
0845 050 3296  
[jane.goulding@freeths.co.uk](mailto:jane.goulding@freeths.co.uk)



Who cares Wins...



#HeadwayHeroes

# What are YOU up to?

We always love hearing about the wonderful ways in which our fabulous fundraisers generate sponsorship and donations for the charity. And as you'll see from this diverse selection of activities, there's more than one way to get involved!

**Ulysses Club GB**, the social club for mature bikers, has been taking to the open road to raise funds for Headway over the past year.



Being aware of the risk of sustaining a brain injury from a motorbike accident was one of the main reasons the group decided to support Headway.

Among the fun initiatives the bikers have embarked on is the Festival of Light event. Over the course of a weekend, the group challenged

themselves to visit as many famous statues as they could, including Lady Godiva in Coventry, and The Fine Lady in Banbury.

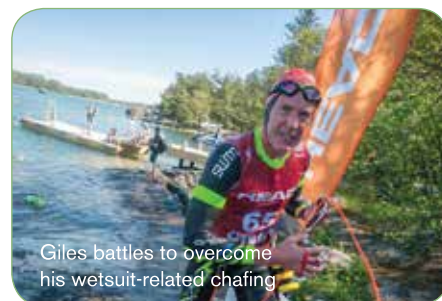
Club President Martin Lockley said: "We wanted something that could bring us all together. We just give ourselves an excuse to go out and ride and meet people and hopefully they'll give us some money!"

**Giles Johnson** was also keen to raise money for Headway after his close friend sustained a brain injury. He tackled rough terrain and open waters on an idyllic Swedish island and raised thousands of pounds in the process.

"An old friend of mine had a very nasty accident last year that has totally changed his life and the lives of his family," said Giles.

*"He was an incredibly talented man and his injuries have robbed him of the things we all take for granted."*

Giles entered the Ötillö swimrun in Sweden with his team mate Matthew and the pair were filled with trepidation. They ran and swam a total distance



of 43km, running in their wetsuits and swimming in their trainers.

Giles said: "The chafing was an issue! I had to buy plasters to stick in places you would rather not stick anything."

But let's be honest, many of us would much prefer to do our fundraising in the comfort of our favourite armchair, with a nice cup of tea in our hands.

For **Mel Davis**, that meant hosting a very successful tea, coffee and cake day, in addition to selling various handmade items at craft fairs. Together with her sister-in-law, Chrissie, Mel has made some amazing items, helping to raise over £2,000 to date.

That said, she's also gearing up to complete a 50km walk as part of the Thames Path Challenge in September.

She'll need a cuppa after that!



Not all law firms are the same



*"You do great things and provide a fantastic service in terms of support and advice."*

*"You make a difference to peoples' lives and are very good at your job. We thank you for everything."*

Anne Cahill



Call Kim Smerdon

0118 952 7137 or Freephone 0800 884 0719

advice@claims-personalinjury.com

Ranked #1 for personal injury claims

We are active supporters of Headway. Kim Smerdon, head of our Personal Injury team, is a Trustee of Headway Thames Valley.

With our team of specialist lawyers, brain injury support group and in-house case manager, we have the knowledge, experience and commitment to ensure that you and your loved ones get the results you deserve and the support you need.

We are more than happy to visit you in hospital or at home at times to suit you. We provide national coverage.

www.boyesturnerclaims.com

## A network of specialists on your side

At Thompsons, we combine decades of serious injury expertise with compassion and specialist knowledge to provide a service that extends far beyond just legal support.

Our serious injury experts, based throughout the UK, will build a case for compensation that covers costs for medical treatment, rehabilitation, changes in lifestyle, and the financial impact of your brain injury, while working with a range of specialists, support groups and charities to ensure you receive the additional support and advice you need post-injury.

*"Thompsons were brilliant, absolutely brilliant, nothing was too much trouble."*

Maisey, mother of Patrick, one of our brain injury clients



To speak to our serious injury team and find out how we can help you call 0800 0 224 224 or visit [www.thompsons.law](http://www.thompsons.law). An initial consultation is entirely free of charge.