

Winter 2021

# Headway News



The magazine of Headway - the brain injury association

## Headway Heroes

*Celebrating our  
heroic fundraisers*



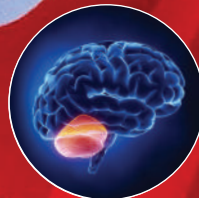
**"I'm working to  
rebuild my life"**

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**Inside your  
incredible brain**

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



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Neil Dexter, brain injury client,  
pictured near his home



# Welcome

## Welcome to the winter edition of Headway News.

Well, where has the year gone?! It always seems to take us by surprise when the leaves turn to gold, the nights draw in and we realise just how few days are left until Christmas.

At Headway we're ending the year as we always do, busily working to raise awareness and improve the standard of care for those affected by brain injury. To that end, we've been delighted to see the response to a new Acquired Brain Injury Bill that will be debated in Parliament on 3rd December.

Launched by the Chair of the All-Party Parliamentary Group for Acquired Brain Injury and Headway Champion, Chris Bryant MP, the Private Members' Bill aims to create a national strategy for acquired brain injury, bringing together all government departments to provide high-quality, consistent care for those affected by this devastating condition.

We constantly hear stories of people slipping through the net and struggling to get a diagnosis or appropriate care, with the sometimes-devastating impact that can have.

We tell one such story on page 14, where brain injury survivor Helen Bray explains her 17-year struggle to get a diagnosis and proper support. Despite having sustained a severe brain injury and being under the care of a neurologist in the early stages, a misdiagnosis on discharge led to years of family turmoil and multiple suicide attempts. It was in A&E following one such attempt that she finally received the advice she needed, found Headway and is now working to rebuild her life.

Helen's story is just one of many that show how a lack of joined-up care can have a devastating impact on people's lives. To say the Acquired Brain Injury Bill is needed is an understatement, so we're urging you to help get brain injury on the agenda by writing to your MP to tell them what a difference this Bill

could make. Head over to page six to find out more.

Putting Headway News together is always a favourite job for us in the Communications Team, as we get to speak to some hugely inspiring people in the process. We've certainly made no secret of the enormous financial impact that the Covid-19 pandemic has had on Headway, so as the country returns to some sort of 'normality' it seems only fitting to dedicate pages 20-23 to some of the heroic Headway Heroes whose tireless support has literally kept us going.

Our cover star Mike Clark raised more than £32,000 for the Headway Emergency Fund, with his donations helping hundreds of families to cope with the financial difficulties in the immediate aftermath of brain injury. We also focus on our awesome London Marathon team who have raised over £50,000, and we could fill 10 magazines with all the stories of people who have taken on challenges, become a Headway member or donated to help us rebuild and continue improving life after brain injury.

So that's it, our final magazine of the year complete, and we hope you enjoy the news, stories and features it contains. We'd love to hear your thoughts and ideas for future issues, so please email Andrew on [website@headway.org.uk](mailto:website@headway.org.uk) if you have any feedback.

From all of us here at Headway – the brain injury association, we'd like to thank you for your support in 2021 and wish you a Merry Christmas and Happy New Year.

The Communications Team



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](http://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/join-our-mailing-list](mailto:headway.org.uk/join-our-mailing-list)

## Essential contacts

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### Nurse-led freephone helpline:

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[helpline@headway.org.uk](mailto:helpline@headway.org.uk)

### Website:

[www.headway.org.uk](http://www.headway.org.uk)

### Advertising:

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### Fundraising:

[projects@headway.org.uk](mailto:projects@headway.org.uk)

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# Your views

We asked our online communities to tell us about the one thing they can't live without, the thing that helps them through and allows them to cope with the long-term effects of brain injury.

My cat who is everything to me and my "reminder" book. It's just an academic diary but I have to write everything down. When I have had a conversation with someone and what I've got to do. Can't remember anything!

Kim Gayler

I would not be able to handle it without my mum. She is always there for me, remembers my appointments, she will never let me go to them on my own, always wants to know how I'm feeling, everything. My mum is the one who is like my rock. Also I couldn't deal without playing golf.

Conor Summerfield

Routines. If I don't follow a routine e.g. at breakfast time, I'm in a muddle and forget to do things, like take my medication. If I get distracted it's difficult to pick up on where I am at again, and what I have done and haven't done. I have to do things in a specific order (and it's not driven by being obsessional).

Caroline Hayward

My partner in crime, the love of my life, stuck with me, spoke up for me, challenged me, loved me, even though I didn't know who he was, taking me to A&E instead of letting me go to bed, literally saving my life.

Fiona McCormick

I couldn't have made the progress I have without the support and backing of my whole family, who motivate me to continue to improve further, so grateful to all of them.

Tom Casserly

I personally couldn't do without my phone, simply because it can set reminders for my up-and-coming tasks.

Lee Barnes

Music. The only thing that kept me alive.

Clark Lee

Visit our website at [headway.org.uk/about-brain-injury](http://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](mailto:helpline@headway.org.uk)



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## 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.



# Latest news round-up

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

## Headway backs the ABI Bill

Headway is giving its full support to proposed legislation on acquired brain injury (ABI) being brought by Headway Parliamentary Champion, Chris Bryant MP.

The Private Members' Bill, will have its second reading in the House of Commons on 3rd December 2021. The Bill aims to commit the government to prepare and publish a strategy document designed to meet the needs of people living with ABI.

Launching the Bill, Chris Bryant, the MP for Rhondda and Chair of the All-Party Parliamentary Group for Acquired Brain Injury, said: "Acquired brain injury affects more than one million people living in this country.

"We really need to be able to give people back their quality of life after they have had an acquired brain injury. Unfortunately in the UK, we haven't got a national strategy which copes with problems in the Ministry of Defence, housing, education, the health service...so many different departments.

"That's why my Acquired Brain Injury Bill would require the government to produce a strategy for acquired brain injury."

Peter McCabe, Chief Executive of Headway, said: "This is an important opportunity for us to highlight the

Please join  
**Chris Bryant MP**  
and support the Acquired  
Brain Injury Bill on 3rd December.

We need a plan for  
Acquired Brain Injury

# #iBacktheABIBill

[www.abibill.org.uk](http://www.abibill.org.uk)



challenges that brain injury survivors face every day.

"For years, Headway has been championing the rights and needs of brain injury survivors, carers and families in parliaments across the UK. But it is clear that a cohesive government strategy that commits all departments, from justice to sport, education and health, is urgently required.

"We need decision-makers to commit to improving services across the board for brain injury survivors and their families and this Bill aims to do just that."

The Bill has already gained cross-party support from a number of MPs but Headway is encouraging anyone with an interest to contact their MP and ask them to support the campaign.

Peter continued: "We are grateful to Chris for his passionate support of brain injury survivors and families and have offered the charity's full support in getting this Bill passed.

"We are also encouraging anyone affected by brain injury to pledge their support. If you are passionate about improving life after brain injury, please contact your MP, tell them about your brain injury journey, what services you would like to see improved and ask them to back this Bill."

### Back the ABI Bill

If you'd like to tell your MP about the Bill and ask them to back it, head to [headway.org.uk/back-the-abi-bill](http://headway.org.uk/back-the-abi-bill) to find out more and download a template letter.







## Last chance to make it a Headway Christmas!

By the time this magazine lands on your doormat Christmas will be well and truly careering around the corner. It's time to decorate the tree, start munching the tempting advent calendar treats and write your cards...



## Headway partners with Healthinote to boost GPs' knowledge of brain injury

Headway has teamed-up with online platform Healthinote to help GPs to signpost patients and carers to specialist brain injury services and information.

The partnership will improve doctors' understanding of the ongoing effects of brain injury while helping them to access trusted information from Headway.

Healthinote delivers easy to understand, engaging patient information from trusted sources. Through the provision of reliable, visual, immersive and interactive content, the platform works to improve the care doctors can give to patients remotely.

"The complex, fluctuating and often hidden effects of brain injury can make it difficult for people to get the help and support they need," said Peter McCabe, Chief Executive of Headway.

*"We recognise the challenges faced by GPs in not only understanding the complexities of brain injury but also signposting survivors and carers to specialist information and services."*

"Too many people slip through the net and are left to cope with the impact of brain injury without help or support.

"That's why this partnership with Healthinote is so exciting.

"It will make it easier for GPs to provide patient or carer-specific information from Headway, whether in the form of our award-winning publications or signposting to local Headway groups or branches, helping us meet our goal of ensuring no one has to deal with brain injury alone."

What's that? No Christmas cards? No problem! You have until Tuesday 14th December (or as long as stocks last) to order them from [headway.org.uk/christmas](https://www.headway.org.uk/christmas) and complete that essential prep.

Each pack of 10 costs just £3.50, and thanks to our sponsor Bolt Burdon Kemp every penny helps us to support people affected by brain injury.

If you've missed the last post, can't find a design you like or just want to be a little more eco-friendly, why not consider sending an e-card via Don't Send Me A Card?

It's a really simple way of saying Merry Christmas to your loved one, and Headway still receives a donation for each card sold.

Simply go to [dontsendmeacard.com/](https://dontsendmeacard.com/) charities, search 'Headway', select us to support and order your cards.

# Latest news round-up

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

## McGinn head injury 'a concern' for Headway

Brain injury charity Headway has reiterated its call for football to introduce temporary concussion substitutes following an incident involving Aston Villa's John McGinn in a game against Everton.

McGinn clashed heads with Everton defender Michael Keane in the seventh minute of the match at Villa Park. He was treated on the pitch by the medical team before being cleared to continue.

The player required further attention by the Aston Villa medical team in the 19th minute after going down on his haunches despite no contact with any other player. Again, he was cleared to continue.

A third intervention by the medical team followed in the 38th minute after McGinn hit the floor following a challenge by Everton's Demarai Gray after McGinn himself signalled to referee Craig Pawson that he needed help. He was then substituted under the permanent concussion substitutions rule.

"The way in which this incident played out does not look good," said Peter McCabe, Chief Executive of Headway – the brain injury association.

"Here you have a player who sustained a clear blow to the head after just six minutes. Around 30 minutes later, the player himself is asking to be removed because, according to his own manager, he felt dizzy – a clear sign of concussion.

"Medics face an almost impossible job in assessing players for suspected concussion in just a few minutes while on the pitch among a cacophony of noise generated by 40,000 fans and under the scrutiny of television cameras.

"The added pressure of having to make a decision about whether or not to permanently replace the player – particularly after just six minutes – makes their job even harder.

"If the option of a temporary concussion substitute had been made available to them, they would have had the chance to conduct a longer, more considered assessment of the player in the quiet confines of the treatment or dressing room.

*"The risk of playing on after sustaining a concussion is that a secondary blow to the head can exacerbate the initial injury to the brain. Players should not put themselves, or be allowed to be, at such risk."*

*"Much more needs to be done to educate all involved in the sport on why we repeatedly call for an 'if in doubt, sit it out' approach to head injuries. We cannot afford to wait for a tragedy before the message sinks in."*

The charity was also concerned about the example such incidents set for junior and grassroots sport.

"Public awareness of concussion is increasing," said Peter McCabe. "But when people see incidents like this they understandably ask 'why should we take an 'if in doubt, sit it out' approach if elite athletes don't?'"

"Comments on social media such as 'John McGinn has genuinely just played 30 odd minutes of football concussed' and 'Why on earth was John McGinn allowed to continue? He should've been taken off immediately' demonstrate the responsibility of clubs to take a safety-first approach.

"Surely it's time that the rules were changed to help them do just that."





# Dreaming of far-away lands?

Have you always dreamed of the sunrise over the Sahara Desert? Trekking along the breathtaking Great Wall of China? Or conquering the Inca Trail to Machu Picchu?

As world travel slowly becomes a possibility again, particularly for those who are fully vaccinated against Covid-19, we can once again start to think of adventures in far-away lands and ticking off some of our bucket list goals.

If that's made you curious, we may have just what you need...

Headway has teamed up with professional event organisers to offer an

exciting range of overseas treks, giving you the chance to see the world while helping us to improve life after brain injury.

Head to **[headway.org.uk/treks](https://headway.org.uk/treks)** to make that dream a reality!



Take in the beauty of the Sahara Desert in this popular trek across Morocco



The Inca Trail across the mighty Peruvian Andes



One of the new 7 wonders of the world, Macchu Picchu sits high in the Peruvian Andes on the Inca Trail





# Sweet Dreams?

## Getting a good night's sleep after brain injury

After a busy day of juggling the various responsibilities of life, most of us want nothing more than to go to bed and have a good night's sleep.

The pace of life can leave us exhausted at the end of the day, and this may be felt even more by those affected by brain injury, who have any number of additional concerns and challenges to navigate while managing the effects of their injury.

Sleep is something we all depend on. But for many of those affected by brain injury, no amount of sheep-counting can help them to drift off to the Land of Nod, and there may be little or no nocturnal respite to be found in the small hours.

In this feature, we will look at the ways in which sleep can be affected by brain injury, and what can help.

Further information is available in our new factsheet *Sleep problems after brain injury*, which you can download from [www.headway.org.uk/information-library](http://www.headway.org.uk/information-library).

### How does a brain injury affect sleep?

Everything that we do is controlled by the brain. Even if we think our brains are 'quiet' while we sleep, it is still actually active, but in a different way. Getting to sleep in the first place is also controlled by the brain and a complex sequence of hormones that regulate our sleep patterns.

Sleep can be affected by brain injury in several different ways.

It may be that there is damage in areas of the brain that are directly responsible for sleep activity. Some of the parts of the brain involved in sleep are the hypothalamus, basal forebrain, and a bundle of nerves in our brainstems called the reticular activating system.

Injury to any part of the brain can result in a range of physical, cognitive, emotional and behavioural effects, and it may be these issues that are causing a survivor to have sleep problems. For

instance, pain from headaches may make it difficult for someone to relax enough to sleep, while issues such as incontinence may cause someone to wake frequently through the night to use the toilet.

One common effect of brain injury, fatigue, may cause survivors to take late naps during the day that subsequently interfere with their ability to sleep at night.

A survivor may be on medication to cope with some of these effects of brain injury – but sadly, sleep problems may be a side effect of medication, too.

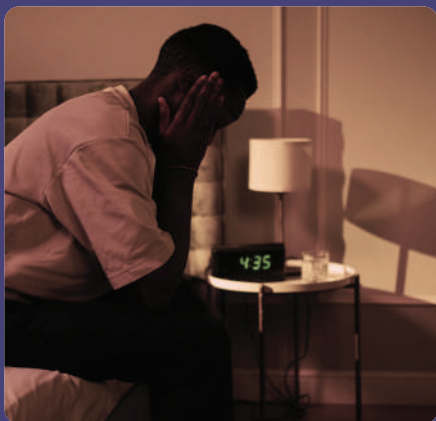
Other consequences of brain injury, such as being unable to return to work, relationships being affected, or relying on welfare benefits, may also cause anxiety or preoccupy one's thoughts so that they are too distracted thinking about these issues to sleep.

There are many ways that a brain injury can affect a survivor's sleep. And there are many different types of sleep problems that can occur as a result...





## Types of sleep problems



### Insomnia

One of the most common sleep-related complaints after brain injury is insomnia, which means struggling with getting to sleep. People with insomnia may toss and turn for hours in bed, being unable to drift off. They may be unable to sleep until very late, wake frequently through the night, or wake up too early in the morning.

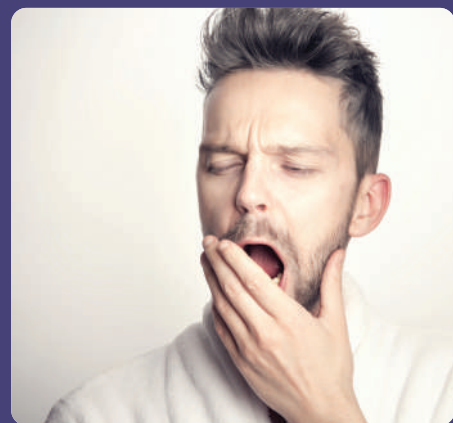
Insomnia can leave someone feeling tired, irritable, and struggling to concentrate on things through the day. Of course, these are issues commonly experienced by brain injury survivors anyway, and so a lack of sleep can exacerbate these issues and other effects of brain injury.

### Quality of sleep

Sleep quality may be affected after brain injury, so that even when a survivor does sleep, they do not feel refreshed upon waking. There may be a general feeling of increased need of sleep, known as pleisomnia. Sleep might be broken so that the survivor frequently wakes through the night.

### Excessive daytime sleepiness

On the other end of the sleep spectrum, some brain injury survivors may struggle with staying awake through the day. This is known as excessive daytime sleepiness. There may be a spontaneous need for sleep so that the



person is unable to stay awake during the day, often during inappropriate times with no particular cause, and may suddenly fall asleep.

### Unusual dreams/nightmares

Some survivors report having unusual and vivid dreams after their brain injury, which may leave them feeling confused upon waking. Nightmares can be experienced more regularly, especially if someone is experiencing trauma related to the brain injury incident.

Further information on other types of sleep problems is available in our factsheet ***Sleep problems after brain injury***.



# Tips for managing sleep problems after brain injury

## Speak to a professional

Speak to your GP or neurologist about your sleep issues, as they may be able to review medications you are on, prescribe new medication or make referrals to other relevant professionals.

## Keep a sleep diary

Help to identify the underlying causes of sleep problems by writing down details such as how much sleep you get each night, the quality of it, what the sleeping environment was like, timings of sleep and any daytime symptoms you experience.

## Manage the effects of your brain injury

Consider implementing routines to try and manage the effects of brain injury that are affecting your sleep. For instance, if you are waking through the night because of incontinence, try to empty your bladder and bowels fully before going to bed. If anxiety is keeping you awake, consider speaking to a therapist. Use eye masks or ear plugs to minimise light or noise if you are sensitive to stimuli and find this distracting when you go to bed.

## Reduce caffeine and alcohol

Caffeine is a stimulant so can interfere with the ability to fall asleep. Reduce intake of both caffeine and alcohol if possible, especially in the afternoons and evenings.

## Try a sleep related hygiene routine

Sleep related hygiene is a broad term to describe a general set of rules that can help to improve sleep. This can include things such as making your bedroom comfortable, reducing screen time before bed, waking and going to bed at the same time, not staying in bed for too long after you wake up and having a bed time routine.

## Try to relax

Try to practice techniques such as mindfulness and breathing exercises when you go to bed and if you wake through the night, as this may help with staying relaxed and getting back to sleep.





# EXPLORING YOUR DREAMS

## An expert view

Dreams have been a source of inspiration, mystery, awe and instruction for countless centuries.

Ancient civilisations thought dreams were spiritual experiences. 20th century psychologists theorised that they were messages from our own subconscious minds. Poets across the ages used the ethereal nature of dreams to inspire romantic verses. Philosophers questioned the nature of reality on the basis of dreams.

Here, Professor John Groeger (Nottingham Trent University), an expert on sleep and psychology, explains what modern day science can tell us about dreams, and how they can be affected by brain injury.



Professor  
John  
Groeger

"While it may seem obvious, dreams come from the same brain that enables us to do the incredible variety of things we do when we are awake. Anything we do leaves a 'residue' of that activity.

We can argue about whether this is a 'memory' or not, but what we call 'dreams' depend hugely on what remains in your head after you have an experience.

"Dreams then are, quite simply, no more than some sort of muddled up version of things we have experienced while awake. It may seem 'like real life', or bizarre, because of which part of the brain accesses that information on that occasion, and what else is happening in the brain at the time.

*"This is a key point - your brain is very active while you sleep, some parts of the brain are almost as active as when you are awake, but the whole brain is not. That's why what we can remember from while we are asleep can seem very, very strange.*

"You are probably reading this because you have had, or someone you know has had a brain injury. Regrettably, the

damage that is there when awake is there when asleep.

"Can you remember life before your brain injury? You probably can, although it may be upsetting to do so. Do you try to remember pre-injury life and feel upset? If yes, then you will do so when asleep, if not, you may still do so when asleep. Either way it will almost certainly disturb you in the night, whether or not you remember having that dream.

"When the brain has been damaged it will sleep differently and it will dream differently. Some of these different dreams may be no more than a difference in the life now led from that you had before. Some may result from the trauma suffered because the brain has been changed, or because the trauma experienced is posing psychological challenges."

To find out more about Professor Groeger's work and discuss any of the issues above, visit [www.ntu.ac.uk/research/groups-and-centres/groups/sleep](http://www.ntu.ac.uk/research/groups-and-centres/groups/sleep).

# HELEN BRAY

“I accept the ‘new me’ and I’m working to rebuild my life”

The exact cause of Helen Bray’s brain injury remains unclear 19 years after the event that changed her life forever. In 2002 at the age of 21, she was found in her garden shed after an evening out with friends, with marks on her body and neck, a fractured skull and damage to the left and right frontal lobes of her brain.

Police and doctors believe that she was attacked outside her home, but with Helen’s memory of the events wiped out by brain injury, the questions of that night will never be answered.

In the years that followed, Helen, now 41 and living in Wiltshire, endured a long period of misdiagnosis, mental health-type problems and family turmoil before finally finding the right support.

She said: “At the time of my injury I was living in Cornwall with my four-year-old son Macaulay, who was about to start school.

“Following the brain injury I stayed in hospital for about two weeks, then I was allowed home on condition that I went to live with my parents.”

Helen was under the care of a neurologist for 12 months before discharge, and now knows that a letter was written to her GP explaining the brain injury and that she would continue to experience cognitive difficulties.

However, with the family not receiving a copy, very little explanation of what to expect and her GP seemingly not finding the letter, Helen had no way of knowing that the difficulties she would go on to experience were related.



Helen with Macaulay and Emmie

Dog lover Helen spends quality time with her friend's staffie, Buster

“I kept going to see my GP about my

symptoms - short-term memory problems, mild dysphasia (a problem generating speech), anxiety, lack of motivation, difficulties with multi-tasking and overwhelming fatigue. I asked if it could be related to the brain injury, but it was diagnosed as depression.

*“I was given medication, which did not solve the problem. I hadn’t heard of Headway and had no support.”*

“Over the next few years I got married and had my second child Emmie, who is now 12. We moved to Hampshire to live in an army garrison. I thought I would cope well with this lifestyle because a large majority of my family are involved with the army, but the marriage fell apart after my husband returned from a tour of Afghanistan.

“He was trying to cope with the aftermath of Afghanistan while I struggled with my mis-diagnosis, and with very little support from neither the army nor NHS, our marriage broke down.

“I didn’t understand why I could not deal with everything, I felt like a failure. Each time I went to the GP I was given the same advice and I tried to take my own



life multiple times. My mum, Shirley, came to live with me to help after my dad passed away but home life was difficult and we were arguing a lot."

Helen had another breakdown in 2019 and was taken to A&E, where she saw a nurse who raised the possibility that her symptoms could be related to the brain injury. She also discussed the effects of alcohol and PTSD after brain injury, which had never been mentioned before. It was at this point that Helen was given the number for the Headway helpline and decided to make the call.

*"Ringing the freephone helpline changed my life. I received lots of information on brain injury, and while I was reading through it with my mum I just kept saying 'that's me' - things finally made sense."*

"I took the information to my GP and was referred to the neurology team in Bristol. I also contacted Headway Salisbury and South Wiltshire, where mum and I had some fantastic sessions with a support worker who worked to build up my confidence to attend the meetings. But then Covid happened!

"My cognitive symptoms are made far worse by stress and fatigue, but with the correct support in place and using new coping skills, I have learned to control this.

"I try to take little steps now and not push myself too hard. Last summer we went bowling and had a lovely night out with just one game, a meal and then home, whereas before we would have planned too much and worsened my fatigue for a few days afterwards.

"It has made such a difference to me, my mum and my two children, who have been able to adapt and support me since they got more information about my injury."

As the Covid restrictions changed over the last few months, Helen found that

wearing a mask caused intense feelings of anxiety, shortness of breath, and made her coordination difficulties worse. Despite qualifying for an exemption, the judgments of other people were difficult to deal with.



"I bought myself a Sunflower Lanyard to wear around my neck but found that I still got looks from others, so I applied for Headway's Brain Injury Identity Card and now attach it to the end of the lanyard.

"Having the card on display has really helped. People no longer judge me and many are interested in what caused my brain injury - it's amazing what questions people ask you!"

It is now 19 years since Helen sustained her brain injury and armed with a new-found understanding of her condition, she finally feels able to speak out to raise awareness.

With her Forces background she knows that many injured military personnel may be going through a similar experience and hopes her story will help them to find the right support.

But for Helen and her family, life has improved immeasurably, and she is even about to start a new part-time job.

"If I'd had the right support in the early days, I don't think I'd have experienced anything like the mental health problems that I have," said Helen.

*"I feel that many GPs sadly have a lack of time nowadays, and often little knowledge of the long-term effects of brain injury. I believe this contributed to my mis-diagnosis and would like to see things change."*

"I am very lucky to still be here, but now I accept the 'new me' and I'm working to rebuild my life."

If you are struggling with the effects of brain injury, including psychological effects, contact the Headway helpline on **0808 800 2244** or **helpline@headway.org.uk** for information, emotional support or a listening ear.

You can also contact Samaritans on **116 123** if you need support with your mental health or coping with emotions.





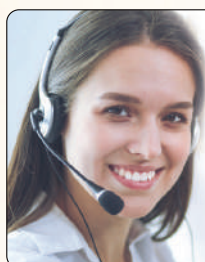
“Ringing  
the  
freephone  
helpline  
changed  
my life”

For many people, the Headway helpline is the first time they speak to someone who understands the impact of brain injury, providing information and guidance to help them cope. For others it's a valuable source of ongoing support – a listening ear when they are struggling to cope with the long-term effects of this complex, and often hidden, disability.

“No two brain injuries are the same, and that's why the helpline is so important,” said Julie Gaskin, Helpline Manager. “Brain injury can be hugely complex and difficult to cope with, so finding someone who understands and can provide tailored advice makes a huge difference.

“We answer more than 10,000 enquiries a year, mostly from brain injury survivors and their loved ones but also from doctors, social workers and other professionals. We can help with a wide range of issues, from explaining the effects of brain injury to supporting people through the ongoing practical issues they may encounter.

“I'd encourage people not to feel like they have to suffer in silence. There is often support out there to help with the most difficult of issues, so always get in touch to talk before things become overwhelming.”



The Headway helpline is open from 9am – 5pm, Monday – Friday, and you can contact the team on **0808 800 2244** or **helpline@headway.org.uk**



# Helpline frequently asked questions

## *My partner is acting strangely after waking up from a coma – what's going on?*

When a person begins to regain awareness after a brain injury, they will often go through a phase known as post-traumatic amnesia (PTA).

The most obvious symptom is loss of memory of the present time, but they may also have some difficult behaviours such as confusion, agitation, aggression or disinhibition. In some cases people might be delusional or ask the same questions again and again.

The length of PTA varies from a few minutes to, in rare cases, months, with longer periods usually indicating more severe brain injury. During this time a person should be supervised and kept in an environment that is as safe and quiet as possible.

You should speak to your partner's doctor about the situation and ask for regular updates on their progress. It is important for family members to look after themselves, so make sure you take time out and share the visiting and supervision with others.

This can be a very distressing time for family members, as the person they know and love displays quite uncharacteristic and challenging behaviours, but it is a phase that will pass and it's important to remember that the person has little to no control over what they say or do.

## *My loved one is about to be discharged from hospital, what are the next steps?*

Discharge from hospital can lead to an overwhelming range of emotions for family members, from hope and happiness to anxiety and uncertainty over what the future may hold.

Asking the right questions at this stage can help to ensure the right support is in place, so this is a very good time to contact the Headway helpline and your local Headway group or branch.

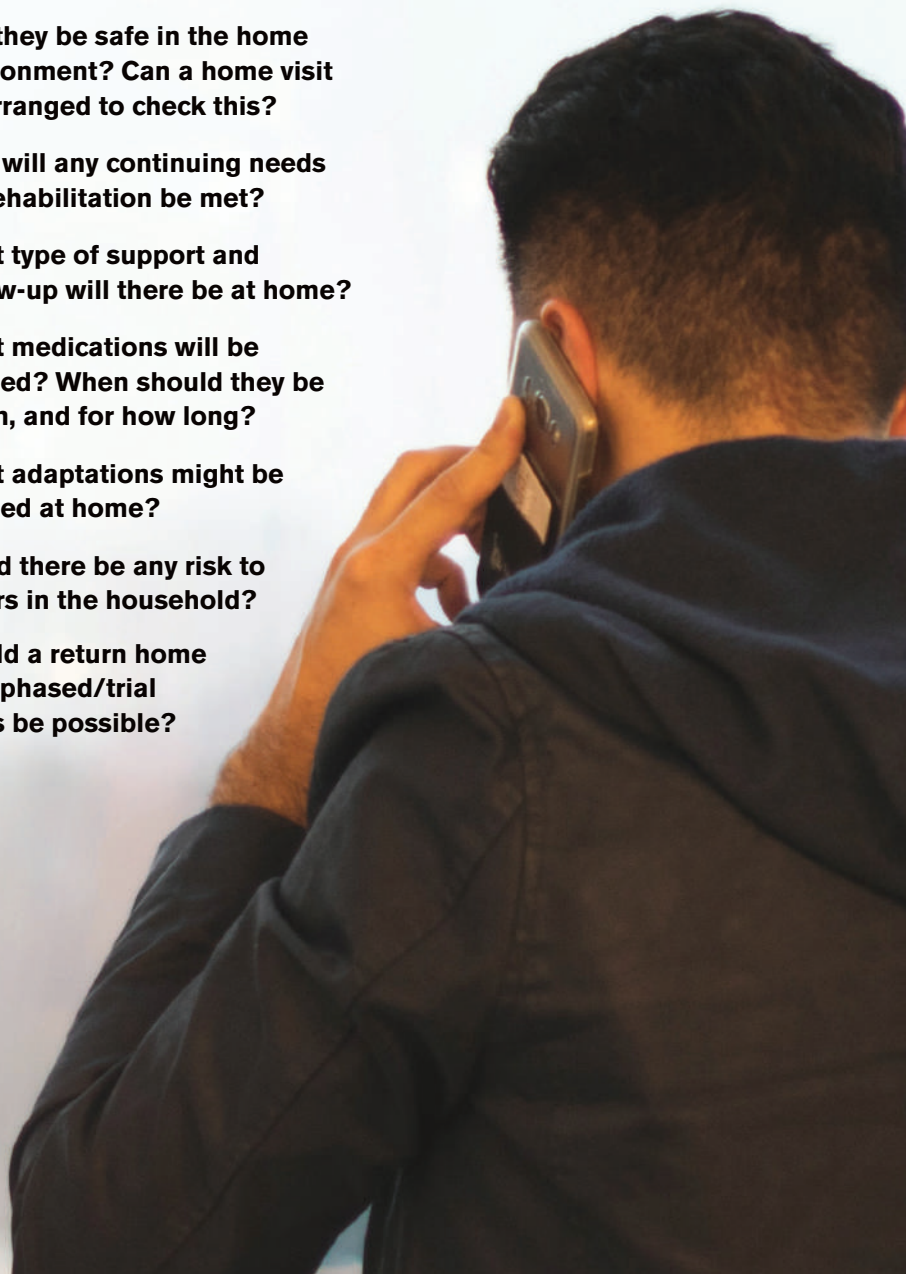
Many brain injury survivors will benefit from a period of in-patient rehabilitation after the acute hospital stage, so ask the medical team if this has been considered. If the plan is to discharge your loved one home, ask some of these questions:

- **What remaining difficulties does my loved one have and how might they affect the family?**
- **Will they be safe in the home environment? Can a home visit be arranged to check this?**
- **How will any continuing needs for rehabilitation be met?**
- **What type of support and follow-up will there be at home?**
- **What medications will be needed? When should they be taken, and for how long?**
- **What adaptations might be needed at home?**
- **Could there be any risk to others in the household?**
- **Would a return home on a phased/trial basis be possible?**

You should be offered a discharge meeting where you can discuss any concerns. The meeting might include a social worker, any hospital or rehabilitation staff, close family members or your GP.

Make sure you have contact details of the neurological team available for advice, and don't forget that Headway is here to help.

This information is adapted from Headway's free downloadable booklet 'Hospital treatment and early recovery after brain injury'.



# MINDFULNESS AND BRAIN INJURY

Clinical neuropsychologist Dr Frances Vaughan writes about mindfulness and brain injury, and the book she co-authored with brain injury survivor Jody Mardula.



Dr Frances Vaughn & Jody Mardula

Jody Mardula was the Director of the Centre for Mindfulness Research and Practice at Bangor University when she had a subarachnoid haemorrhage. Jody and I knew each other as university colleagues – she had helped me when I was setting up a research project about mindfulness and brain injury. We had no idea that this was the start of a much longer and more personal journey together.

We met again in the North Wales Brain Injury Service, where I was working on the mindfulness research project. Jody was there to see one of my colleagues. I made a mistake and walked into the room they were using and I was shocked to see how frail she looked.

I started going to visit Jody at home. We drank tea and laughed a lot; getting to know Jody was a delight. I soon began to realise that Jody's unusual ability to describe her brain injury experience offered a tremendous opportunity. She could say how things felt on the inside, and

I was captivated by her vivid descriptions.

Eventually, I persuaded her that a book about her brain injury could help people in the same situation. Jody would write her story, based partly on her diary, and illustrate it with her own drawings. I would describe Jody's haemorrhage and how it had affected her from a neuropsychologist's perspective.

The neuropsychological commentary is in two parts. The first describes Jody's difficulties with attention, memory, executive function and perception, and gives advice about managing these problems. The second is about emotional adjustment after a brain injury; loss and grief, changes in self-awareness and identity, acceptance and the needs of the family.

The book also contains mindfulness practices that Jody developed for herself and used after her brain injury.

Jody had practiced mindfulness for many years before her brain injury. The instinct to focus on her breath, and on sensations such as the coolness of the sheets in her hospital bed, was very comforting in the early days of her recovery. Mindful awareness brought her back into the present moment, and allowed her to cope more easily with pain, uncertainty and anxiety.





Even so, Jody could not practice mindfulness as she had done before. She could not meditate for 30 or 40 minutes – her concentration was too poor, and she could not follow the words on the mindfulness recordings. She was easily distracted and could not control the focus of her attention. This improved slowly over time, but the practices that she developed after her brain injury are much better suited to the way she is now.

Jody's new practices are included in the book (in print, and as voice recordings). They are shorter, simpler, less 'wordy' than traditional meditations, and focus on elements that are physical and more tangible. One of them, the Owl Practice, was created specifically for people with dementia, which Jody also has now.

Jody had a wide range of difficulties after her injury - ranging from a weak leg to difficulties with planning and organising her life. She could get lost easily; the world was often unbearably loud and bright, and overwhelmingly confusing. Jody learned to use her mindfulness to help her cope with this. She wrote:

*"If anything went wrong or I got confused, upset or lost, I would stop and take out whatever I needed to be comfortable for a while. Things like my Kindle, essential headache pills and my shawl. I had learnt to expect these events as normal parts of pretty much anything; a shopping trip or just out for a walk, I would always be prepared for a crash."*

*"I had my mindfulness practice and that helped me settle when my head was noisy and painful, to breathe and be grounded and to accept that this was just the way things were."*

Although Jody already had longstanding meditation practice, survivors with no experience of meditation can also benefit from learning mindfulness. We have noticed this recently whilst meditating online with brain injury groups; I also saw it many times during the research project, and when working with brain injured families.

Short simple practices can be soothing and calming, they can ground us, change our perspective, and break the loop of worry and concern. Many people in the study felt less anxious and less depressed when they practiced mindfulness, something that has been reported in several other brain injury studies.

## TOP TIPS FOR PRACTICING MINDFULNESS:

- Ground yourself. Become aware of the body, either your feet on the floor or your body sitting on a chair.
- Notice whatever the contact points are and feel the weight of your body touching the ground or the seat.
- Become aware of your breathing, notice and follow as you breathe in and out.
- Remember that whatever is going on, think of yourself kindly. Acknowledge your feelings but be as kind to yourself as you would be to a loved one.

### mindfulness and stroke

A Personal Story  
of Managing Brain Injury



Jody Mardula

With a neuropsychological commentary by  
Frances L. Vaughan



*Mindfulness and Stroke: A personal story of managing brain injury.* By Jody Mardula, with a neuropsychological commentary by Frances L. Vaughan

[www.pavpub.com/health-and-social-care/health-mental-health/mindfulness-and-stroke](http://www.pavpub.com/health-and-social-care/health-mental-health/mindfulness-and-stroke)



# “It was an honour and a privilege to run for Headway.”

It's been a long time coming, but after a cancellation in 2020 and a postponement in 2021, the London Marathon finally returned on a cool, breezy Sunday in October.

And what a day it was! This year's awesome team of 25 Headway Heroes took to the streets of London to raise over £50,000 to support those affected by brain injury.

Here are just a few of their stories...



**Harry Braid**

“I suffered several concussions playing amateur rugby and found it difficult getting the answers and support I needed. So, running for Headway I wanted to raise awareness of the support you provide and the difficulties of brain injury.

“I feel great having marked a line in the sand for my own recovery from brain injury, and the support I had on the race sidelines was absolutely incredible!”

**Chris Wade**

“I was hit by a minibus in Sheffield City Centre in 2002. The new life which came as a result of this was leaving my job, depression, fatigue, confusion and poor memory.

“To keep me going I put in for this year's London Marathon, so with four months of training and 530 miles run, things didn't quite go to plan on the day, but I got round in four hours and two minutes.

“Hopefully I made a few more people aware of Headway, brain injury, and the good that running can do!”



**Richard Pike**

“My older brother, Philip, suffered brain injuries in a car accident whilst on holiday in Jordan in November 2016. He has been largely wheelchair-bound since, cannot eat or drink and struggles with his speech.

“Headway provided vital support during the early months of his recovery so I wanted to be able to give a little back.”





## Luke Hicks

"On 3rd February 2005 my life changed. I was driving from my home in Shaftesbury to university when I was involved in a head on collision with another vehicle.

"Headway helped me by offering support and understanding which enabled me to come to terms with my brain injury, regain cognitive skills, re-integrate socially and emotionally and gain confidence.

"I am hoping to take some of the positive experience of the London Marathon into future races to complete my 100 marathons!"



## Lindiwe Smith

"I found training hard because I gave birth to my daughter last year, so it's been tough but I pushed on!"

"During the marathon when it got tough I thought of all the hurdles I had overcome to get to the race, and I pushed on. Now I have completed the London Marathon I'm looking forward to the next challenge."



## Lauren Gilligan and Deb Bray

"We ran in memory of Steve Bray (husband and dad) who died of a brain haemorrhage in 2006, and set about raising our target. We have jointly raised almost £5.5k for Headway. Steve would have been so proud.

"We danced and sang our way around and it was one of the most life affirming experiences of our lives. It was an honour and a privilege to run for Headway."



## Bryce Alford

Bryce Alford, Fundraising Manager at Headway Jersey, took the concept of brain training to the next level when he donned a hefty 7kg brain costume in an attempt to become the fastest ever marathon runner dressed as a body part!

He said: "I cannot describe the feeling running in memory of my brother Vaughan, who passed away following a brain tumour, and for the members of Headway Jersey who benefit greatly from the generous donations."



**We'd like to say a huge THANK YOU to all our runners, including the 11 heroes who took on the Virtual London Marathon and raised an additional £5,207 between them.**



# #HeadwayHeroes



## Mike's story

**“Being able to help others has always been important to me.”**

After attending a routine eye test in August 2010, Mike Clark's brother, Paul, received the shocking diagnosis of a brain aneurysm which, if it ruptured, would cause severe damage to his brain. He collapsed with a splitting headache just two months later and was quickly admitted to hospital, but he did not recover and tragically died after 10 days.

The dignity and courage that Paul showed in his final days inspired Mike to honour his memory by taking on a series of long-distance cycling challenges for Headway, in order to help others who are affected by devastating brain injuries.

The first challenge was to cycle all the way from Land's End to John O'Groats in 2011 alongside his younger brother Tony and close friend Brian, with their dear friend Paul driving a van along the route to support the intrepid team. They raised an incredible amount, with over £17,000 directed to Headway's Emergency Fund.

“When we took on the challenge in 2011, it coincided with the launch of the Headway Emergency Fund, which immediately struck a chord,” said Mike.

“I work in London, so when Paul was in hospital I was fortunate to be close and also to have very supportive employers who allowed me to finish work early and visit him every day.

“I didn't have to worry about the cost of travel or potential overnight stays to be close to him but I know that things could have been very different. Being able to help others directly, if only to ease



Mike proudly wears his New Forest Sportive medal

one's worry at a very traumatic time, has always been important to me.”

As a keen cyclist whose regular weekend rides clock in at over 40 miles, Mike took on another charity challenge in 2017's RideLondon 100, before tackling the 156km New Forest Sportive in 2021.

With his incredible fundraising efforts and the dedication of his supporters, Mike has now raised more than £32,000 for Headway across the three challenges. This staggering amount directly supports hundreds of families through the Headway Emergency Fund, helping them to cope financially in the immediate aftermath of brain injury.

He said: “I had always hoped to do something ‘big’ this year to mark 10 years since the Land's End to John O'Groats ride, but the pandemic and a cycling accident in 2020 in which I fractured my pelvis put paid to that. I





should add that I was wearing a helmet when I had my accident and I have no doubt that my head was well protected as there must have been impact.

"The New Forest Sportive was the perfect opportunity - it's not too far from my home in Woking, Surrey and represented by far the longest ride since my accident. But with a total incline of 3,600 feet, if anyone claims that the New Forest is flat, they're sadly mistaken!

"I had hoped to do well with my fundraising as I have extremely supportive family, friends and colleagues, but to get close to £8,500 for a single day ride was staggering.

"I'm fortunate to work for a very philanthropic organisation who made a large donation through their charitable foundation, as well as I and a number of colleagues having Give As You Earn

accounts through which my employer double-matches our contributions.

*"I feel proud, emotional and eternally grateful to have completed the challenges and to have raised such a large amount for a cause that means a lot to me personally.*

"To others who might be thinking of taking on a challenge for Headway I'd say 'just do it!'

"Find something you enjoy and are passionate about, and tell people about it early. Not only does this allow you to raise more funds, but it also commits you so there's no turning back!

"Whatever you do, make sure you prepare and train properly for it and, most importantly, enjoy it."

Mike enjoying the success of completing RideLondon 100



Mike tackled the tough challenge of the RideLondon 100



A triumphant feeling reaching John O'Groats after 8 days of riding!



Mike and the team on day one of the Land's End to John O'Groats challenge



## Join our Headway Heroes!

If you've been inspired by the stories of our wonderful fundraisers and would like to take on a challenge of your own, we'd love to welcome you to Team Headway!

Whether you're a keen runner, have your eyes on an epic overseas trek or would like the thrill of a skydive, head to **[headway.org.uk/get-involved](http://headway.org.uk/get-involved)** to find your perfect challenge.

# RAISING AWARENESS

## *Spreading the word*

Many brain injury survivors tell us that people don't understand what they are going through, especially in the early days after their injury.

That's why Headway works to inform and educate people about the challenges brain injury survivors and their carers can face.

It is important that professionals in a range of settings understand the effects of brain injury and the impact

it can have on an individual's day-to-day life, so that they are able to provide appropriate support when it is needed.

In this feature, we look at some of the training that Headway has provided to professionals.

### CAPITA ASSESSORS GET A GLIMPSE INTO LIFE WITH BRAIN INJURY

Many brain injury survivors who require support from welfare benefits tell us that the application process is very challenging and often assessors don't fully understand the effects of their condition.

This can lead to survivors being denied vital financial support after an initial assessment, with the decision often being overturned on appeal. Failure to come to the right decision at the first assessment can have a significant impact on a person's mental health, while putting additional strain on a family's already-stretched finances.

In order to help assessors get it right first time, Headway's Tamsin Keyes and Sarah Russell talked assessors through the various cognitive, physical, emotional and behavioural effects of brain injury.

Sarah said: "Assessors were receptive to understanding more about the effects of brain injury. We were keen for them to know that no two

brain injuries are the same, while the effects often remain hidden and can fluctuate.

"Lack of insight, particularly in the early days of recovery, can also play a factor in survivors being able to properly explain the impact of their injuries during the assessment process.

"It's hoped that this training will help assessors support brain injury survivors through the process of applying for benefits and provide greater insight into how brain injuries affect daily living."

It was a fantastic, very interesting and very informative presentation.

The session was very well presented and contained really useful information that I, as a non-clinical person, was able to understand and take information from.





## JUSTICE PROJECT TRAINING PROGRESS

Our Justice Project aims to raise awareness and improve understanding of brain injury in the criminal justice systems across the UK.

Headway was recently awarded a contract by NHS England to train prison and probation staff in England. The training combines specialist brain injury information with experiential discussions among attendees, to allow the sharing of best practice and help identify individuals whose behaviour and actions may not have previously been linked to acquired brain injury (ABI).

Training has so far been delivered to a number of forensic psychologists and healthcare staff across long-term high secure estate prisons as well as staff from HMP Rochester, an adults' and young offenders' prison. Further training will be delivered to court probation staff in a number of Magistrates Courts to assist those with responsibility for preparing pre-sentence reports so the impact of brain injury can be taken into account by decision makers.

In Wales, further training has been delivered to the four Approved Premises sites housing offenders in the community as well as G4S prison, HMP Parc.

We are also recruiting 'Brain Injury Champions' across the prison and probation service, who will provide a point of contact for other staff and offenders to seek support and information about brain injury. Seven such champions have been recruited at HMP Rochester across a range of departments.

Prison Governor, Dean Gardiner MBE, said: "With around 45% of our population being listed as having some form of disability and national research showing that around 50% of those in custody are survivors of some form of brain injury, this training and insight for staff was a fantastic opportunity to provide better outcomes for not only our residents, but our staff and the wider community.

*"When you look at the associated behavioural changes an ABI can cause, such as impulsivity, disinhibition, frustration and aggression, all behaviours prison staff deal with on a daily basis, the knowledge of some basic techniques and simple strategies provided in this training will allow staff to work more effectively with those who have an ABI."*

Excellent presentation, I most definitely have a better insight on how to approach and support an individual with an ABI.

It should be part of mandatory training for Criminal Justice teams.

It identified many of our residents and will help us to support them.



## TRAINING THE POLICE

Police services across the country have also received training from Headway in order to develop a greater awareness and understanding of brain injury and its effects, helping to ensure survivors are identified at the earliest possible opportunity.

As well as raising awareness of the Headway Brain Injury Identity Card, the training provides staff with an overview of the prevalence of brain injury, its effects and the impact it may have on individuals who come into contact with the criminal justice system.

I will ensure to keep an eye out for brain injury. I won't assume someone is drunk or under the influence.

It's useful to have an understanding of the effects and how it could come across in custody.

# RAISING AWARENESS

## *Spreading the word*

### BRAIN INJURY SURVIVORS FEED BACK TO THE DWP ON HEALTH AND DISABILITY PROPOSALS

Following the publication of the government's *Shaping Future Support, The Health and Disability Green Paper*, Headway service users and their carers have met with the DWP to give their views on how benefits assessments could be improved for those living with acquired brain injury.

Survivors were clear that the way in which assessments are currently conducted can sometimes be harmful for those who go through them. Dee Blackwell, mum and carer to a brain injury survivor, recounted the compelling story of a survivor in her area who had his Motability car and blue badge taken away



following an assessment for Personal Independence Payment.

Dee said: "In my opinion as a mum and a carer of a brain injury survivor, the DWP and the assessment teams have absolutely no idea about people who sustain a brain injury. They do not understand the complexities these injuries cause and how each and every individual is unique.

"As genuine brain injury survivors needing to claim benefits, we need those traumatic assessments to stop. These claimants are being re-assessed in a far from compassionate environment for a health condition that doesn't change."

For those survivors who may be able to return to work, they often lack the right support for them to be able to access the jobs market. Brain injury survivor Sam Shephard, who also works part-time for Headway Sussex and is a trustee of the United Kingdom Acquired Brain Injury Forum, highlighted the link between

healthcare provision and a return to work.

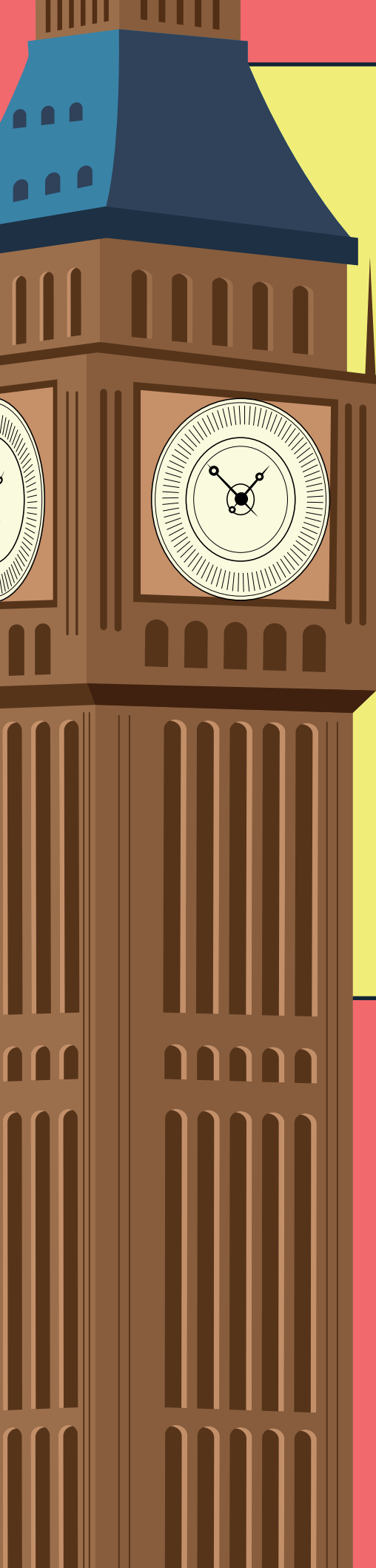


He said: "It's important to understand the contribution healthcare makes to help people return to work. There is very poor access to rehabilitation for brain injury survivors with almost no vocational rehabilitation.

*"The primary care environment is shocking, and the help offered by GPs is almost non-existent because they don't understand brain injury. Therefore, any support provided to get back to work falls on charities like Headway."*

One important change suggested by everyone on the call was to have assessments conducted by people with a greater understanding of brain injury. Sam explained: "Often people with acquired brain injury struggle





with insight and don't always recognise the effects of their own injury, especially in the early days of recovery.

"It's therefore really important to have a specialist assessor who can ask the right questions and draw out the information pertinent to issues around daily living, which is what is needed."

In addition to that, Headway wants to see recognition of the Brain Injury Identity Card extended to assessments carried out by providers. Headway ID cards are personalised to the cardholder and help survivors to explain the effects of their injury, in the hope that they receive the appropriate response and support.

Peter McCabe, Chief Executive of Headway, told the meeting: "We were delighted to get the DWP to agree that the ID Card would be pinned to customer records for any survivor who uses a job centre.

"This means that the staff dealing with the survivor understand the effects of their injury and can apply some compassion and care when engaging with that individual.

"We would like for that to be extended to include assessments for Universal

Credit and Personal Independence Payment so assessors can understand the unique aspects of that person's injury."

Following previous feedback from Headway, the DWP has said it wants to test a new Severe Disability Group to support people with severe and lifelong conditions that are unlikely to improve. The intention is to create a simplified process for people who qualify for this group without them needing to complete a detailed application form or go through an assessment.

The DWP anticipates that the decision to place an individual into this group will be based on information obtained from medical professionals. Whilst the criteria have not yet been finalised, Headway is taking part in a consultation to suggest ways they can reflect the needs of brain injury survivors who could qualify.

Headway has committed to continue engagement with the DWP on these issues, in order to improve outcomes for those living with acquired brain injury.

## HOW TO APPLY FOR A BRAIN INJURY IDENTITY CARD

The Headway Brain Injury Identity Card is personalised to help people explain the effects of their brain injury and request any support they may need. This gives added confidence and helps to find the right support.

The card is free of charge, and anyone over the age of 18 with a verifiable brain injury can apply.

To apply for a card or for more information please visit our website at [www.headway.org.uk/idcard](http://www.headway.org.uk/idcard).

**Brain Injury Identity Card**

My name is: Jonathan Smith  
I have a brain injury and as a result:

- I have difficulty processing information
- I have attention and concentration difficulties
- I experience fatigue
- I may have anxiety

For 24 hour criminal legal assistance, please call:  
**0800 140 4031** **NPCC**

**A simple solution to a tricky conversation**

Sign up for your Brain Injury Identity Card today

# Inside your incredible brain

In this part of our journey through the brain, we will be looking at some amazing facts about the 'little brain' of the brain, **the cerebellum**.

## Little brain

Located at the back of the brain, the cerebellum is a small cauliflower shaped structure under the occipital and temporal lobes that resembles a small brain. In fact its name, cerebellum, means 'little brain' in Latin.

## Responsibilities

The cerebellum is mainly responsible for balance, co-ordination and movement.

## Two hemispheres

Like the cerebrum (the topmost layer of the brain), the cerebellum has two hemispheres, which are connected by a structure of the brain known as the vermis.







## Many roles

The cerebellum has traditionally been associated with movement, however more recently it has been suggested to have an involvement in cognitive and emotional processes as well.

## Movement learning

As well as processing movement, the cerebellum is responsible for learning movements, such as learning to work the pedals of the car until these movements become automatic and can be done without consciously thinking about it.

## Improving our understanding

Recent technological advancements in neuroimaging have really helped with our understanding of the cerebellum.

## Proprioception

Proprioception is a skill that the cerebellum is responsible for. It means the ability to know where parts of our body are in space without us seeing them there, for instance knowing what position our feet are in while they are under a table.

## Three parts

There are three parts of the cerebellum that are responsible for different processes. The cerebrocerebellum is responsible for coordinating, planning and learning movements. The spinocerebellum is responsible for regulating movements and correcting movement errors. The vestibulocerebellum is responsible for controlling balance and eye movements, for instance fixing on a target.

## Cerebellum damage

Damage to the cerebellum can cause difficulties with balance, walking and moving hands for finer skills such as writing. It can cause ataxia, which is a group of disorders that affect balance, speech and coordination.

# CREATIVE EXPRESSION

*“Photography has given me the ability to achieve on my own”*

In March 2006 at the age of 18, Rob Dinwoodie sustained a severe brain injury after a car in which he was a passenger lost control, hit a tree and ploughed through the railings of Endcliffe Park, Sheffield.

After spending time unconscious in intensive care and undergoing extensive surgery, Rob began the long journey of recovery which included time spent in a rehabilitation unit to help him adapt to the ongoing effects of his condition including fatigue and short-term memory loss.

Now living independently, Rob began to play around with photography, quickly discovering a talent for the art with a particular focus on nature and animal photographs.

He said: “Finding what I enjoy the most has brought me to where I am now. I love photography, it’s given me the ability to achieve on my own, learning steadily as I go.

“I believe hobbies and activities can play a huge role in a person’s recovery. I really recommend just trying as many different things as possible to find what’s right for you and your abilities, because once you find it your whole life could change for the better.”



Rob Dinwoodie



Raindrops on a spider's web



Rob's recent work involves painting over his photographs



Capturing the feelings of warm summer days



Rob's creative nature photography







# Leading Personal Injury and Medical Negligence Lawyers



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

Our specialist lawyers and brain injury support team have the knowledge, experience and commitment to ensure that you and your loved ones get the result you deserve and the support you need. We are more than happy to visit you in hospital or at home at times that suit you. We provide national coverage.

A special thank you to my lawyer Kim. Her input has changed everything for me. She has given my life a level of security and stability that I never thought I was capable of achieving post-accident.

Jessica Stevens

Contact Kim Milan on  
**0118 952 7137** or  
[claimsadvice@boyesturner.com](mailto:claimsadvice@boyesturner.com)  
[boyesturnerclaims.com](http://boyesturnerclaims.com)

## FREETHS SOLICITORS

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 expertise 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 please contact us.

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

Jane Goulding *"is one of the best and most experienced claimant's solicitors working in this field at present."* The Legal 500, 2021

*"Freeths are clearly very concerned for the clients' welfare and tenacious in getting the best for them."* Chambers & Partners, 2021

Legal 500 and  
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# 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](mailto:gary.smith@prince-evans.co.uk)

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



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