



HEADWAY

Preston & Chorley

NEWSLETTER

Golf Day raises £7000 for Headway

Printed: October 2015

The annual golf day organised by Fletchers Solicitors is Headway Preston & Chorley's biggest fundraising event of the year. It is an event which is attracting a regular following each year, and a number of local and national companies dust off their golf clubs to raise much needed funds for Headway. This year they raised a massive £7000.

Liz Bamber, Project Manager for Headway in Preston said, "On behalf of the staff, volunteers and clients, I would like to thank Fletchers Solicitors for their ongoing support. We rely solely on fundraising to keep the charity going and the amount raised this year represents a fifth of our



Fletchers Golf Team

annual income which is a tremendous boost to our funds".

Fletchers Solicitors has supported the event annually since 2011,

and are committed to taking it even further in the future. Sarah Charnley, Chairman of Headway Preston & Chorley said "I am delighted that we have managed to raise a fabulous amount on this 4th annual golf day. A big thank you goes to everyone who attended and to Hesketh Golf Club. Roll on next year!"



Gerard Horton and Sarah Charnley of Fletchers Solicitors present Liz Bamber with a cheque for £7,000.00

Join the Headway Preston and Chorley Lottery!

We are delighted to announce the launch of the Headway Lottery!

For only £1.00 per week you get 10 chances every week to win £1,000 cash, plus hundreds of pounds of other cash prizes.

Your membership will help Headway Preston & Chorley support people affected by acquired brain injury, so by playing you are making a big difference to our funds. As with all lotteries some of your £1 will be used for administration and prizes, however Headway will benefit from a whole 60% of your £1. This means for example if 100 members play each week it will raise enough money for us to pay for the running the Drop In and Activity Day sessions for one whole year! **Please sign up and help us support people after brain injury.**



PIP - what happens if you are turned down?

Personal Independence Payment (PIP) is a benefit you can claim when you have an illness or disability that affects your daily living activities.

You can start a new claim by telephoning the DWP on **0800 917 2222**. You will be sent a form called a PIP2 and following this you may need to undergo a medical assessment. Some claims for PIP are turned down and if this happens to you, these are the next steps:

If your claim is turned down, you have one calendar month from the date of the decision in which to ask the Department for Work and Pensions (DWP) to look at their decision again. This is called a **reconsideration**. The decision date will be the date on your notification letter.

You can also ask for a reconsideration if you are unhappy with the level of the benefit that you have been awarded (for example, if you are awarded the standard rate of the daily living component but believe you are entitled to the enhanced rate). However, when you ask for a reconsideration, the DWP will look at your whole award and they can take away any rate of PIP that you have already been granted.

You may request a reconsideration by telephone:

When you speak to the DWP: ask for a reconsideration of the decision. Explain why you disagree with their decision simply at this stage, for example, **'I believe that you have underestimated the effect of my disability and consequently underestimated the extent of my mobility problems or the difficulties I have in carrying out daily living activities'**.

DWP Department for Work and Pensions

Louise Clover,
Frenkel Topping &
Headway Benefits
Adviser.



Ask the DWP to send you copies of all the evidence that was used in making their decision.

Put your request for a reconsideration in writing and send it to the address on the decision letter. Keep a copy for yourself. You may also wish to obtain a supporting letter from your doctor or carer confirming what you said on the form was correct. For example, a letter from your consultant confirming the difficulties and risks you have preparing a meal unassisted. If you need more time to gather medical evidence, you can **inform the DWP how long this is likely to take**, so they do not make a decision straight away.

What happens next: A decision maker will look at the further evidence you send. They will then either change their decision in your favour or write back to you explaining that they have been unable to change the decision. They will send you a **mandatory reconsideration notice** which proves that you have asked for a reconsideration (you will need this if you want to lodge an appeal).

Claiming benefits can be a stressful and worrying process, particularly if you have suffered a brain injury. Headway can help you through this so please contact us on **07557 123 493** if you need assistance.



In it to win it! Join our lottery!

Name:

Signature (I am 16 years or over)

Pay by Direct Debit

Instruction to your Bank or Building Society

Service User Number

2 7 5 0 8 7



Name(s) of account holder(s)

Name and full address of your Bank or Building Society

To The Manager:

Bank/Building Society

Address:

Postcode:

Instructions to your bank or building society: Please pay Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand this instruction may remain with Headway and if so, details will be passed electronically to my bank or building society. Banks and building societies may not accept Direct Debit instructions from types of account. Please note your direct debit payment will be referenced as Heartbeat, promoter of the Headway lottery. The Headway lottery is a beneficiary of the Heartbeat Lottery. Licensed and regulated by the Gambling Commission. Licence Number: 000 005098-N030907 008.

Cut out and post to Headway, Heartbeat Centre,
Sir Tom Finney Way, Preston PR1 6PA



Address:

Postcode:

Select your entry options:

Every 4 Weeks	Pay Quarterly	Pay Annually
<input type="checkbox"/> 1 entry per week £4	<input type="checkbox"/> 1 entry per week £13	<input type="checkbox"/> 1 entry per week £52
<input type="checkbox"/> 2 entries per week £8	<input type="checkbox"/> 2 entries per week £26	<input type="checkbox"/> 2 entries per week £104

Your Bank/Building Society Details:

Branch Sort Code:

Bank/Building Society account number:

Reference number (for official use)

Signature(s):

Date:

The day that changed my life

Jon's life changed forever on 15th December 2014 when he suffered a haemorrhage stroke.

I was in work as usual and hold a contract management role within the civil service with lots of pressure, working on high value government rehabilitation contracts.

I was in the office then all of a sudden my left arm froze, and then my right arm became heavy and shaking uncontrollably. I then started to feel really weak and I felt the muscles numb in my face. I knew something was seriously wrong when my colleague came into the office and asked what was wrong, I couldn't talk.

Surprisingly I can remember everything from that day, people I talk to now say that is a unique situation.

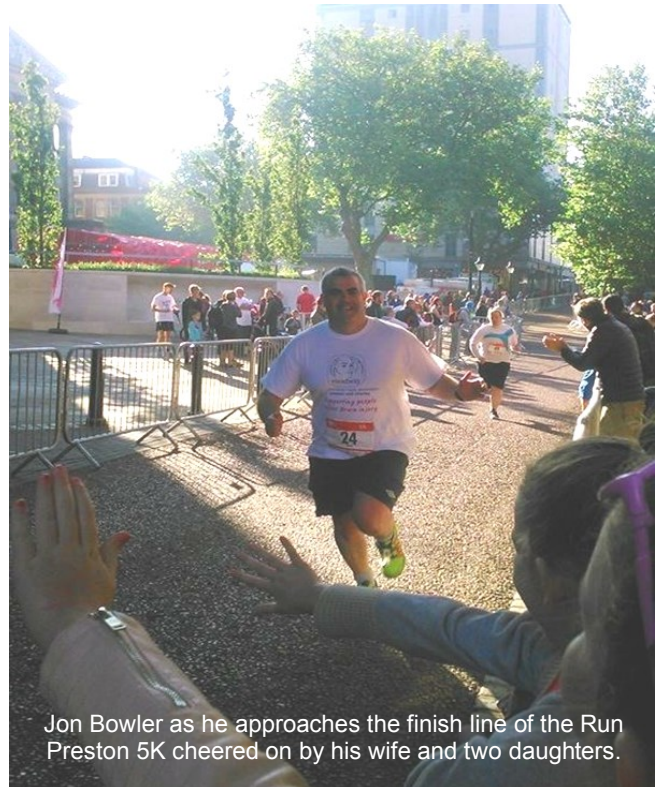
I got to hospital quickly and the care I received was amazing, after the initial tests and scan I was told that I had suffered 2 bleeds in the brain resulting in a stroke. I was devastated and just kept thinking, am I going to walk again, talk again, or see my wife and kids again?

I just broke down and couldn't comprehend what was going on. I'm thinking I'm only 39, I'm generally fit and healthy, don't drink that much and never smoked.

I spent a couple of weeks in hospital and each day improved with movement and speech gradually returning. My stroke was the result of high blood pressure. I had been suffering from headaches and just put it down to work. I used to take a tablet and all was good, now I know that was a warning sign for what was to come.

I spent January to May at home just resting, I couldn't walk 100 yards without breaking down and just felt so weak. I started rehab and after 2 mins walking on the treadmill I had to press the stop button as I couldn't continue.

Now I can't believe that I'm saying my stroke changed my life, surprisingly and bizarrely for the better as now I am stronger, healthier and fitter than I have been for years.



Jon Bowler as he approaches the finish line of the Run Preston 5K cheered on by his wife and two daughters.

I have worked so hard and on September 27th I ran the Preston 5k on behalf of Headway and raised over £500!

Liz Bamber, Manager at Headway said, "When I first met Jon all he talked about was how lucky he had been and what could he do to help others. We are very proud of him at Headway and it was an emotional moment when we cheered him through the finish line".

Jon added, "I have achieved so much, still some difficulties on the cognitive side that I am learning to cope with but on the whole I appreciate how lucky I have been.

United Utilities support Headway



Pictured above Barry Rutledge from United Utilities presenting a cheque to Headway.



United Utilities staff based at Blackburn WwTW have held their annual charity fundraising event which supports local charities.

Particular charities are chosen because they have a special meaning to someone based at the works. The fundraiser is organised by office staff and is always well supported. This year the bake off started at 3:30am, when the first batch of jacket potatoes were put in to cook. There were also dishes of Chilli, Lasagne & Paella with cheese, followed by a delicious selection of sweets. All the dishes were either made or donated by United Utilities staff. Following the feast, a raffle was held with a great selection of prizes.

This year, Headway Preston & Chorley and the Storehouse Project in Wigan were selected and due the event being a such a success. A staggering **£2,370** was raised for each of the charities.

Lucy in the sky....she's a diamond!

Mum of two Lucy Allen has taken part in a sky dive in aid of Headway Preston & Chorley.

Harnessed securely to a professional skydiver from Skydive Northwest, she dived out of a plane at 12,000 feet and plummeted down through the clouds at 120 miles per hour.

Lucy, whose brother suffered a traumatic brain injury in 2005, wanted to do something 'different' and decided jumping out of a plane was a good idea! She even persuaded her best friend Dayle McWilliam to make the jump and together they have raised over £1360.00.

Lucy said, "The sky dive was amazing and as soon as I landed I wanted to go up again. I would recommend it to anyone, it's quite an emotional journey but worth it'. We have raised the money partly through sponsorship and through my employers, Boots the chemists, who kindly donated £500.00".



Pictured right, Dayle Mc William and Lucy Allen after the sky dive.



Meet Brainy Bear!



Brainy Bear made his first public appearance at the Preston Community Celebration day in September when his dancing stole the show!

Brainy is Headway Preston & Chorley's new mascot and will be travelling around with the Headway team to supermarkets and other events promoting Headway and generally being cute! Funded by Headway supporters, David Liddell and Richard Scott, the Headway bear has an important message on his back - look after your brain! and one of his jobs will be endorsing Headway campaigns in the future.



NESTOR

10TH ANNIVERSARY

Personal Injury Services

Personal Injury
Trusts

Forensic Accountancy
Services

Investing
Damages

Court of Protection
Investment

Periodical
Payments

Accountancy
Services

Controlled House, Waterfold Business Park,
Rochdale Road, Bury, Lancashire BL9 7BR

DX 20511 Bury

T 0161 763 4800
F 0161 763 4809
E info@nestor.co.uk
W nestor.co.uk
@NestorIFA
#NestorAt10

Nestor is a trading style of Nestor Financial Group Limited which is Authorised and Regulated by the Financial Conduct Authority. FCA Reg No. 592783 and registered in England & Wales No.08201442. Vat Registration 855355994.



Driving after a brain injury

You must tell DVLA if you have a driving licence and you develop a 'notifiable' medical condition or disability or a condition or disability has got worse since you got your licence.

Notifiable conditions are anything that could affect your ability to drive safely.

They can include:

- Epilepsy.
- Strokes.
- Other neurological and mental health conditions
- physical disabilities.
- Visual impairments.

After you have told the DVLA, they may:

- Contact your doctor or consultant.
- Arrange for you to be examined.
- Ask you to take a driving assessment, or an eyesight or driving test.

Contact the DVLA **0845 4024 000**



The DVLA will assess your medical condition or disability and decide if:

- You need to get a new driving licence.
- You can have a shorter licence - for 1, 2 or 3 years - with a review at the end of that period if you want to reapply.
- You need to adapt your car by fitting special controls.
- You must stop driving and give up your licence.

For the DVLA complete list of notifiable medical conditions go to:

<https://www.gov.uk/health-conditions-and-driving>.

More information can be found at <https://www.gov.uk/reapply-driving-licence-medical-condition>.

More information and advice can be found in the Headway booklet Driving After Brain Injury telephone **0808 800 2244** for your copy.

Balance Problems and Dizziness Factsheets

Balance problems and dizziness can be debilitating but are extremely common after brain injury. Two new factsheets from Headway UK have been compiled to help people understand why these issues occur. The factsheets also contain a wide range of exercises and coping strategies to help people improve their condition or simply learn to cope better and enjoy life

Balance and dizziness problems manifest themselves in a wide variety of ways. There is no easy way of dealing with them but there are treatments and strategies that can help.

The most important thing initially is to seek assessment and treatment from a specialist with experience in vestibular problems, such as a neurophysiotherapist. It is also very important to try to get out and participate in activities, even if only in a limited way. Staying active can help with the process of recovery and also boost self-esteem.

The new Headway factsheets contain examples of helpful activities and information about how the human balance systems work and what can go wrong.

To download your free copies of Balance problems and dizziness after brain injury - causes and treatment and tips and coping strategies go to www.headway.org.uk/factsheets-effects-of-brain-injury.aspx

This information should not replace expert advice from doctors or other healthcare professionals so please make sure you discuss any problems with a professional first.

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

For a list of our offices visit our website.
Irwin Mitchell LLP is authorised and regulated by the Solicitors Regulation Authority.

Headway Preston and Chorley Services

We are providing more support than ever before to individuals who have suffered a brain injury and their families.

The Headway charity is continually developing and expanding and the number of clients accessing our services has almost doubled over the last 12 months.

Our twice monthly Drop In's and Activity Days held at the Salvation Army Centre in Preston provide new and existing clients with a place to meet each other and seek advice from Headway on many aspects of acquired brain injury related matters.

Our new offices, based at the Heartbeat Centre, provides a one to one appointment service in a more private setting and we are able to deal with many different problems. We strive to give clients the best possible outcomes by working closely with statutory services and other charities in Preston and Chorley.

The Headway Art Therapy and Talking Group have been held at the Activity Day for over 2 years now and they are designed to help people regain lost skills or develop new skills, increase their confidence and provide informal slow stream rehabilitation.

The Drop In offers legal and welfare benefits advice and we invite speakers from other relevant services or special interest groups to provide talks and presentations. We also offer one to one discussions, particularly for our new clients. The Red Cross attends all Drop In sessions and provides therapeutic head, shoulder and arm massage to both clients and family members.

Our Headway exercise programme is being extended and the Walking Group that meets regularly for a gentle walk followed by a healthy lunch in a local café, will become part of a wider programme.

The *My Story* project is being rolled out to all clients wishing to tell their stories through various mediums including written word, presentations and visuals and this is proving to help people come to terms with their disability. Some are even taking part in training sessions, educating others about the effects of ABI.

Working with partners at Lancashire County Council's Adult Learning Team we are also offering free courses to our clients in the areas of developing self esteem and confidence building which is particularly helpful for those wanting to return to work or volunteering. The social aspect of all our groups and activities encourages everyone to make new friends over a cup of tea and a chat and to pick up our helpful factsheets which cover a host of brain injury related issues. For more information contact Margaret on 01772 791460 or email margaret@headwayprestonandchorley.org.uk



Margaret Cliffe
Headway Services
Co-ordinator

Volunteers and Events

Hello, my name is **Laura Brown** and I have recently joined **Headway Preston & Chorley as the Volunteer and Events Coordinator**. I have worked for charities for many years and previously managed a community centre. I also worked for the Promoting Independence team within Age Concern Central Lancashire, both of which have involved working with and supporting many volunteers in a number of roles. I wanted to work for Headway as I was impressed by the dedication of the charity and have subsequently been inspired and motivated by the staff, volunteers and clients I have met. I hope I can live up to your fantastic example! I have been fortunate enough to meet a number of the volunteers that give up their time to support the charity and make the Drop In's and Activity Days such a success. Due to the growth and the changing needs of the charity we require further support from volunteers in the following areas: Admin, IT support, befriending, and mascot wearing at fundraising events. If you are interested please do get in touch!

Another part of my role is to create small fundraising events. We are currently focussing our efforts on establishing a number of supermarket event days and distributing our collection boxes in shops and other public places. If you would like to help in any way or share your own ideas for possible events in the future then please contact Laura on 01772 791460 or email: laura@headwayprestonandchorley.org.uk



Laura Brown with volunteer Ian Johnson

Relationships after brain injury

Families and survivors of an ABI often experience changes in their relationships as a whole. When things settle down after the acute stage of recovery after a brain injury, friends and extended family members may reduce the contact they have with the individual and their family.

Some survivors and families find themselves feeling alone and isolated when this happens as they feel that people don't want to be around them as much. There is often a sense of "they are better now" and life will go back to normal.

This is often not the case and it is likely there have been many losses experienced by the survivor and their immediate family, such as loss of status, loss of independence, loss of mobility, so when friends and family pull away, this can leave them feeling rejected and alone. It may also be that the people who drift away feel uncomfortable because they don't know what to say, how to act, or how to help. They may find it hard to relate to the situation or spend time with the individual who is facing this difficult journey.

Physical effects of brain injury can play a big part in relationship problems. After a brain injury, fatigue can play a big part in this problem. Survivors may not have the energy to do things they used to enjoy or to spend any length of time with friends and family.

Also pain and other physical problems will make it harder for survivors to do things they used to do; it may prevent the survivor from leaving the house, travelling, or visiting other people. As a result of the survivors limitations, it can make it harder for the individual to nurture and build relationships.

Many survivors describe feeling lonely, even when they are surrounded by people. This loneliness may arise for different reasons, such as difficulty talking to others or understanding what others are saying.

Communication problems can make relating to other people and explaining thoughts and feelings very difficult and may lead to feeling misunderstood and isolated.

Often, survivors can feel self-conscious and they can lack confidence after their injuries. They may worry about being different or less capable than other people; this in turn can affect the survivor forming new relationships. Memory impairments can cause the survivor to be unreliable and let friends and family down, the survivor can be exposed to a lack of understanding and education around brain injury.

After a brain injury many survivors can be irritable or react negatively to certain triggers, this can lead them to saying or doing things they may regret later. Some survivors try to stay away from those they care about for fear of behaving poorly; as it may result in them being rejected by their family and friends.

Pauline McLoughlin TRU Ltd.
Dip.Couns.,MBACP(Accred),CBIS.
Headway Professional Volunteer.



What you can do as a family

If you are the survivor it may be helpful to let others know about your positive and negative feelings and what they can do to help you.

It is helpful if family and friends can seek some education about brain injury, this will help them understand the difficulties and impact on the survivor and the immediate family's daily life.

Intimate relationships can become tested or breakdown over time, it is helpful if both parties have access to confidential emotional support for example a professional counsellor, GP, support worker. It is said that a couple who have been together for a good number of years are more likely to survive the impact of a traumatic brain injury.

On occasions there becomes a blurring of the roles, a partner can become a carer first and a partner second. It is helpful to review the roles within the home as the survivor regains independence, so an essence of normality is restored.

Resources available: www.tasha-foundation.org.uk
www.Relate.org.uk www.counselling-directory.org.uk



"At TRU we aim to promote independence and quality of life for service users through inclusion and person centred individualised rehabilitation pathways."

We work with individuals to build relationships of trust and respect, as a foundation on which they may gradually rebuild their lives, regaining physical strength, emotional and behavioural stability and cognitive functioning.

For more information, or to schedule a tour, please Call **01942 707000** or visit **www.trurehab.com**

TRU Ltd, Margaret House,
342 Haydock Lane,
St Helens, Merseyside, WA11 9UY

Please help us to continue improving life after brain injury

Headway Preston & Chorley is a small registered charity number 1144388.

We do not receive any statutory funding and therefore need to raise money through fundraising to keep our services in operation.

We have over 400 members and that number is growing as more people are surviving an acquired brain injury.

Thank you for your support.



@HeadwayPreston



Facebook.com/Headwayprestonandchorley

Here are some ways you can support us:

- ♦ **Join our Lottery (see page 2)**
- ♦ **Donate using **JustGiving****
www.justgiving.com/headway-prestonchorley/
- ♦ **Organise a fundraising event of your own (contact us for a pack).**
- ♦ **Make a donation by post or internet banking (please contact us).**
- ♦ **Ask your local shop to display a collection box.**
- ♦ **Businesses! make us your charity of the year, fund an activity or advertise in this newsletter!**

Contact Us:	NEW Contact details:
Headway Preston & Chorley Heartbeat Centre Preston North End Sir Tom Finney Way Preston PR1 6PA	Telephone: 07557 123 493 or 01772 791460 Email: services@headwayprestonandchorley.org.uk Web: www.headwayprestonandchorley.org.uk <small>*If you are not already registered on our mailing list please email or phone us with your details.</small>

Dates for your Diary

Headway Drop-In Dates 2015/16

When: First Tuesday of the month.
Venue: The Salvation Army Centre, Harrington Street, Preston PR1 7BN.
Time: 1pm - 4pm.

Tuesday **Festive** 1st December 2015 (booking is required for this event cost £2.50 per head)
Tuesday 5th January 2016
Tuesday 2nd February 2016
Tuesday 1st March 2016
Tuesday 5th April 2016

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 2015/16

When: Last Tuesday of the month.
Venue: The Salvation Army Centre, Harrington Street, Preston PR1 7BN.
Time: 1pm - 4.00pm.

Tuesday 24th November 2015
Tuesday No activity day in December
Tuesday 26th January 2016
Tuesday 23rd February 2016
Tuesday 29th March 2016

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.