



HEADWAY

Preston & Chorley

NEWSLETTER

Hearts and Minds working together

Printed: May 2015

Headway Preston & Chorley has found a new head office and is now based at Heartbeat's new cardiac centre in the former National Football Museum.

The building was taken over by Heartbeat in early 2015 and transformed into a cardiac patient centre service, boasting a state of the art gym, treatment and assessment rooms.

Heartbeat's chief executive, Jill Rogerson said: "Having Headway based at Heartbeat's new Cardiac Centre is a real plus for us. "We share a lot of common goals and are both highly patient focused. "We hope to collaborate on a number of projects in the future where there are obvious synergies"

Liz Bamber, Headway Development Officer added: "We are so excited to be sharing space within this fantastic building located on one of the main gateways to Preston City Centre. Working close to a much larger charity gives us opportunities to learn from them and to work together for the good of our clients". Go to page 2



Jill Rogerson CEO of Heartbeat and Liz Bamber of Headway

Mayors bike ride raises over £1000

The Mayor of Penwortham and a group of hardy cyclists braved strong winds to complete a charity ride around Preston's Guild Wheel.

Participants, ranging in age from children to 70-year-old Councillor Melvyn Gardner, took on the 21-mile route with Councillor Sue Prynn. Donations of around £1,000 have been pledged for her charities; Headway Preston and Chorley and Positive Action for PTSD.



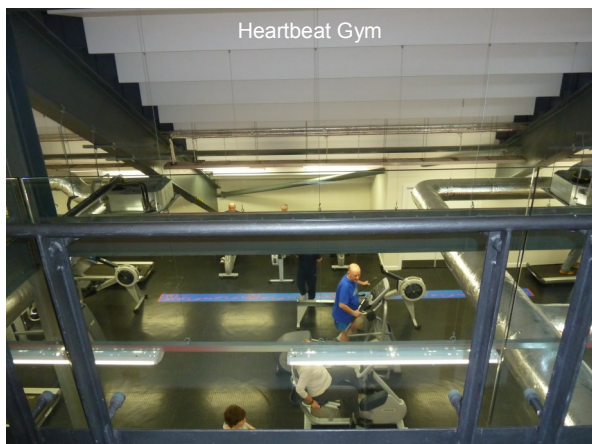
Hearts and Minds..continued from page 1

Our new office (pictured right) will enable the re-launch of the Wellbeing Project, where Headway clients are offered one to one appointments to discuss any lifestyle or health related issues they may have.

Following this they will be offered support via Headway's own specialist volunteers or referred to other agencies. We also hope to expand some of the sessions currently provided at the Salvation Army Centre such as art and talking therapy on different days at the Heartbeat Centre.



Headway Preston & Chorley office and meeting room.



Pictured left, is the Gym which is used as part of the Heartbeat rehabilitation programme for people who are recovering from a cardiac arrest. We are hoping to refer clients who have a brain injury and other underlying health problems onto the programme in the near future.

The Headway Art group produces some excellent pieces and people who take part have experienced illness, trauma or challenges in recovery from a brain injury. Through creating art and reflecting on art products and processes, they can increase awareness of themselves and others, cope with symptoms, stress and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art. The project is sponsored by Birchall Blackburn Law and we have recently received a grant and art equipment from Art Aid.



Headway Art in the Foyer

To learn more about the art project and see it in action visit: <https://www.youtube.com/watch?v=YRKKzNKsF7I>

Headway Hospital Nurse

The Headway Hospital Acute Trauma Support (HATs) service has been working in the North West since 2011.

Funded by Headway UK, it covers North West hospitals to provide support information and advice to families following a brain injury. For many people, this is often the first point of contact with Headway, following which families access local groups and branches.



Alex Power HATs nurse said, "The main reasons for people initially making contact, either directly or through the hospitals is for emotional support, information about brain injury and financial, legal or benefits advice. One of the most used services is the Headway Emergency Fund. This is a

one off payment made to families suffering financial hardship in the immediate aftermath of a brain injury".



Headway Preston & Chorley works closely with HATs to support those in hospital rehabilitation through to discharge and into community rehabilitation.

If you require support in hospital you can call or text:

Alex Power on 07833 365 858

email: hats-nw@headway.org.uk

or Liz Bamber on 07557 123 493

email: headwayprestonandchorley@gmail.com

Heartstart Training

Have you ever thought about learning how to save someone's life? Would you know what to do if someone suffered a cardiac arrest, heart attack or was choking?

Heartbeat is offering free basic life-support sessions called Heartstart every other month at the Heartbeat Centre.

The course lasts two hours and teaches basic life-support skills to enable you to give life-saving support until ambulance staff arrive. The course includes:

- Possible causes of cardiac and respiratory arrest
- What happens to the body during cardiac arrest
- How to recognise and manage a heart attack
- How to perform cardio-pulmonary resuscitation (CPR)
- Putting someone into the recovery position
- Treating major bleeding and adult choking
- Defibrillator familiarisation.

There are around 60,000 out-of-hospital cardiac arrests in the UK every year. When someone goes into cardiac arrest, every minute without CPR and defibrillation reduces their chances of survival by 10 per cent.



Learning Emergency Life Support (ELS) skills can help you keep someone alive until professional help arrives.

Dates of courses: 17th July 2015, 18th September 2015, 13th November 2015.

All Heartstart sessions are FREE and start at 2pm, and last approximately 2 hours. Pre-booking is essential. Please book your place on the next Heartstart course by calling Sian Edwards at Heartbeat 01772 717147 or email: info@heartbeat-nwcc.org.uk.

Volunteers critical to Headway

Volunteers are so critical to our work at Headway, they help us with every aspect of our charity.

Some of our most energetic and enthusiastic volunteers come from families of brain injury survivors. We also have a large group of student volunteers who are studying neuroscience related courses and want practical experience.

All of them regularly attend sessions and events whenever we ask, without question. Whether it is helping at the Drop In, befriending, making tea or coming to help in the office, every hour volunteers spend helping Headway supports our aims and objectives to assist and connect with individuals affected by brain injury and their families. We are so grateful that you choose to share your time, talents, and energy with us.



Volunteer induction and training

IM irwinmitchell
solicitors

Understanding support is more than just compensation

Brain Injury - If you have suffered a head or brain injury, we realise just how much of an impact it will have, not only on your lives but also on the lives of your whole family. At Irwin Mitchell Solicitors we will support you and your family to help you get the best possible medical care and rehabilitation because compensation is only part of the story. To see how we can help you, call us now. **Irwin Mitchell, standing by you.**

Freephone: 08000 23 22 33
www.irwinmitchell.com

 @IMHeadInjury

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Warm 'arts' back Headway



Liz Bamber receives the cheque from Paul Smith, trustee of Art Aid.

Headway has won financial support from another local worthy cause - at the stroke of a brush!

We have received two £500 cheques from Art Aid thanks to proceeds from the sale of donated art.

Liz Bamber, Development Officer for Headway, said: "We are indebted to Art Aid, the people there have gone out of their way to support us. As a small charity, we survive on gestures like this - it's really appreciated."

"We are also looking to get together with Art Aid in the coming weeks to stage an art event which will feature work produced by people who attend classes run by Headway." Art Aid is based in Longridge and was established in 2014 to assist charities home and abroad to increase awareness through holding art exhibitions across the UK. Art Aid has

already helped raise funds through the sale of donated art for the likes of Derian House Children's Hospice and Furniture for Education Worldwide, plus a number of charities in Africa.

Communities Matter to Waitrose



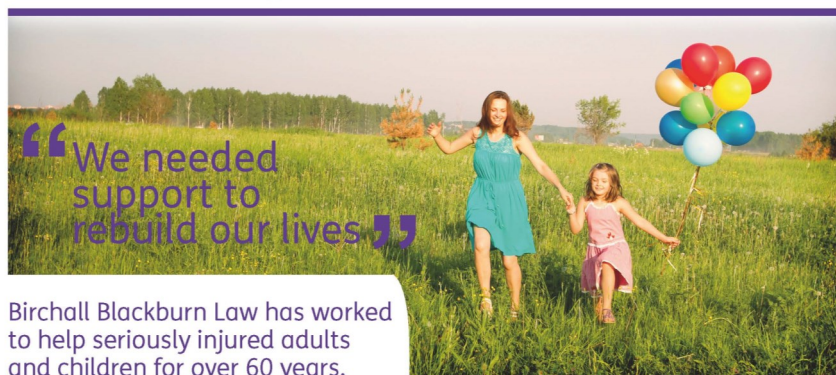
Phil Taylor with Liz Bamber

Headway Preston and Chorley was recently chosen as one of the charities benefiting from the Waitrose Community Matters scheme and awarded £400.00.

Accepting the cheque on behalf of Headway, Liz Bamber said, "having the support of major retailers is very important to smaller charities particularly as funding is so difficult to obtain. We are very grateful to Waitrose as this donation will help us to fund much needed services for people after brain injury". Phil Taylor, Duty Manager at Waitrose Capital Centre in Preston said, "as part of the John Lewis Partnership it gives me great pleasure that Waitrose at Walton le Dale is able to support our local charities".



Always there for



Birchall Blackburn Law has worked to help seriously injured adults and children for over 60 years.

With a national presence and a department specialising in head/brain and spinal injury, BBLaw are ideally placed to offer the help, support and care required by families and individuals affected by life changing injuries. Compassionate, professional and understanding, we know that financial compensation is only one part of the process involved in re-building life after a serious injury.

For more information or a free, no obligation discussion, speak to one of our Serious and Catastrophic Injury law specialists on:
Freephone 0800 988 1548
or email Dianne Yates at
dmyates@birchallblackburn.co.uk

We would like to thank all the individuals, families, volunteers and local businesses and other charities who have supported us this quarter.

Your kind donations fund the Headway Preston & Chorley charity, without them we would not exist. Donating is easy: By cheque made payable to:

Headway Preston & Chorley

By Internet banking to:

Cater Allen Bank.

A/C name: **Headway Preston**

A/C number: **55309628**

Sort code: **16-57-10**

For more ways to help go to our

website: www.headwaypreston.com

Farewell to one of our founder Trustees

In late March we bid a very fond farewell to Imogen Wetton, one of our founder Trustees and Committee Members.

Imogen has been pivotal in helping us to achieve our status as a charity, taking responsibility for the stack of form filling and policy writing that was required. Imogen's contribution has been immense and she also brought warmth, compassion and humour to the committee and her common sense has been much appreciated. Imogen will be staying in touch and we will all be pleased to see her when she drops in to a drop-in some time. I also wish to acknowledge the support provided by Imogen's employer Thompsons Solicitors, who have assisted with photocopying and other office functions.



Imogen Wetton with Louise Sheffield

Headway welcomes new members

We have recently appointed three new Trustees to provide Headway with support in the areas of clinical rehabilitation, human resources, staff supervision and event management.

Chairman Louise Sheffield said, "It is a privilege to see Headway Preston and Chorley continue to grow and develop and this is reflected in the developments within the committee. I am delighted to welcome our new committee members who bring a wealth of experience as well as motivation and commitment to take us from strength to strength".



Deirdre Healy is a specialist brain injury solicitor at the Manchester office of Irwin Mitchell. She is passionate about her work and focussed on obtaining the best rehabilitation and support for her clients and their families. Deirdre is a keen supporter of Headway National and has attended many conferences along with the annual luncheon awards in December. Many of her clients have benefitted from the outstanding work Headway carries out and she is delighted to be joining the Committee at the Headway group in Preston and supporting the team with HR and supervision to help them continue their fabulous work to date.



Maria Walker qualified as an RGN in 1982 and worked in the NHS for 22 years specialising in Neurology, back pain, orthopaedics and ENT. Her career took a diverse route into the private sector where she set up preceptorship programmes in orthopaedics, set up Pain Management programmes, worked in the research field studying sudden death of young adults and then she worked in case management structuring and resourcing comprehensive clinical rehabilitation programmes for brain injured clients. She is a qualified as a Disability assessor and currently works for Irwin Mitchell facilitating rehabilitation packages for their clients.



Ryan Lewis was educated at Oxford Brookes University and obtained a 2.1 Honours degree in Business and Management. At Nestor, he offers the full range of advice for Personal Injury claimants including benefits protection and investment advice ensuring the highest level of service is provided to his clients. Ryan frequently provides seminars to solicitors on the topic of personal injury investment. Outside of work, Ryan has a full range of hobbies and interests such as skiing, golf and cycling. Growing up, Ryan dreamed of being a comedy script writer, but when he realised he wasn't that funny, a career in financial services beckoned.

The Headway committee of corporate trustees are representatives from:



Please wear a cycle helmet!

Headway believes that all cyclists should wear helmets, particularly vulnerable road users such as children who do not possess the same level of competency or experience as adults.

The number of cyclists killed or seriously injured on UK roads has increased 11% in the past three years. (Department for Transport).

Every year we support calls to make cycle helmets compulsory while also calling for a range of additional measures to improve cyclists' safety, including more dedicated cycle lanes and educational campaigns aimed at both cyclists and motorists.

Our slogan this year is:

'you're better with one on... if you come off'.

The evidence is clear: cycle helmets can save lives and help prevent lifelong disability. This fact has been proven by numerous peer-reviewed, published scientific studies and is shared by well-respected professional bodies including the British Medical Association, the Association of Paediatric Emergency Medicine, the Bicycle Helmet Initiative Trust and numerous doctors and neurosurgeons across the UK.

To help us to promote this campaign contact us for a poster: headwayprestonandchorley@gmail.com or download from our website: www.headwaypreston.com



CYCLE HELMETS

You're better with one on..

..if you come off

Use your head...protect your brain and WEAR A HELMET



WIN! CYCLE HELMETS!

4 lucky winners will receive a cycling helmet courtesy of HALFORDS.

All you need to do is answer 2 questions:

- 1. What is the name of the new cycle route around Preston?**
- 2. How many miles is the route?**

The competition closes on **25th July 2015** you can enter by email or post to:

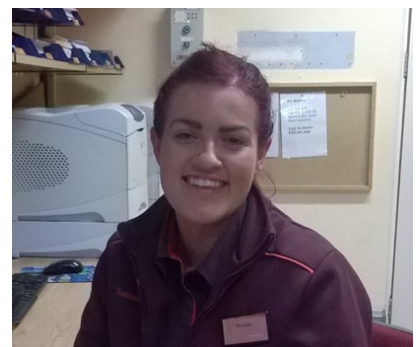
headwayprestonandchorley@gmail.com or Headway, Heartbeat Centre, Sir Tom Finney Way Preston PR1 6PA.

Please leave your name, address and telephone number.

Sainsbury's Charity partnership

Hello my name is Natasha Bilsborough and I am the new PR Ambassador at Sainsbury's Preston. I just wanted to introduce myself, as I have taken over. Headway is a fantastic charity and got voted for Sainsbury's Preston charity of the year. Throughout the past months we have been working hard alongside Headway to help raise money, and we have raised another £1600 to put towards their great cause. On behalf of Sainsbury's I wanted to thank everyone who has made a donation as it is getting put to great use.

For the remaining time that we have together I am going to push hard and really try to achieve as much money as possible and make as many people aware of this charity as we possibly can. Headway does remarkable work and they deserve the local community's support. We have a number of fundraising events lined up in store with Headway over the next few months so it would be great if the public could give us their support and come and see all the hard work and effort that is getting put in, so the charity can help the local people who need it.



Disclaimer: The information in this newsletter is intended to be useful and informative for clients of Headway Preston & Chorley, their families, friends and carers. Headway Preston & Chorley will use reasonable care to ensure that information is accurate at the time it is printed in the newsletter or contained on the website; www.headwaypreston.com. However, Headway Preston & Chorley cannot guarantee this information or the information from third parties is accurate and Headway Preston & Chorley shall not be liable for any losses or damage that anyone may suffer as a result of relying on this information.



Rehabilitation & care after brain injury

Unlike most other cells in the body, brain cells do not regenerate when they are destroyed.

However, this does not mean that no recovery can occur. The brain is somewhat flexible and is able to reorganize itself, to an extent, in order to regain lost function. This is known as brain 'plasticity'. During recovery, other areas of the brain take over the activities of the damaged areas and new nerve pathways can be established using undamaged brain cells. Engaging in activity helps these alternative pathways to develop.

Rehabilitation aims to help the brain learn alternative ways of working in order to minimise the long-term impact of the brain injury. Rehabilitation also helps the survivor and the family to cope successfully with any remaining disabilities.

Timescales for recovery after brain injury.

In the first month or two after a severe brain injury it is only possible to guess at the length of time that recovery will take and the likely outcome. All that is certain is that recovery is a slow process and will take months or years rather than weeks.

Six months after the injury the picture will be clearer, but it is wise to wait until about a year after the accident before making any important decisions regarding the future. After a year or so one can be reasonably certain about the eventual degree of physical recovery. However, psychological recovery can take considerably longer and it is usually these more subtle psychological problems that cause longer-term difficulties, particularly for family members.

People do sometimes talk about there being a limited 'window' for recovery after brain injury, for example, that recovery ceases to take place beyond two years. However, this is now known not to be the case and people may actually continue to improve for a number of years after brain injury. Indeed, many people say that they never stop re-gaining the skills that they lost following the injury.

Accessing brain injury rehabilitation services

There are many rehabilitation services across the UK, run by the NHS or private firms and brain injury rehabilitation can occur in the following settings:

In-patient rehabilitation: This involves intensive specialist rehabilitation for people who are not yet ready to return home. Neurological rehabilitation units (NRU) provide an ideal setting for further treatment, where a structured rehabilitation programme is in place throughout the day.

Community rehabilitation: Some people may be well enough to return home and receive further treatment from a community rehabilitation team helping them to make further progress; this may involve therapists working with the person in their home or community environment.



Who's who on the rehabilitation team?

The **physiotherapist** helps patients recover the ability to use their muscles and joints so they can sit or stand without losing balance, co-ordinate movements, walk and use fine hand movements. Exercises and activities will be set for improving physical ability, and help with learning techniques for lifting and transferring from a wheelchair.

The **occupational therapist (OT)** is concerned with helping to develop independence in carrying out everyday tasks like dressing, cooking, and housework. They will also help the individual develop skills which underlie these activities such as budgeting, planning, improving thinking and problem solving. They may provide special equipment and adaptations around the home.

The **clinical neuropsychologist** will help in assessing the patient's mental skills and weaknesses, such as memory and concentration, using specially designed tests. They may also advise on management, rehabilitation and cognitive retraining programmes, both in hospital and in the community. They may also provide counselling and advice on dealing with the emotional problems involved in adjustment and coping.

Speech and language therapists aim to help patients communicate more effectively using both the spoken and written word. They provide structured exercises and activities aimed at improving speech and language skills, or work with other staff and relatives to improve all-round communication. Speech and language therapists can also assess swallowing function, taking the lead on treating swallowing disorders and advising on safe eating and drinking to people who are affected.

What if no rehabilitation has been provided?

If you have reason to believe that you or a family member would benefit from rehab, you are within your rights to actively seek rehabilitation services, even if you have been told that there are none available or needed. The first thing to do is discuss the matter with the GP and/or consultant. Or you can contact [Headway UK](https://www.headway.org.uk) free helpline 0808 800 2244 or Headway Preston & Chorley on 07757 123 493.

Care or support at home

If you also think you or your relative requires support at home with daily living tasks you can ask Lancashire County Council for a social care assessment.

To enquire you can telephone [LCC](https://www.lcc.gov.uk) on **0300 123 6720**.

Dates for your Diary

Headway **Drop-In** Dates 2015

When: First Tuesday of the month.
Venue: The Salvation Army Centre, Harrington Street, Preston PR1 7BN.
Time: 1pm - 4pm. No booking is required.

Tuesday	2nd June	1pm - 4pm
Tuesday	7th July	1pm - 4pm
Tuesday	4th August	1pm - 4pm
Tuesday	1st September	1pm - 4pm
Tuesday	6th October	1pm - 4pm
Tuesday	3rd November	1pm - 4pm
Tuesday	1st December	1pm - 4pm

The Drop In is open to anyone affected by brain injury including family members and carers.

Services available include:

- * Interest talks.
- * Take away information about brain injury.
- * Welfare benefits advice.
- * Legal advice.
- * Memory aids.
- * Therapeutic Massage (The Red Cross).
- * One to one discussions.

Please make an appointment for legal or welfare benefits advice to avoid disappointment.

Headway **Activity Day** Dates 2015

When: Last Tuesday of the month.
Venue: The Salvation Army Centre, Harrington Street, Preston PR1 7BN.
Time: 1pm - 4.00pm. No booking is required.

Tuesday	26th May	1pm - 4pm
Tuesday	30th June	1pm - 4pm
Tuesday	28th July	1pm - 4pm
Tuesday	25th August	1pm - 4pm
Tuesday	29th September	1pm - 4pm
Tuesday	24th November	1pm - 4pm

These sessions are open to adults who have an acquired brain injury (accompanied by a friend, family member or support worker if required as it is not a day care service). Sessions focus on activities which build confidence and help improve mood.

Workshops currently being held are:

- * Art and craft therapy
- * Talking Group
- * IT Group
- * Relaxation
- * Woolcraft

Workshops could vary slightly during the course of the year.

All are facilitated by Headway's professional volunteers and supported by Headway staff and volunteers.

Q & A's about Headway services

What do you do at Headway Preston & Chorley?

We support individuals who have suffered an acquired brain injury (since birth) and their families through our advice and information services, twice monthly sessions (details above) and one to one appointments at our centre at Preston North End (see right). We also visit the Royal Preston and Chorley hospitals providing assistance to families in the early stages after brain injury.

How can I access these services?

You can contact us by telephone, email or via our website (see below). All we need initially, are your contact details and brief account of your injury. From there we will arrange to meet up and help where we can. Any information you provide is confidential.

What ages do you support?

We normally support people aged 18 - 65, however, we do not turn adults away who would benefit from our services.

What types of acquired brain injury do you deal with?

We support people who have a sustained a brain injury through trauma, stroke, brain haemorrhage, encephalitis and many others.

What do I get out of becoming a member?

As a member of Headway Preston & Chorley you will be invited to all sessions and events, you will receive our quarterly newsletter, have access to memory aids, literature about aspects of brain injury. You will also receive a brain injury survivor card to assist you when explaining about your injury. You will also meet like minded people, form friendships and receive support.



Salvation Army Centre



Headway Office

Contact Us:

Headway Preston & Chorley
Heartbeat Centre
Preston North End
Sir Tom Finney Way
Preston PR1 6PA

Contact details:

Telephone: **07557 123 493**
Email: headwayprestonandchorley@gmail.com
Web: www.headwaypreston.com

*If you are not already registered on our mailing list please email or phone us with your details.