

Autumn 2020

Headway News



The magazine of Headway - the brain injury association



*"My helmet
saved my life"*

See page 16



PROTECT YOUR MELON



**A day in the life
of a helpline
consultant**

Page 10



**Fighting
fatigue**

Page 18



**Mental health
and brain
injury**

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Unique Care Provider – Helping you to take control of your loved one's trust fund.



CONTACT UCP LTD TODAY!

At Unique Care Provider we guide our clients through every aspect of running their own support team, to provide appropriate and specialist care, eliminating dependence on costly solicitors. We work with families of spinal and brain injury survivors with complex physical and cognitive impairment, delivering a wide range of services that would otherwise need to be completed by a legal firm or case management company at large cost to the Trust Fund. We are also fully accredited by the Care Quality Commission (CQC).

UCP can help you to:

- ✓ Find the right solicitor– and give you the knowledge to manage the non-legal requirements
- ✓ Take control of your loved one's Trust Fund to ensure they receive the most from it
- ✓ Calculate and understand the statutory benefits you're entitled to
- ✓ Access to local care facilities and support networks
- ✓ Access realistic, affordable property adaptations and specialist vehicles
- ✓ Access and understand the medical equipment your loved one requires
- ✓ Implement and manage a care team

We can work with you on an hourly rate, or on a project-by-project basis, so you only pay for the services you receive, with no contract or minimum charge.



Toni Mousley
Owner of UCP

T: 01827 383 855 E: info@uniquecareprovider.co.uk W: www.uniquecareprovider.co.uk



Welcome

Welcome to the autumn edition of Headway News.

Since the coronavirus pandemic arrived in the UK, Headway and our network of groups and branches have been impacted significantly with services moving online and fundraising activity scaled back or cancelled.

Despite these challenges, it has been heartening to see how our network has gone above and beyond to ensure that they continue to support local communities in any way they can. I have been humbled to hear the inspiring stories of brain injury survivors and their families who have continued to take crucial steps in their recovery.

You can read some of these stories in this edition of Headway News. There is a powerful interview about mental health with brain injury survivor Eleanor Brander, page 27 and an uplifting story of soon-to-be husband Andrew Brown and his determination to walk up the aisle, page 28.

Since social distancing measures were introduced, we have seen a steady increase in the number of people cycling. Sport England's latest survey showed that more than six out of ten people intended to walk and cycle for everyday journeys as lockdown rules are eased.

We think it is timely to remind the public just how important it is to wear a helmet before getting on a bike. By following The Highway Code and wearing a helmet, cyclists will reduce the risk of sustaining a brain injury and help reduce the demands placed on our already-stretched emergency services. Put simply: use your head – use a helmet.

In July, we began to reopen our shops on a phased basis and welcome back our local communities. We are grateful to those who have dropped off donations or who have shopped with us and we thank you for your support.

Our fundraising has been hit hard and we are forecasting a £2 million shortfall against budgeted income. We are fighting to keep our services going, so please make a donation to our survival appeal, if you can, via our website. By working together, we can ensure that our services continue to be available to those who really need them.

Best wishes and stay safe.

Peter McCabe
Chief Executive



the brain injury association

Who we are

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

Go digital!

If you'd prefer to receive Headway News as an email then let us know at headway.org.uk/tick-yes

Essential contacts

Headway office:

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

Telephone:

0115 924 0800
enquiries@headway.org.uk

Nurse-led freephone helpline:

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

Website:

www.headway.org.uk

Advertising:

directorofcomms@headway.org.uk

Fundraising:

fundraising.manager@headway.org.uk



Supporting you to access rehabilitation and secure compensation

Thompsons Solicitors is proud to campaign with Headway to ensure brain injury survivors receive the support they need.

We know that coronavirus (COVID-19) has meant limited access to vital rehabilitation and support, and we're here to help you get things back on track.

Our team of brain injury experts acts exclusively for individuals who have suffered an injury, and never for those who may have caused one.

To speak to a legal specialist at Thompsons Solicitors for no obligation advice, call 0800 0 224 224 or visit www.thompsons.law.



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Your top tips for coping with brain injury

Brain injury affects everyone differently, but there are certain strategies that many people find beneficial, and often wish someone had told them earlier! We asked our social media communities to share their top tips for coping with brain injury...

Don't worry about pretending that you are feeling normal. You may be able to do it today for one minute then tomorrow for two. Then one day it may not even be pretending. Don't feel guilty.

Leanne Maree

Accept the new you, don't be afraid to ask for support, break things down into small manageable chunks and reward yourself for your achievements, be kind to yourself, take rest when you need to. You are a survivor. I'm 25 years post TBI and I'm only just coming to terms with the new me. If only I'd given myself this advice sooner!

Jacqui Fowler

Rest and acceptance of what's wrong.

Susan Kyle

Staying positive and setting yourself very small (but realistic) goals - get outdoors as much as possible. Five years on from my brain tumour surgery and I am still implementing these in my day-to-day living.

Bal Tawana

Post-it notes for EVERYTHING!!!!

Taz Dewhirst

Sleep. Scheduling rest days. Staying hydrated. Speaking to someone who can help. Getting info from Headway on how to cope.

Michelle Stringer

Having enough sleep at night and being kind to yourself with every new step of being able to do normal things again. When able, learning new skills is most beneficial especially if that turns out to be in a creative, therapeutic area. Have faith in God.

Sandra E Ball

Acceptance - this is not your fault. I'm still working on this one! Talk to those close to you. Sleep - if you know you have a busy day coming up, make sure you rest the day before. Admit defeat - some days are hard and that's ok. Admit it, rest and tomorrow will be better.

Jenny Stead

Visit our website at headway.org.uk/about-brain-injury for information on the effects of brain injury and practical guides to help you cope. You can also get in touch with our helpline to talk through your concerns and get information that is tailored to your circumstances. Contact the team on 0808 800 2244 or helpline@headway.org.uk

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"It was the happiest day of my life"

Go green!

Did you know that the plastic wrap used for Headway News is recyclable? It's made from polythene film and starts to break down after just three months. Recycle with carrier bags at larger supermarket stores, not at the kerbside. Do your bit to help save the environment and recycle today.



Headway's festive Christmas cards are now on sale

Sending a Headway Christmas card to your loved ones is a great way to show that you're thinking of them, especially at what is the end of such a challenging year, whilst also supporting our work to improve life after brain injury.

There are eight fantastic card designs to choose from this year, including Hoppy Christmas, Winter Hedgehog and Donkey Nativity – all kindly sponsored by Bolt Burdon Kemp!

Order using the insert in this magazine, online at shop.headway.org.uk or by calling 0115 924 0800.



Latest round-up

With news of your charity's ongoing work to improve life after brain injury

Headway to deliver training to prisons and probation staff

Headway has been awarded an NHS England contract to deliver acquired brain injury awareness training to prisons and probation services across the country.

"We are pleased to be working with our partners, NHS England, to deliver brain injury awareness training using a train the trainer format to reach prison and probation staff in England," said Peter McCabe, Chief Executive of Headway – the brain injury association.

"The training forms part of our wider Justice Project and complements the

training we have provided to police forces across the UK, as well as prosecutors, appropriate adults, liaison and diversion services and other agencies within the criminal justice system.

"Research demonstrates a high prevalence of brain injury within the criminal justice system. But through Headway's Justice Project, we are working to improve understanding of brain injury to ensure survivors are identified and provided with appropriate support."

"By providing prisoners with access to Headway's Brain Injury Identity Cards on their release, we will ensure that survivors will be easier to identify should they have further contact with the criminal justice system.

"We want key decision makers to provide appropriate support and take the effects of brain injury into account in reaching their conclusions."

New sentencing guideline for neurological impairments announced

Headway has welcomed the introduction of a new sentencing guideline for people with neurological impairments.

Following a period of consultation, the Sentencing Council has set out the guideline for judges and magistrates to assist them in sentencing people suffering from mental disorders, developmental disorders and neurological impairments.

Last year, Headway responded to the Sentencing Council's consultation and

highlighted the importance of explicitly including the category of acquired brain injury and its effects within the guideline and provided a stronger definition of what acquired brain injury is.

The guideline, which will come into force in October 2020, stipulates that the court should take an individualistic approach and focus on the issues in the case when handing down sentences.

Responding to the publication of the guideline, Headway's Chief Executive, Peter McCabe said: "We welcome this new guideline which will provide much-needed clarity in a very complex area.

"This guideline is an important step towards a person-centred approach to sentencing. It also ensures that the effects of brain injury are understood and taken into account in our justice system and survivors are treated appropriately."

MPs' calls to overhaul gambling industry welcomed

Headway has welcomed the news that the All-Party Parliamentary Group for Gambling Related Harm (GRH APPG) has called for changes to the gambling industry, but has reiterated its calls for more to be done to protect brain injury survivors.

The APPG conducted a year-long inquiry into the effects of problem gambling, taking evidence from a wide range of sources, including a submission from Headway and brain injury survivor, George*, who gambled away over £200,000 following his brain injury.

In response to George's case the APPG stated: "We would like to see online gambling operators treat such cases more sympathetically and return money in cases where money was clearly gambled when it should not have been. Gambling operators should also simplify their terms and conditions so that vulnerable adults are better able to understand them."

Responding to the APPG's report, Headway's Deputy Chief Executive, Luke Griggs said: "This multi-billion industry can, and must, do so much more to protect vulnerable people like brain injury survivors from the often devastating consequences that problem gambling can inflict on people. The resources are there, the technology is there – all that seems to be missing is the will.

"Without the commitment of the gambling industry to make meaningful change, it is crucial that the government take heed of this report and take stronger action without further delay."

*name changed for anonymity

Headway calls on Government to make e-scooters safe ahead of trials

Headway – the brain injury association has given evidence to the Government's Department for Transport (DfT) on how to make e-scooters safer ahead of trials which started in July to test their use on the roads.

We have made the following recommendations:

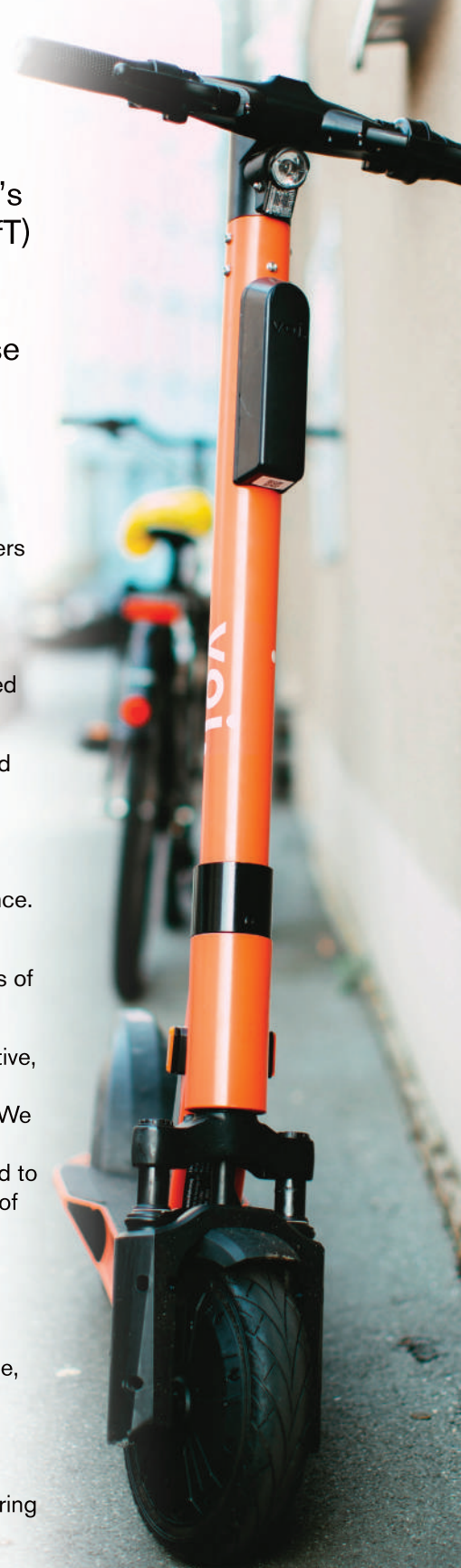
- When e-scooters are trialled the safety of riders and other road users should be paramount.
- To ensure the safety of e-scooter users, pedestrians and other road users, riders should be encouraged to wear a helmet.
- The speed of the e-vehicles should be restricted by a speed-limiting device.
- Tampering with speed-limiting devices should be a criminal offence.
- E-scooters should be fitted with noise emitters to warn pedestrians of their presence.

Peter McCabe, Headway's Chief Executive, said: "We would like to see these trials being conducted as safely as possible. We all think 'it will never happen to me', but every three minutes someone is admitted to hospital with a head injury – the effects of which can be devastating and life-long.

"We believe the Government ought to demonstrate consistency by informing users that they should wear a helmet as indicated in rule 59 of the Highway Code, which relates to cyclists.

"It is concerning to note that there is already evidence which suggests that e-scooter users are more at risk of suffering a head injury than cyclists."

The DfT is set to use the evidence gathered during trials to determine if e-scooters should be legalised in the UK.





Headway

improving life after brain injury



Head down to Headway!

Our charity shops are beginning to re-open, and we look forward to welcoming you back!

Our primary concern is the health, safety and wellbeing of our staff, volunteers and customers and we have therefore introduced a few new measures to our shops.

What's new?

- Hand sanitising stations
- A one-way shopping system
- Sneeze guards at the till point
- We ask that all customers who can wear a mask do so.

Donations are also being stored for 48 hours before going on sale and where possible, contactless payments are encouraged.

We may adjust opening times to allow for deep cleaning of the shops, so it is advisable to phone ahead before making a special journey.

Is my local Headway charity shop open?

We have been reopening our shops on a phased basis and will continue to update our website with individual shop opening information.

So far, the following shops have reopened:

- | | |
|--------------|--------------|
| • Alcester | • Kenilworth |
| • Alsager | • Mapperley |
| • Altrincham | • Poynton |
| • Beeston | • Prestwich |
| • Cheadle | • Rugby |
| • Harborne | • Whitchurch |
| • Hinckley | • Wigston |
| • Hucknall | • Winsford |

We need you!

As the COVID-19 pandemic broke out, we were forced to close the doors to all 30 of our charity shops, the profits of which were crucial in helping to deliver our frontline services.

We are now expecting a £2 million drop in income this year, but you can help! Simply donating unwanted items or volunteering your time will make a huge difference to the support we can continue to offer to those affected by brain injury.

Carol Tennet, Head of Retail at Headway, said: "We urgently need good quality donations of clothing, bric-a-brac, media, children's toys, furniture and small electrical items and would be extremely grateful for any donations."

"Likewise, we're always looking to welcome new volunteers to the team and we have lots of opportunities to get involved - whether it's greeting customers with a friendly smile, sorting through stock or manning the till."

To find out more about how to donate or volunteering opportunities, or to check if your local shop is open, visit headway.org.uk/charity-shops.

New date for ABI Week announced!

MEMORY LOSS

A campaign to remember

After being forced to postpone Action for Brain Injury Week earlier in the year as a result of the COVID-19 outbreak, we can now confirm that the awareness raising week will take place from 28 September to 4 October.

This year's campaign, *Memory Loss: A campaign to remember*, shines a light on the challenges brain injury survivors living with memory problems and their loved ones may face.

Through our special campaign animation, responses to our survey and sharing first-hand experiences of survivors and those closest to them, we are working to raise awareness of the disabling effects of memory loss after brain injury.

We'll also be asking for and sharing videos about what memory loss means to people affected by brain injury, as well as printable and downloadable memory aids to help those living with the complex, everyday effects of the condition.

Keep your eyes peeled for more information on our website and social media channels and join in the conversation using the hashtags **#MemoryLoss** and **#ABIWeek**.

ACTION FOR
BRAIN INJURY WEEK 2020



A day in the life of a helpline consultant

There is no standard call to Headway's helpline. In the complex field of brain injury, it is rare that people's situations are alike. The helpline team will take calls that are emotional, sensitive and in many cases life-changing.

Here we look at what a working day can look like for Headway's helpline nurse Vik.

9:00am Coming to terms with the effects of brain injury

The first call of the day comes from a lady who sustained a concussion. She has been struggling with fatigue, headaches and lack of concentration. The caller visited A&E and had a scan, but no abnormalities were detected.

Vik explained that concussion doesn't always show on a CT and shed some light on why the caller might be feeling this way. She suggested ways to aid recovery, including getting lots of rest and avoiding screen time and busy environments.

10:00am Support for professionals

It isn't just those directly affected by brain injury that can access support through Headway's helpline, but professionals too.

An Occupational Therapist (OT) contacts the helpline looking for support services for one of their clients who sustained a brain injury seven months ago. Vik was able to direct the OT to Headway's other frontline services, such as the Brain Injury Identity Card and publications, and to counselling services.

10:45am Disability benefits

The third call came from a brain injury survivor who was struggling to access Personal Independence Payment (PIP). The caller had been denied PIP and had a tribunal hearing coming up as part of his appeal.

They wanted to know what to expect from the hearing. Vik talked through the process and directed the caller to their local Citizens Advice Bureau.

11:00am A change in behaviour

Next was the wife of a brain injury survivor who had been exhibiting a change in behaviour after waking from a coma. He has been acting out of character, getting very agitated and can't understand why he is in hospital.

Vik is able to put her mind at ease by explaining that this kind of behaviour is common after brain injury and is called Post Traumatic Amnesia. Vik was able to give the caller some practical advice and suggested how best to communicate with her partner moving forwards.

12:00pm Mental health and brain injury

A mental health practitioner contacts the helpline looking for information on brain injury. One of their clients had sustained an acquired brain injury and the caller wanted to know what the best route to take was for those who had executive functioning problems and not had access to rehabilitation.

Vik suggested that finding a neuropsychologist who could carry out an assessment would be a good place to start. She also drew the caller's attention to Headway's Brain Injury Identity Card and their local Headway group for further support.

12:30pm In the hospital

The caller's husband is in hospital after an operation to treat an aneurysm on the brain led to a stroke. He is in a critical condition in a coma, but is beginning to respond to commands.

The caller is distressed as she hasn't been given much information from the hospital about her husband's condition and isn't able to visit him due to COVID-19.

Vik referred her to Headway's Acute Trauma Support nurse who was able to give her more specialist information on the brain injury and hospital process.

1:30pm A constant source of support

A regular caller contacts the helpline feeling very low in mood – they haven't slept or eaten for a few days. Vik had previously spoken to this caller and was able to identify a deterioration in their mental health. Vik asked for the caller's permission to speak to their GP on their behalf and as a result, the doctor reviewed their medication.

1:45pm The long road to recovery

The next call came from a worried husband after his wife had suffered a ruptured aneurysm. She is also sleeping a lot in the day and the caller has been having trouble waking her, something that has worried him a lot.

This was rather concerning and Vik suggested he call the neuro unit at Addenbrookes and ask whether this is what they would expect. She then sent out a range of Headway publications that would help.

2:45pm Mental Capacity Act and deputyship

Next is the sister of a man who had sustained a brain injury and is minimally conscious. He is a vet and owns his own practice. The caller wanted to be able to pay the staff and manage his affairs until he is able to do so himself.

She wanted to know legally what she needs to do to ensure this. Vik explained the legalities and the process of applying to the Court of Protection and sent further information on how to do this. Headway's *Mental capacity: supporting decision making after brain injury* booklet was sent out as a source of further information.

3:15pm Returning to work

Next, Vik speaks to a caller who is worried about returning to work after his brain injury. He thinks that the effects of his injury, such as poor concentration, memory loss and fatigue will affect his abilities to carry out his high-powered job.

Vik suggested he spoke to his employers about returning on a phased basis or working part time. She also helped the caller to look on the positive side and together they discussed all the positive attributes he has to offer.

3:45pm Brain injury and the criminal justice system

The caller uses the helpline number on the Headway Brain Injury Identity Card to get in contact. He has been accused of committing an assault and is being interviewed by the police next week.

He wants to know how he can access support via Headway's Justice Project. Vik explained that a specialist solicitor would be able to attend the interview with him and his details were passed on.

4:15pm End of life care

The last call of the day comes from the partner of a male patient who is in intensive care. They call the helpline from hospital in a distraught state.

The caller was told that their partner was expected to die that day and all treatment had been withdrawn.

Not only was Vik able to set up a meeting between the caller and a consultant to discuss her partner's treatment and the reason for end of life care, but she was also able to provide much needed emotional support at a very difficult time.

Helpline FAQs

Here we answer some of the helpline's most frequently asked questions.

What is an acquired brain injury and who does Headway support?

An acquired brain injury is any injury to the brain that has happened since birth. It's a really broad term because it covers illnesses, like strokes, tumours, meningitis or encephalitis, or injuries, such as ones sustained in a road traffic accident.

Here at Headway we support anyone who has been affected by these types of brain injury, whether the injury is recent or from many years ago. We also support the families of survivors, because we know that they're often impacted by the brain injury as well.

We can also give information and advice to professionals, friends or colleagues of brain injury survivors – anyone who has an interest or connection to brain injury. We have loads of information about the ways we can give support on our website at www.headway.org.uk/supporting-you

My partner was involved in an RTA two days ago and is now in an induced coma, I don't know what to do.

This is understandably going to be a very difficult time for you... I'm sure you have so many questions, fears and worries, both for your partner, yourself and even day-to-day things too.

It's important to remember that an induced coma is different to the sort of coma you might have read or heard about on TV. With an induced coma the doctors will have purposefully placed your partner in this state to give his brain a chance to heal after the accident.

I hit my head two weeks ago and I still don't feel right, I still get headaches, I sleep all the time and I can't concentrate on anything. Why? And what can I do to get better?

It sounds like you've had what's technically called a 'mild head injury' – although you may well be feeling like there's nothing mild about it! When you hit your head, the impact of the hit caused your brain to shake around back and forth in the skull, causing some mild damage.

The headaches, tiredness and problems with concentration that you're currently experiencing are understandably very

In the meantime, please try to look after yourself as best as you possibly can and get support from family and friends. Don't be afraid to ask the doctors and nurses questions, but as it's still early, try not to get frustrated or upset if they don't have answers for you at this stage. Ask the nurses if there is any way you can help with your partner's care to feel involved, or even do simple things like stroking his hand and talking to him.

Headway's helpline is available for you to get emotional support through this difficult stage – you can ring them on **0808 800 2244** or email them at helpline@headway.org.uk.

difficult, but they're also very common problems after a mild head injury. You should try to rest as much as possible during this time, because this is the best way to help your brain recover, and if you can, try to take some time off work.

Don't push yourself too hard and avoid stressful situations where possible. If you still have problems after two weeks, or if the problems are severe, have a chat with your GP.

Remember that you can get more information or emotional support from the Headway helpline by calling **0808 800 2244** or emailing helpline@headway.org.uk. We also have a Headway booklet on this topic called *Mild head injury and concussion* which you can access for free from our website at www.headway.org.uk/information-library

BUILDING A BRIGHTER FUTURE FOR BRAIN INJURY SURVIVORS

August saw the launch of Headway's exciting new virtual fundraising event, the Brighter Future Challenge.



A recent Headway study shows that COVID-19 has negatively impacted access to support and rehabilitation, leaving 62% of brain injury survivors fearing for their future.

The Brighter Future Challenge was launched in response to these shocking statistics, with an aim to create a community of Headway supporters working together to build a brighter future for brain injury survivors.

Over the last few months, Headway Heroes across the UK have been pounding the pavements and power walking through local parks with the goal of completing a marathon at their pace - all whilst raising funds to power Headway's front-line services like the helpline.

WHY JOIN THE BRIGHTER FUTURE CHALLENGE?



For your health



For the challenge



For the cause

HOW DO I SIGN UP?

1 Visit everydayhero.co.uk/event/brighterfuturechallenge/ and press sign up now

2 Set up your page and start tracking your marathon miles

3 Share your challenge with family and friends to kickstart your fundraising

DAN'S MARATHON EFFORT



After Dan Goldsmith sustained a bleed on the brain in a tragic accident in Malta, he was supported by Headway's helpline.

As a way of giving back to Headway and thanking the charity for its support,

Dan decided to take part in the Brighter Future Challenge, raising money so we can continue to support fellow survivors and their loved ones through frontline services.

Dan said: "After the last phone call with Headway's helpline, after months if not over a year since my last contact, I realised how important of a job the charity do and how they are always there to help me when I need it.

"This has meant a lot to me and countless others I'm sure. I'm so

grateful to be in a position where I can do my bit to raise money for a charity that has helped me, simple as that.

"I've really been enjoying the challenge to start with, the only struggle I've faced is with fatigue, which seems to have made a comeback just around the same time I started!

"I loved taking my four-year old son with me on one walk and to see him interested in the good thing we were doing and how important it is to me!"

PROTECT YOUR MELON

Headway has relaunched its campaign to encourage people to wear cycle helmets after the government announced ambitious plans to boost cycling rates.

We have welcomed news that thousands of miles of new protected bike lanes, cycle training for everyone and bikes available on prescription will be rolled out under new plans to overhaul cycling in England. This follows the government's earlier commitment

to invest £250 million in pop-up infrastructure.

In response, Headway is asking cyclists to remember their head safety before getting on their bikes.

Peter McCabe, Headway's Chief Executive, said: "It is encouraging to see the introduction of dedicated cycle lanes and training for cyclists. This will improve cycle safety – as will the wearing of helmets.

"As the government persuades more people to cycle, we hope that it will also encourage people to follow its own Highway Code in which rule 59 states that all cyclists should wear a cycle helmet.

"We all think 'it will never happen to me', but every three minutes someone in the UK is admitted to hospital with a head injury – the effects of which can be devastating and life-long.

"The benefits of an active lifestyle cannot be understated, and cycling is a great way of keeping fit and healthy. To all would-be cyclists, many of whom may not have been on a bike for many years, we say get on your bikes and get peddling – but please take sensible, common sense precautions.

"By following safety advice and wearing a helmet, you will reduce the risk of sustaining a brain injury and help reduce the demands placed on our already-stretched emergency services.

"Put simply: use your head – use a helmet."



FIVE TOP TIPS FOR SAFE CYCLING

1. ALWAYS WEAR A HELMET

Cycle helmets reduce the risk and severity of head and brain injuries. You should wear a correctly fitting and securely fastened helmet which conforms to current regulations.

2. WEAR HIGH VISIBILITY CLOTHING

Wear high visibility clothing and accessories at all times, even in the daylight, and use lights when riding in the dark. At night cyclists must have their white front and red rear lights lit and their bicycles must be fitted with a red rear reflector and amber pedal reflectors.

3. KEEP YOUR EYES PEELED

Rough surfaces, drain covers, road bumps and potholes all pose a risk when riding your bike. Keep your eyes peeled for things that may cause you to swerve or brake suddenly.

4. EXPECT THE UNEXPECTED

Vehicles around you may need to stop quickly or carry out an unexpected manoeuvre. Make sure you leave plenty of space between you and the vehicle in front and be mindful that your braking distance may differ in wet or icy road conditions.

5. SAY GOODBYE TO HEADPHONES

Listening to music from your headphones will stop you from being able to hear what's going on around you and when vehicles are approaching.

"MY HELMET SAVED MY LIFE"

David and his canine companion, Rapha



David Baker knows just how important wearing a cycle helmet is after one "saved his life" in a road traffic collision.

David, 45 from Dorset, is sharing his story as part of Headway's Cycle Safety campaign in the hopes of educating others about staying safe on the roads.

In August 2016, David was riding his bike on his way home from work when he was involved in an accident that completely changed the course of his life.

He said: "I was overtaken by a transit van and the driver immediately turned left onto her driveway, cutting straight across my path. Those few seconds of carelessness by the driver were life changing for me."

David has no memory of the accident, but a witness nearby saw what happened.

He said: "I was catapulted from my bike and thrown head-first into the van. My head took the brunt of the impact and the huge dent in the rear of the van gives some idea of the force."

Thankfully, David was wearing a helmet.

"My helmet saved my life," he said. "Without it, I wouldn't be here today. The shell of the helmet was cracked, as was the hard, protective foam inside."

"If I wasn't wearing one, I'm certain my prognosis would've been far worse."

He was rushed to hospital and told the life-changing news that he had sustained a traumatic brain injury. He also had multiple fractures to his ribcage.

David said: "My entire life changed within those few seconds. The brain damage it caused is permanent for me. I now suffer with severe visual problems; my brain can't fuse together the images that my two eyes capture."

"This means I have double vision and will have to wear an eye patch for the rest of my life."

As well as the physical challenges he's faced, David also says the brain injury has had a huge impact on his mental health.

"Ever since that day I've struggled with depression and anxiety and it's changed me as a person. I'm almost four years on from my accident now, but the demons still raise their head from time to time. Every time I look in the mirror at myself

it's an unwelcome reminder of what happened to me."

At the time of the accident David worked as a police officer, but his injuries were so severe that he was never able to return to the force. Instead, he has taken up photography and is set to study at Arts University Bournemouth this October.

He said: "Although initially difficult to accept, I now consider myself extremely lucky to be alive and to pursue an alternative career as a photographer."

Using his photography skills, David produced an advert to show his support for Headway's Cycle Safety campaign.

He said: "There are many people not as fortunate as me – there are couples that cannot cope with the stress and separate; families that are torn apart; children left without a parent or sibling. This is why I am an advocate for wearing a cycling helmet at all times."



David after the accident

"I was hit by a van, but I could have suffered the same injury falling off my bicycle and hitting my head on the pavement or colliding with a fixed structure. Fast or slow, on forest tracks or city roads, the risks are just the same. All a cyclist can do is give themselves a chance and wear a helmet."

"I will never be able to go back to the way things were, but my helmet saved my life and it's given me a chance to carry on living, growing and learning. I hope my story inspires people to use their head and use a helmet."

HARD HAT AWARENESS WEEK

Together, Headway and leading safety manufacturer Centurion have partnered to create Hard Hat Awareness Week.

The campaign, which runs from 21st-27th September, will see a series of activities designed to drive awareness of brain injury and encourage best practice around safety equipment.

The results of a survey conducted by Headway which explored the use of hard hats in the construction industry revealed that shockingly, among those who experienced a head injury at work:

- 52% did not report the incident to their manager
- Just 6% sought medical attention for their head injury

More worryingly, 15% of 486 respondents stored their hard hat in an unsuitable way, such as in direct sunlight or extreme temperatures, whilst over half (58%) painted, marked or applied decals or labels to their helmet which could cause a chemical attack and reduce its durability.

Almost a quarter (24%) were unaware that exceeding the expiry date of a hard hat can reduce the level of protectivity and 28% did not know where to find their helmet's expiry date or were unaware it even had one.

Peter McCabe, Chief Executive of Headway, said: "Ensuring your head protection is worn and cared for correctly is key to remaining safe. To all those working on site or in the construction industry, we urge you to always wear your hard hat."

Chris Tidy from Centurion Safety Products said: "We want people to understand the devastating effects of brain injury. It's not just the individual that's impacted; a brain injury can change the lives and futures of partners, family members and friends."

Liam's story

Liam Jones* was working as an overhead linesman when a metal bar fell and hit him on the head, causing what could have been a life-altering injury had he not been wearing his helmet.

He said: "Although using hard hats is second nature, seeing my hard hat perform so well and protecting me in a real situation gives me huge confidence in my PPE."

Liam was left with minor bruising on his head, but he says that without wearing his helmet, things could've been far worse.

"I feel very grateful to be alive. In my mind, there's no doubt that the hard hat saved my life or at least from serious injury."

*name changed for anonymity



Hard Hat Awareness Week Raffle

Headway and Centurion are holding a Hard Hat Awareness Week raffle, the proceeds of which will go towards helping Headway deliver its frontline services and improve life after brain injury.

Prizes include a Milwaukee Cordless 6 Piece Kit (worth £1000), a Bosch Combi Hammer Drill & Dewalt Cordless Pole Saw Kit (worth £400) and a Bosh Combi Hammer Drill (worth £150). To be in with a chance of winning, donate £3 by texting HARDHAT to 70331. Closing date for entries is 11:59pm on Sunday 27th September 2020.

Fundraising, payments and donations will be processed and administered by the National Funding Scheme (Charity No: 1149800), operating as DONATE. Texts will be charged at your standard network rate. For Terms & Conditions, see www.easydonate.org



FIGHTING FATIGUE

As summer changes to autumn and the nights start drawing in, people with brain injury often report that their levels of fatigue worsen.

TOP TIPS

WATCH YOUR MOOD

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.

What can you do?

- Be realistic in your planning
- If you don't achieve an activity try to 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
- Be aware of and acknowledge your feelings and emotions, but try not to dwell on them
- Plan time in your schedule to do pleasurable activities
- Acknowledge that you may not be able to do as much as you did previously
- If you are really struggling with your mood see your GP. Options may include medication, counselling or psychotherapy

Fatigue is reported by over 60% of brain injury survivors.

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.

Why not try:

- Having regular rest breaks
- Planning your time and being organised
- Prioritising where to use your energy
- Getting to know what your triggers are and working within your available resources

"Fatigue always starts with losing half of my vocabulary. I can't recall the word for anything or I use the wrong word and then start stammering and getting confused." - Steph Healy

SLEEP HYGIENICALLY

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

Search online for 'sleep hygiene' or find top tips for getting a good night's sleep on our website.

KEEP FIT

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, but if you find this difficult try to do what you can - it's better to get some exercise than none at all. Try to choose something which you enjoy as you are more likely to stick to it.

Fatigue may be a result of direct damage to brain structures or due to other factors, such as needing to make more effort to think or move.

DISCUSS MEDICATION

Medication may be helpful in managing some of the 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 any alternatives.

ADAPT YOUR NUTRITION

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. Thinking about eating the right things at the right times, according to what you are doing, is important in managing fatigue.



It is important that you eat a balanced diet and try to avoid fast-releasing carbohydrates such as sweets, sugary cereals, white bread and sugary drinks, opting instead for slow-releasing carbohydrates that are found in foods like brown rice, wholegrain pasta, fruit and vegetables.

Drinking enough fluid, particularly water, keeps the brain and body hydrated.

87% of brain injury survivors feel fatigue has a negative impact on their lives.

EXPLORE COGNITIVE (THINKING) STRATEGIES

Some people have described reaching a point at which their brain 'shuts off'. When experiencing 'mental fatigue' people describe being unable to think clearly and have difficulty concentrating.

Some cognitive strategies include:

- Using checklists to help you stay on track
- Scheduling your time using a diary or calendar
- Using alarms to prompt you to stay on task or take breaks
- Do one thing at a time
- Using flow charts for planning and decision making
- Using written notes as reminders

"My friends and family can see the change in my face, sometimes before I've even noticed it myself. Probably because I want to plough through as I'm fed up of giving into it." - Catherine Hammond

MODIFY YOUR ENVIRONMENT

To make best use of your available mental and physical abilities 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.

Some things you can try include:

- Try 'energy conservation' techniques, for example sliding instead of lifting items, using a laundry basket on wheels or having items that you use regularly within easy reach
- Organise your workspace, such as your kitchen or office area, keeping it as uncluttered as possible. Keep things in the same place so that you don't waste energy searching
- Use labels/signs to help you to find things more easily
- Prevent interruptions from other people – put a 'Do Not Disturb' sign on the door

"In those first few months especially, I didn't realise the difference between physical and mental fatigue. However with time, I eventually learnt to treat my brain as a battery – with some things draining it quicker than others." - Belinda Medlock

This information is adapted from *Drained by fatigue? Try these 8 ways to cope after brain injury*, which is available on the Headway website.

GET SUPPORT!

Fatigue can be one of the most debilitating effects of brain injury, but it's important to remember that many survivors experience this and have found ways to cope. In short, don't suffer in silence, there is support out there!

Some things you can try:

- Speak to your GP and show them Headway's information about fatigue
- Contact the Headway helpline on 0808 800 2244 or helpline@headway.org.uk to talk things through
- Get in touch with your local Headway group or branch – find details at headway.org.uk
- Connect with other brain injury survivors on the Headway HealthUnlocked community at healthunlocked.com/headway



TOP TIPS FOR STAYING SAFE ONLINE

The internet is an amazing resource, putting a wealth of information, news and social networks at people's fingertips. During difficult times it can be hugely valuable to people who are affected by brain injury, but it can also put them at risk of becoming victims of scams, exploitation and over-sharing personal information.

We've put together some top tips for staying safe online:

Passwords:

Use passwords that are difficult for someone else to guess, while still relatively easy for you to remember.

Avoid passwords that include personal information, and ensure they are more than six characters long with a combination of letters, numbers, and symbols.

Try not to use the same password for every website you're using because if someone guesses it, they will be able to access all your accounts.

Instead of writing your passwords on

paper where someone might find them, you can use a password manager to store, generate and fill-in your passwords.

Be a selective sharer:

When you share something on social media it has the potential to reach many people. It may be shared by others outside of your network and can sometimes be seen even after you've deleted the post.

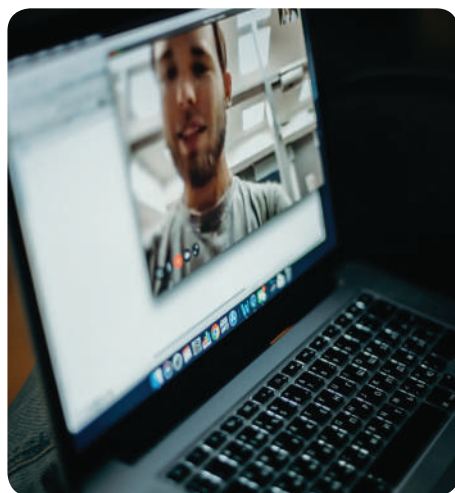
Don't share personal information that could leave you vulnerable, such as your contact details, medical records or bank details.

Be cautious about posting photographs of yourself and others on social media and, if you're unsure about something, discuss it with a family member or close friend.

Privacy settings:

Each social network has its own privacy settings. You can usually find these under 'settings' or 'options' on your profile.

It is advisable to set your privacy settings to enable only 'friends' or 'followers' to see what you post.



Remember that even if you set your profile to private, people you don't know may still see your posts.

Be careful who you're talking to:

A small minority of people may see the internet as an opportunity to take advantage of others.

Never send any personal information to someone you have never met in person; this includes telling someone where you live or sending them money.

Never send anyone a photo or video that could leave you in a compromising

situation. If anyone is pressurising you to send a photo or video, close the chat and report them.

Avoid online scams:

Be mindful of things that don't seem right. Remember, if something sounds too good to be true, it probably is!

Watch out for emails that tell you that you've won a large amount of money, say you need to click a link to renew a subscription or ask you to transfer money.

Instead of clicking a link in an email, go directly to the company's website or give them a call to discuss.

Meeting people in 'real-life':

Extreme caution should be taken when arranging to meet someone who you have been talking to online. The following should be applied:

- **Always** arrange to meet in a busy public place, such as a café.
- **Always** tell someone else who you are meeting, where you are meeting and at what time. Keep them regularly updated.

• **Never** meet anyone if you don't feel comfortable doing so.

• **Never** feel pressured into doing anything you don't want to do.

• **If possible** take a friend, family member or carer along to the first meeting.

• **Ask for help** if things aren't going well.

Respect other people:

Occasionally on the internet people forget that behind every post is a real person, so don't say anything to anyone online that you wouldn't say to their face. Think before you post!

Report any issues:

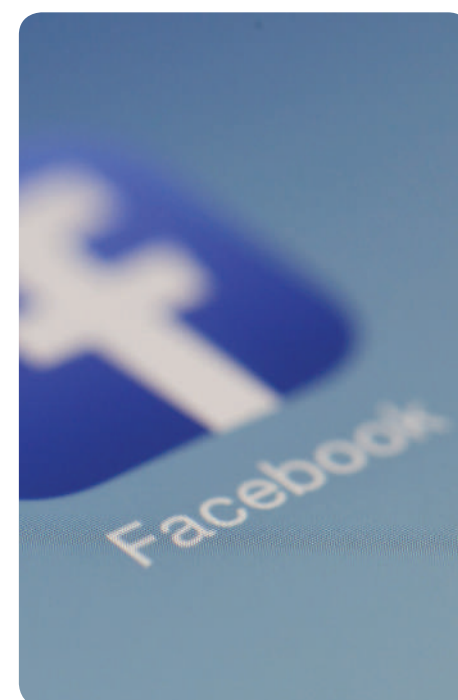
You should never accept being abused, bullied or harassed online. There are people you can talk to if this is happening.

- Most social networks have an option to report someone. After reporting, you may be given an option to 'block' that person so they can't contact you anymore.
- Tell a friend, family member, carer

or support worker if you are worried about anything online.

• Abusing someone online is a criminal offence and you can report it to the police. Contact your local police force by calling 101.

• Online scams can be reported to www.actionfraud.police.uk



Leave a gift in your will

and improve life after brain injury

Leaving a gift in your will is one of the biggest differences you can make to people living with the effects of brain injury.

It will be the reason that we can continue to be there at the end of the phone to provide support and comfort when it matters most, to be able to provide clear information in a time of uncertainty and support recovery and independence through our Identity Cards.

When is a good time to write my will?

A will takes time to consider but there is never a better time than now. Nearly two thirds of people have yet to make a will and it is estimated that one third die without having a valid will.

What happens if I don't write a will?

If you die without having a valid will, you die intestate. Having a valid will ensures

that your wishes can be carried out after you die.

I'm not wealthy so is it worth writing a will or leaving a legacy?

Many people are surprised what their estate amounts to, especially if you own your own home and have life insurance or savings. Even a small charitable gift to Headway can make a big difference.

How do I find a solicitor to write a will?

Headway is part of The Goodwill Partnership scheme which offers solicitor provided wills in England and Wales for a discounted cost of £125 + VAT for a simple will. To find out more or to book an appointment, visit thegoodwillpartnership.co.uk/headway.

We also work with several solicitors who offer free or discounted wills. Alternatively, you can use your own solicitor, or you can use the Law Society's 'Find a solicitor' service.

How to leave a gift

When you write your will all you need to do is give your solicitor Headway's charity name and number:

Name: Headway – the brain injury association

Charity number: 1025852 (England and Wales) or SC039992 (Scotland)

For more information about leaving a legacy or writing a will, please contact Rachel Broughton, Fundraising Manager on **0115 9240800** or email **legacy@headway.org.uk**.

Leave a legacy

Our new campaign video *Leave a legacy* takes you on an emotional journey of how writing a will helps those whose lives have been devastated by brain injury.

Visit headway.org.uk/legacy to watch and share.

Hedkayse creates limited edition cycle helmet for Headway



High-end cycle brand, Hedkayse, has designed a limited-edition helmet in support of Headway.

With brain injury at the forefront of cycle helmet safety, Hedkayse and Headway have been working together to raise awareness, prevent the incidence of brain injury and raise funds to support those affected.

In support of Action for Brain Injury (ABI) Week and this year's campaign *Memory Loss: A campaign to remember*, Hedkayse designed a

limited-edition helmet to be sold in aid of Headway.

Hedkayse believe that our heads are worth protecting and have made it their mission to provide the safest head protection possible for cyclists. They are the creators of an innovative material called Enkayse™ which continues to perform no matter how much damage it takes. Their cycle helmets are lined with this material enabling them to retain their integrity and perform to European safety standards over and over again.

George Fox, Managing Director at Hedkayse, said: "We're over the moon

to have the opportunity to work with Headway. You only get one brain so please look after it - and let Headway and Hedkayse look after you!"

The helmet features a stylish abstract cog design and the Headway logo on the back. The profits from each helmet will be donated to help Headway to deliver vital services such as our nurse-led helpline and Emergency Fund.

To purchase a helmet for £150 visit www.hedkayse.com

Disclaimer: Hedkayse have donated this helmet to Headway – the brain injury association to help the charity to raise funds towards achieving their mission of improving life after brain injury. This is not an endorsement of Hedkayse or their products by the charity.

ESCAPE THE WILD FOR HEADWAY

Thursday 13th – Friday 14th May 2021
Ullswater, Lake District

Headway brings you a brand-new corporate adventure for 2021! Are you ready to put your teamwork to the test and take on exhilarating challenges for a great cause?

- Trekking & navigation
- Climbing & abseils
- Scrambling
- River crossing
- Rafting
- Tyrolean zip wire
- Gorges & ravines
- Camp under the stars

Registration £50 per person

Individuals welcome

Minimum sponsorship: £300 per person

This is a corporate supporter only event, please contact us for all other fundraising opportunities.

Contact us on partnerships@headway.org.uk or 0115 924 0800 for further details.



Kindly sponsored by



Registered with FUNDRAISING REGULATOR

Arco go the extra mile to support Headway's helpline

Leading UK safety product manufacturers, Arco, funded the Headway helpline for the entire month of August.



As a result of the coronavirus pandemic, Headway - the brain injury association is anticipating a drop of £2 million in income this year, but we are continuing to provide our vital services to those who need us now more than ever. So, we have been asking our valued corporate supporters for help in providing the

Headway helpline service for a day with our Pay for a Day scheme.

Leading UK safety product manufacturers, Arco, have gone above and beyond by funding the helpline for a whole month! This incredible contribution meant they helped, on average, just under 1,000 callers in need of emotional and practical support from our specialist helpline team.

Arco helped to support people like Eleanor, whose husband Mark survived a blood clot on the brain:

"I got so much help from Headway's helpline and the charity's booklets. It has helped me learn so much about what Mark was going through and is a constant source of information and comfort."

This support comes at the beginning of an exciting strategic partnership between Headway and Arco, with a focus on bringing awareness of brain injury to the forefront of safety in the workplace.

David Evison, Managing Director at Arco, commented: "A brain injury can be life changing for a person and for those close to them. The Headway helpline provides vital specialist advice and support.

"We are proud to become a strategic partner with them and to be able to support particularly during such challenging times."

We are so grateful to Arco for their generous support and look forward to working with them in the future, improving life after brain injury together.

If your company is interested in our Pay for a Day scheme and would like to find out more information, contact Melanie Bodaly on fundraising@headway.org.uk

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Experts in Safety



HIKE FOR HEADWAY

LACE UP YOUR WALKING BOOTS AND MAKE A DIFFERENCE TO THE LIVES OF BRAIN INJURY SURVIVORS.

Hike for Headway is a fantastic new opportunity for our corporate supporters wanting to take on a challenge, connect with colleagues and make a difference.

These private bespoke guided hikes will be at a location of your choosing and on a date of your choice (depending on availability). It is the perfect way to reconnect, team build and show your support of Headway whilst exploring the great outdoors and still adhering to social distancing guidelines!

The hikes are available for groups of five people (plus a hike guide), with a maximum of four groups at one time. You can expect to navigate the wilderness whilst taking in stunning landscapes.

Have an adventure with your colleagues and help Headway provide vital support to brain injury survivors.

WHAT WILL YOUR ADVENTURE INCLUDE?

- A private hike guide with Mountain Leader and Outdoor First Aid qualifications per group of five
- A choice of location – either the Lake District, Peak District or Chilterns
- A choice of hike difficulty and length (10km-16km) - each route can be altered to fit with the exact needs of each group
- Fundraising support from Headway

All hikes have been risk assessed and will adhere to current government guidance on social distancing, with no more than six people (including hike guide) in a group. Hikes are provided by Challenge the Wild and all organisation will be overseen by them.

REGISTRATION FEE

£60 PER PERSON
if you book one group of five

£50 PER PERSON
if you book two groups of five

£40 PER PERSON
if you book three or four groups of five

Minimum sponsorship target:
£100 per person
(excluding Gift Aid)

For more information or to book your place visit www.headway.org.uk/hike-for-headway or contact Melanie Bodaly on **07833 673 721** or fundraising@headway.org.uk

MENTAL HEALTH AND BRAIN INJURY

Following a brain injury, some survivors may begin to experience problems or changes with their mental health. Conditions may develop as the person starts to understand the full impact of their injury, or pre-existing symptoms may be exacerbated as a result.

Here, we explore the link between mental health and brain injury and look at the NHS' steps to mental wellbeing.

What is mental health?

Mental health, also referred to as emotional health, is defined as a state of wellbeing in which a person can make the most of their potential, cope with the stresses of daily life and contribute to their community.

For most of us, feelings of stress, worry and anxiety will pass in time, but for some, these feelings may develop into something more serious.

Mental health conditions may include depression, anxiety disorders, bipolar, post-traumatic stress disorder, schizophrenia and more.

The link between mental health and brain injury

Brain injury and mental health are often seen and treated as two entirely separate diagnoses, or sometimes confused as being the same thing. However, both can be true; brain injury is sometimes an entirely separate issue to mental health, whereas other times brain injury can lead to mental health issues developing.

It may also be that you had mental health issues prior to the injury, and that the brain injury exacerbates your pre-existing mental health symptoms. There are therefore different ways in which mental health and brain injury can overlap.

This overlap can occur because all cognitive, psychological, emotional and behavioural skills come from the brain, and both brain injury and mental health issues occur because of some dysfunction of the brain.

3 ways to manage your mental health

Connect with other people

Good relationships are important for your mental wellbeing. They can help you to build a sense of belonging and self-worth and provide emotional support.

- if possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together
- try switching off the TV to talk or play a game with your children, friends or family
- make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful

Be physically active

Evidence shows that exercise can improve your mental wellbeing by raising your self-esteem and causing chemical changes in your brain which can help to positively change your mood.

Tips to build activity into your day by:

- walking or riding part of your journey to work or the shops
- getting off a bus or tube stop before your destination
- trying an online video workout
- gardening

There are lots of fully accessible disability sports you could get involved with too, such as boccia, wheelchair football, horse-riding and swimming.

Learn new skills

Research shows that learning new skills can help to boost self-confidence, achieve a sense of purpose and connect with others.

Some of the things you could try include:

- learning new cooking recipes
- taking on a new responsibility at work
- working on a DIY project
- signing up for an online college course

This is not an exhaustive list and each person's situation is individual to them. Other forms of treatment may include taking medication, either on a short or long-term basis, and talking therapies such as counselling or cognitive behavioural therapy.

"I JUST FELT NUMB"

Brain injury survivor Eleanor Brander says that the hidden effects of her injury contributed the most to her ongoing mental health struggles.

Talking openly about her experiences, Eleanor, 43, said: "I was amazed by how people just expected me to return to 'normal' life. I struggled and still do.

"So many people asked me if I had a different perspective on life having been so close to dying, and I felt I should have come up with some philosophical statement about how different life was and how you need to live life to the full. Instead I just felt numb."

Eleanor's first experience with brain injury began in 2016 when she started suffering violent headaches.

After various trips to the doctors and hospital, Eleanor was told that she had a colloid cyst on her brain and that she was suffering with acute intermittent hydrocephalus.

"Getting back to normal life was slow," said Eleanor. "My recovery was good – but to begin with my hearing, memory and sight were awful.

"As time went on, negative thoughts started to creep in. I felt I had so little to offer life, why hadn't I died? I had no skills, I wasn't adding anything to anyone's life.

"Once you start thinking this way it's so hard to carry on living life like before. Instead of feeling inspired to live life to the full, I see a certain hopelessness and inevitability about life."

Eleanor was prescribed antidepressants and was encouraged to make use of counselling services on offer.

She was also able to take advantage of Headway's online resources.

She said: "Headway's website helped me so much. I was able to read other people's stories and find out about what they were going through too.

"There was also a huge amount of information available. The factsheets were so helpful, they helped to normalise many of the symptoms I had like fatigue, anxiety and memory loss.

"To start with, I couldn't find much information about brain injury that was clear and understandable – it was all very scientific. But then I found Headway's website and it was easy to navigate and the information was so useful."

With time, Eleanor has made improvements and is now hoping to start a teaching assistant course in the hope of finding full-time employment. But her poor mental health can still prove a challenge at times.

She said: "A lot of the time I suffer in silence because I don't want to bore or worry people, but every day I feel the scars and bumps on my head when I wash my hair, and I feel people are looking. I can never shake that feeling.

"I feel a certain amount of anger at myself and other people."

"Myself because I get cross that I can't move on, and other people because they assume I am ok.

"Others need to be more aware of how brain injury affects people mentally and psychologically."

Need support with your mental health after brain injury?

Read our *Mental health and brain injury* factsheet or contact our helpline on **0808 800 2244** or helpline@headway.org.uk.

Useful organisations:

SAMARITANS
Visit www.samaritans.org
Call 116 123

RETHINK
Visit www.rethink.org
Call 0300 5000 927

MIND
Visit www.mind.org.uk
Call 0300 123 3393



Eleanor with her two children



It was the happiest day of my life

In 2017, soon-to-be husband Andrew Brown suffered a bleed on the brain and was left completely unable to walk or talk.

But he was determined not to let the effects of his injury stop him from having his dream wedding and he set himself the ambitious target of walking his wife up the aisle and having their first dance together.

Andrew, now 32, said:

“Brain injury or no brain injury; I wasn’t going to let anything get in the way of marrying the woman I love.”

Before his injury, Andrew, from Nottingham, led what he described as a “fairly normal life”. He enjoyed spending time with his fiancée Rebecca and exploring different countries and cultures with his family.

But everything changed in 2017 while Andrew was sat on the toilet.

“I went to the toilet and stood up to wipe my bottom when I suddenly felt a pain on the right-hand side of my head and started to feel sick,” he said. “I called for

Rebecca who is luckily first aid trained. She thought I might be having a stroke so performed all the checks on me. The only thing I could do was talk at that time.”

Andrew was rushed to hospital and placed into an induced coma for nine days. Complications followed as he required dialysis for a pre-existing kidney problem, but after a lengthy stay in the hospital, he started his rehabilitation at Linden Lodge.

Andrew said: “I went to rehab on 16 August 2017 and was due to get married on 4 February 2018. I wasn’t even able to walk a few steps at this point, never mind walk up and down the aisle or dance, but it didn’t stop me from trying.

“Rebecca was by my side every step of the way throughout my recovery as I learnt to walk, talk and eat again.”

“I was doing intense physiotherapy every day of the week to give myself the best possible chance of making my wedding day. Thanks to this, and the incredible support of my now wife, we made it.

“I walked Rebecca back up the aisle and we had our first dance at the wedding reception. Our entire guestlist were up on their feet applauding us as we walked

back up the aisle. It made me realise how far I had come.

“I was completely overcome with pride. As a team, Rebecca and I had finally achieved our goal. It was the happiest day of my life.”

“As you can imagine, the first dance didn’t involve a lot of movement, but it was such a beautiful moment for us both. It felt as though it was just the two of us in the room, enjoying our favourite song together for the first time as husband and wife.

“I even tackled my first flight of stairs with the support of Rebecca and my brother-in-law after not realising the marital suite was on the first floor, not the ground floor!”

When asked what advice he’d give to other brain injury survivors, Andrew said: “Don’t be too hard on yourself, take your time with things and don’t give up.”

Andrew still struggles with the effects of his injury such as left sided paralysis, reduced information processing ability and fatigue, but he feels positive about his future.

He and Rebecca have plans to travel the world together and experience everything life has to offer.

Andrew and Rebecca on their special day
(Photo by Waldron Photography)





“Fantastic, exemplary service.”

CLIENT TESTIMONIAL



Contact us today to arrange a free, no obligation consultation

- Firm will act on a no win, no fee agreement
- Home visits available and wheelchair access at all offices
- Supporting local Headway groups in Norfolk and Suffolk
- Contact Solicitor is an Association of Personal Injury Lawyers (APIL) member
- Experience in handling personal injury cases overseas
- Member of AvMA - Action Against Medical Accidents
- National award-winner for Hats for Headway
- Advice on appointing a professional to make financial and welfare decisions
- Partner at Fosters Solicitors can act as a Professional Deputy/Controller of Affairs to make financial and welfare decisions following a claim for individuals who lack the mental capacity to do so themselves
- Advice on the investment of damages
- Firm uses Case Managers to establish personal care support schemes
- Offering a discounted Will writing service to members of the Friends of Headway Scheme



Headway Panel Law Firm for Norfolk and Suffolk

www.fosters-solicitors.co.uk

Freephone 0800 214 072

Call us to arrange an appointment at any of our offices.

Your local head injury experts



Leading Personal Injury and Medical Negligence Lawyers



Boyes Turner is proud to be an active supporter of Headway. Kim Smerdon, head of our Personal Injury team, is a Trustee of Headway Thames Valley.

Our specialist lawyers and brain injury support team have the knowledge, experience and commitment to ensure that you and your loved ones get the result you deserve and the support you need.

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



Contact Kim Smerdon on

0118 952 7137

or claimsadvice@boyesturner.com

“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

www.boyesturnerclaims.com

FREETHS

Personal yet professional legal advice

We work quickly and effectively to achieve just and fair compensation for you. Our Personal Injury Lawyers have proven legal services in obtaining the best results for our clients in all types of injury claims.

In particular Jane Goulding has an outstanding reputation in brain injury, spinal injury and other catastrophic injury cases.

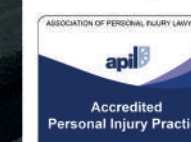
For specialist advice on all personal injury and clinical negligence claims, speak to one of the UK's leading law firms.

For a no obligation consultation with us please contact:

Jane Goulding

0845 050 3296

jane.goulding@freeths.co.uk | www.freeths.co.uk



“They’re very good on catastrophic cases; clients feel really listened to by the solicitors and they’re always available.”

“Freeths is a ‘regional leader’ ‘One of the best’. Jane Goulding ‘uses her guile, experience and unfailing devotion to fight tooth and nail for her personal injury clients.”

“Freeths LLP has a very efficient and client-focused personal injury team which ‘achieves good outcomes even in the riskier claims.’



Putting your life back on track

It's what we do



Prince Evans LLP is a specialist brain injury practice that focuses upon representing the interests of our clients and their families to the full.

We are understanding and knowledgeable of the multiple complexities that are experienced by all when a loved one is affected by brain injury.

We provide a free nationwide no obligation consultation to discuss respective claims and where our expertise can assist; including with potential interim payments, rehabilitation and case management and support. We offer no win, no fee funding.



For more information on how we can help, contact
Gary Smith, Head of Personal Injuries

Call free on 0800 019 0991

Email: gary.smith@prince-evans.co.uk

Gary Smith is a member of Headway – the brain injury association's Personal Injury Solicitors list



PRINCE EVANS
S O L I C I T O R S L L P

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

www.headway.org.uk

