



Who deserves a thank you?

- *“Thanks to you, I have been able to get my confidence back.”*
- *“Thanks to you, I feel more positive about the future.”*
- *“Thanks to you, I don’t feel I’m going through this alone.”*

Is there someone in your life you want to thank, someone who might not realise that their support or their gesture was so important to you, so meaningful?

If so, we want to hear from you.

This year’s Action for Brain Injury Week will focus on the issue of relationships, and, as always, we need your help!

We know that brain injury can cause a ripple effect affecting a multitude of relationships in many different ways. Sadly, at times relationships can end or become strained, but often they can grow stronger.

During this campaign, we aim to raise awareness of the impact of brain injury. We also want to demonstrate that everyone can play a role in supporting those they know who are living with brain injury by celebrating the often simple but incredibly meaningful contributions made by friends, colleagues, or family.

Get involved

You can take part in *You, Me, and Brain Injury* by using your smartphone to create a short video about someone who has helped you cope after brain injury; that special person who has been your rock, shown you vital support and helped you take on life after brain injury.

It could be:

- your best mate who took the time and effort to learn about brain injury in order to better understand what you’re going through

- a colleague who has been really helpful in helping you to return to work
- a sibling who has accompanied you to every appointment, just to be by your side

It doesn't have to be a huge gesture; perhaps it was just treating you in the same way they did before your brain injury, making you feel like you.

This is your chance to say THANKS TO YOU and highlight just how much of a difference we can all make to the lives of people living with ABI.

Here's how to do it...

It's easy, just follow these simple steps:

1. Pick that special person in your life that you want to thank
2. Jot down a few things you want to say before you start filming
3. Use your smartphone to record a short clip (no longer than 20 seconds) of you telling us why this person is so special and how they have helped you
4. Share on your Twitter or Facebook account and use the hashtags #ThanksToYou and #YouMeBrainInjury
5. If you haven't got Twitter or Facebook account you can send your video to us at website@headway.org.uk using [Wetransfer](#).

Remember; do not reveal details about the person you're talking about that could identify them to others without their express permission. It's fine to say their name, but if you're planning to show a photo of them please get their permission first.

Of course, it would be even better if they take part in your film, in which case let them know how it will be used.

If you require any help or advice please don't hesitate to contact the communications team on 0115 947 1901.