



HEADWAY

Preston & Chorley

NEWSLETTER

ABI survivor Cath raises £600 on her 60th

Having had encephalitis almost 15 years ago, I know only too well how lives can be devastated by any brain injury, but life also has to be lived!

With the help of my husband, the support of our two sons and friends (who have stood by us throughout), myself and my husband have done just that, we have travelled the world, attended many social events and live as full a life as we can despite my ataxia and life in an electric wheelchair.

I have also recently celebrated the most amazing 60th birthday celebration in a 'Tipee' in our back garden, arranged by my husband, 2 sons and their girlfriends. To describe what they all did for me would be extremely difficult, I was overwhelmed by the many surprises and the beautiful transformation of my garden. Instead of gifts,



Cath Agnew and husband Andy at their home in Samlesbury, Preston.

I asked friends and family to donate to Headway Preston and Chorley and I am astounded and pleased by their generosity as we managed to raise £600!

Disney Prince...esses dress up for charity!



Fundraising ideas are wide-ranging and sometimes unusual, but dressing up as Disney princesses when you are male fitness instructors is something different!

Organiser Amy Toole has been supporting Headway since her father Michael sustained a brain injury in 2013.

Her business, 'Pop Up Princesses', has been along to a number of Headway events, providing beautiful princesses to wow young Disney fans, so she needed a new idea to raise money and awareness of ABI. Her boyfriend Gareth Morris, an instructor at Crossfit Consilium in Manchester came to the rescue when he and two other instructors agreed to dress as princesses for the day.

Many thanks guys from all at Headway! The result was a whopping £1112.80 to be shared by Headway Preston and Chorley and Headway UK.

Pictured left; Gareth Morris Luke Fiddler and John Eddison.

New Trustees bring a wealth of experience

Hello and welcome to edition 14 of the Headway Preston and Chorley newsletter.

We have had a phenomenal 6 months since our last newsletter, our Activity and Drop-in sessions continue to be highly popular and we have introduced 2 new initiatives with our exercise and relationship courses.

We are also pleased to welcome 2 new Trustees and I'm excited to work with them and discover what skills they can bring to our charity.

As you know we rely entirely on donations and grants to deliver our service. We are delighted to have obtained grants from the Lloyds Foundation and Big Lottery Fund to deliver specific projects. These grant providers receive thousands of applications and it is a brilliant recognition of the service we provide to have been successful.

Sarah Chamley, Solicitor at [Fletchers Solicitors](#).



Sarah Chamley
Chair of Headway Preston & Chorley



Carlos Lopez

I work at [Vincents](#) Solicitors in Preston and joined the Headway committee, as it's a cause close to my heart. Over the past 20 years, as a solicitor dealing with personal injury and clinical negligence, I have acted for a large number of people with head injuries, of varying degrees of severity and I know the impact that even a mild head injury can have. I work and live in Preston and have done most of my professional life and I wanted to support a cause that was not only relevant but local. In fact, several years ago I myself suffered a significant head injury. Headway Preston and Chorley was the perfect charity for me to be involved with. I admire the determination and support given by the people who are involved in the charity!



Andrew Lilley

I have worked at [JMW](#) Solicitors for 17 years, and have been privileged to work with many families who have been affected by brain injury. These cases tend to last several years and as a married father of three children, I have found it incredibly rewarding to help other families to get their lives back in order after tragedy. We all know that the NHS can be brilliant in the critical phases, but unfortunately when handling these cases you soon realise the huge gulf between the aftercare available in the private sector and that funded by the NHS or local authority. However, not everyone affected by brain injury has a claim that allows them access to private treatment and this is where Headway fill such a valuable role, 'bridging the gaps and filling the holes' that exist within statutory provision. I am excited to be involved with such a vibrant group as Preston and Chorley, and hope to bring some exciting fundraising ideas to the table."

Can you spare some time?

Volunteers form an essential role in Headway's work and enrich the quality and range of the services we are able to provide.

People volunteer at Headway for a number of reasons such as to gain experience in the sector, learn new skills within a particular role, expand upon knowledge of ABI and to show support for a local charity. Our volunteers come from a variety of different backgrounds, cultures and experiences and we would like to say a big thank you to all of our existing volunteers who make every effort to attend our events, services and activities and provide support behind the scenes. We would also like to take this opportunity to welcome new volunteers who have joined us this year. We are always on the look-out for committed people who can spare a few hours and currently have the following vacancies; distributing newsletters and collection boxes, attending fundraising and information events and promoting the Headway lottery.



In return for your support you will receive out of pocket expenses, training and as we work with vulnerable adults, a DBS certificate (Disclosure and Barring service).

For more information or to apply please contact Laura Brown (Volunteer & Events Coordinator): 01772 791460 or 07583 637 197 or email:

laura@headwayprestonandchorley.org.uk

Headway Sapphire Ball

Headway Preston and Chorley held its first Sapphire Ball earlier this year at the Preston Marriott Hotel.

The event was a sell out and was supported by local businesses who donated fabulous raffle and auction prizes.

Sarah Charnley, Chair of Headway Preston and Chorley, "The ball was a huge success and the most glamorous event we have organised since the charity began in 2010. Everyone had a great time looking fantastic in their bow ties and ball gowns. Over £6000 was raised which is such a massive boost to our funding and will help keep our vital community services going. We have also decided to make it an annual event".

The next two Headway events this year are the annual Golf Day on 9th September organised by Fletchers Solicitors and a 'Strictly' themed Ball organised by JMW Solicitors on 3rd November 2016.



The Headway Sapphire Ball was held in the Broughton Suite at Preston Marriott Hotel.

Contact us for details of future events: 01772 791460.

Drawing on support



Liz Bamber, of Headway (right)) receives two paintings from Hannah Littlefair, of Art Aid (centre) with Margaret Cliffe (Headway).

Artists at Headway can 'carry on creating' thanks to the support of another local worthy cause.

We are delighted to receive a £1,500 cash boost from [Art Aid](#) thanks to proceeds from the sale of donated art. The generous donation will keep alive the art workshops which are part of the Activity Day held on the last Tuesday of the month.

Liz Bamber, Charity Manager said: "It is great news - and very timely too. Our art workshops are one of the most popular things we do and this support means we can keep the sessions going on a regular basis. We are indebted to Art Aid for this fantastic gesture."

Art Aid is based in Longridge and was established two years ago 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, St Catherine's Hospice and Furniture for Education Worldwide, plus a number of charities in Africa.

LLOYDS BANK FOUNDATION

England & Wales



The Lloyds Bank Foundation provides grant funding to charities to grow and become sustainable.

Their **Enable** grant is awarded to charities which have identified clear development needs, and it provides a great opportunity to strengthen charities to deliver more effectively.

In May this year 90 charities from across the UK successfully bid for funding and Headway Preston and Chorley was among those benefiting.

Charity Manager, Liz Bamber said, "we are delighted about this award. It has taken about 12 months to write the project bid and Lloyds has been very supportive throughout. In May we heard the good news that we had been awarded £9256.00.

The grant will fund organisational improvements and improved systems which will put Headway Preston and Chorley in a stronger position to better deliver services and attract funding".

The type of work to be funded includes business planning, upgraded databases and a new website, all of which are crucial in today's very competitive not-for-profit market.

DLA and Personal Independence Payment

Disability Living Allowance (DLA) is ending for most people so here are some of the key facts to help you understand the changes to DLA and the new benefit called PIP.

If you were born after 8 April 1948 and are 16 or over the Department for Work and Pensions (DWP) will send you a letter to invite you to apply for a new benefit called Personal Independence Payment (PIP). The letter will tell you what to do next and by when. Your DLA will end if you don't claim PIP in time. You will not be affected by this change and will continue to receive DLA if:

- you were born on or before 8 April 1948; or
- you are under the age of 16.

Personal Independence Payment (PIP)

PIP, like DLA, is intended to help with some of the extra costs caused by long-term health conditions and disabilities. PIP is made up of 2 components:

- daily living – for help participating in everyday life;
- mobility – for help with getting around.

You can be paid either the daily living part or the mobility part on its own, or both at the same time. Each part is paid at two different levels: a 'standard rate' and an 'enhanced rate'. The rate you are paid depends on whether your ability to carry out daily living or mobility activities is 'limited' or 'severely limited'.

What will happen?

The letter from the DWP will tell you what to do next and by when. You will need to telephone the DWP if you want to claim PIP. If you decide to claim PIP, you will receive a 'How your disability affects you' form. A health professional will look at your application and any other evidence you send to help the DWP work out the level of help you need. Most people will also be asked to attend a face-to-face consultation.

What is a face-to-face consultation?

A face-to-face consultation is a meeting with a health professional in an assessment centre or possibly in your home. The health professional will ask questions about your ability to carry out activities and for more information about how your condition affects daily life.

Do I need to claim PIP right now?

You don't need to contact the DWP until they write to you unless there is a change in how your condition or disability affects you.

Will I get PIP automatically?

Unfortunately, there is no automatic transfer from DLA to PIP. This is because PIP and DLA are different benefits, with different assessment criteria.

If I am not awarded PIP, will my DLA payments stop immediately?

If you are not awarded PIP, your DLA will stop being paid 28 days after your next payday following the decision on your PIP claim. Please do not hesitate to come and see me at the Headway drop in if you are unhappy with the outcome of your claim for PIP.

If I don't do anything when I receive my letter, will my DLA payments stop immediately?

You will have 28 days to make a claim to PIP when you are invited to claim. If you don't contact the DWP, after 4 weeks your DLA could be suspended and you may not be paid. If the DWP have no contact with you, after another 4 weeks your claim could be closed.

If I am claiming for the first time, which benefit do I claim?

You will claim PIP and the new claims number is 0800 917 2222. You must have had your difficulties for 3 months and expect them to last for at least 9 months, unless you're terminally ill.

[Louise Clover](#), Headway Benefits Adviser.

You can find more information at <https://www.gov.uk/PIP/> overview or Headway will be able to advise you.

Finance and Legal Surgery

Finance and legal matters are usually the last concern after someone in the family sustains a brain injury.

However there may be many questions you have relating to finance and the law and need to speak to someone who also understands brain injury. Common problems families face include sudden loss of income, debt problems, paying household bills or help with claiming Welfare Benefits. You may need legal advice around personal injury or other matters such as protecting the persons interests.

Our new finance and legal surgery based at the Heartbeat Centre will be open from late summer 2016 and will be available to both Headway and Heartbeat members.



Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA

Scarecrow Festival 2016

Headway members and volunteers David Liddell and Richard Scott take part annually in the Wray village's Scarecrow Festival, making a scarecrow to suit the different theme of the festival each year.

Explorers - Land, Sea & Space was the 2016 theme and David & Richard chose to make a scarecrow of Buzz Lightyear from Disney's Toy Story movie. The lads enjoy trying raising funds for a couple of charities at the week-long event and this year Headway and Guide Dogs benefitted. On the final day of the festival David sold some of his fantastic crafts inspired by his love of art and recycling.

£160 was raised, so a big thank you to David and Richard!



David Liddell and Richard Scott

Action for Brain Injury 2016

Action for Brain Injury 2016 is all about Concussion in sport. The national campaign urges grassroots and junior sports clubs across the UK to be concussion aware and take an 'if in doubt, sit it out!' approach to head injuries. The campaign has the backing of a number of sports governing bodies, including the FA and Rugby Football Union. Local clubs are being asked to sign an online pledge stating that they take an 'if in doubt, sit it out!' approach to concussion and they are able to access free information and materials about concussion at www.concussionaware.org.uk.



Hats 4 Headway!

Hats for Headway, part of the Action for Brain Injury Campaign, was held at the Fishergate centre in Preston this year. Headway Staff, Trustees and volunteers wore wacky hats to attract the public to our cause, raising awareness of acquired brain injury.

Pictured left; Margaret, Debbie, Laura, Liz, Daniel and Pauline.

Exercise after ABI

A new Headway exercise class is being held at the Heartbeat Centre for adults who have suffered an ABI and are able to exercise.

Trained Heartbeat fitness instructor Julia Gardham takes the class which is held every Wednesday from 1.30 - 2.30pm.

Before starting any new exercise regime it is advised to get the go-ahead from your GP and you will also be required to complete a brief health questionnaire.

The cost at present is £2 per session for a pilot period of 12 months. Contact us for more details: 01772 791460.



Pictured above; Liz, David, Nuala and Laura in the studio gym at Heartbeat

What can we do for you?

If you have suffered a brain injury through trauma, illness or infection Headway can help you to re-build your life. Our most popular sessions are the Drop In and Activity Days held on the first and last Tuesday of every month.

The Drop In provides a wealth of information and advice, with a guest speaker, professional volunteers are on hand to give legal and welfare benefits advice and one to one consultations. We are also indebted to the Red Cross who kindly provide therapeutic hand, neck and shoulder massage.

Our Activity Days enable clients to participate in a variety of classes including an Art Workshop, IT training and support, a Talking Group and various craft workshops. These sessions continue to prove ever popular with new members joining us every month. There is no need to book a place, just turn up on the day. Both these sessions are held at the Salvation Army Centre in Harrington Street, Preston (details on page 8). The venue is ideal with its town centre location, free car parking, disabled access and kitchen facilities, allowing us to hold a variety of activities and the opportunity to chat over a cup of tea in a warm and friendly environment.

Whatever your reason for contacting Headway we will endeavour to help and have a team of professional advisers and dedicated volunteers who support the staff team.



Our services are open to any adult who has acquired a brain injury and their family and carers.

For more information please contact Margaret Cliffe (Services Coordinator) on 01772 791460 or 07486 486 920 or email:

margaret@headwayprestonandchorley.org.uk.

Relationships after brain injury group

Headway has been successful in gaining a lottery grant of £6000 from the Big Lottery Awards for All programme to run a series of courses focusing on relationships after brain injury.

The groups began in February 2016 and are for people who have sustained a brain injury and are having difficulty forming and maintaining relationships. Over the 8 weeks we have covered topics such as; different types of relationships, skills that are important to a relationship, social skills, lifestyles, emotional management, cognitive behavioural therapy & thinking styles. The learning took on many forms such as role play, discussion, often the group dynamics take over in a good way and people would share experiences and offer ways of coping in certain situations.

Group tutor Pauline McLoughlin said, "I am a great believer that we learn best from our peers, as the group facilitator I set a session plan and generally we keep to it, but we do have the flexibility to foster relevant group discussions. To watch the group form a therapeutic relationship is a great privilege and people are finding it helps and they enjoy the sessions".

[Pauline McLoughlin Dip.couns.,MBACP \(Accred\), CBIS](#)

Some comments from group members:

"The best for me was meeting similar people "
"The role play was good"

Looking forward to the next session & the course"

"The best for me is people communicating with each other and having respect for each other"

This week I like best the openness"

"I like that people in the group have similar feelings to me"

The group felt comfortable

"I like best the people and the equality"

If you are interested in joining Relationships after brain injury contact Laura Brown on 01772 791460.



Alcohol & Substance use after brain injury

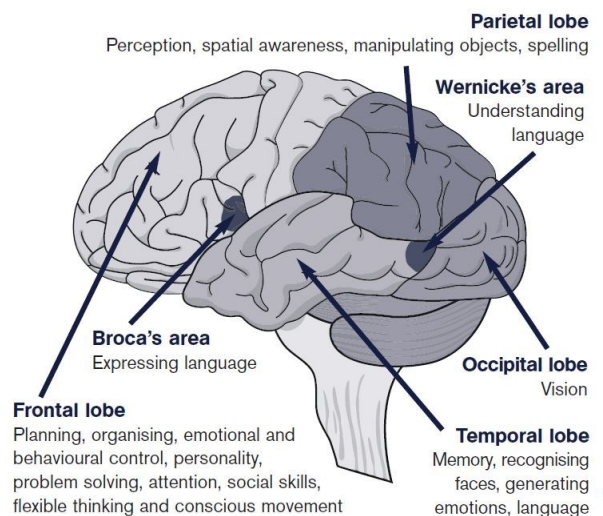
Your brain is amazing but after a brain injury there are fewer brain cells to do the work and so your brain has to work harder than it did pre-injury.

Some of the factors that affect the brain more is alcohol and non-prescription substances. These affect memory, problem solving skills and mood which can be difficult for the person with a brain injury to understand.

Drinking alcohol slows down the brain's recovery and makes daily activities more difficult to do:

- You may not be able to speak clearly and others may not understand you.
- You may not follow what other people are saying which can leave you at risk.
- You may find it hard to concentrate and have difficulty thinking things through which can cause you to become easily distracted.
- You may also be more vulnerable after drinking alcohol which may cause people to take advantage of you.
- You will become forgetful and may lose your phone, money or forget where you live because your problem solving skills will be reduced.
- You will not be able to think clearly and arguments could quickly occur which may get out of hand because you will not be able to control the conversation.
- You are prone to having seizures and fits which can damage the brain even more.

Legal highs contain chemical substances and carry health risks which can cause adverse effects including sleep problems, drowsiness, seizures and excited or paranoid states. They include energy drinks, caffeine and tobacco. Even though these substances are legal, they can have a negative impact on your health.



Illegal drugs including cannabis or cocaine put you at greater risk because they have long lasting effects which will impair your judgement, make you feel anxious, paranoid and some may cause death. You will also be breaking the law.

If you think you have developed a problem with alcohol or substance misuse, talk to your family, GP or health care professional.

Further information can be found at <http://www.nhs.uk/Livewell/alcohol/Pages/Effectsofalcohol.aspx> or <http://www.nhs.uk/Livewell/drugs/Pages/Drugshome.aspx>

[Maria Walker, Client Liaison Manager at Irwin Mitchell](#)

Brain Injury ID Card

A new Justice Project is being piloted by Headway Preston and Chorley.

The brain injury identity card is designed to help survivors of brain injury to explain that they may have difficulties with speech, actions or their memory. The card will help reduce the need for long explanations or misunderstandings and distress. The pilot project is managed by Headway UK and has been endorsed by the National Police Chiefs Council. The card, although designed for use in legal situations, has many other uses for example; if you find yourself in a difficult or emergency situation it will help to identify that you have a brain injury and ensure you are provided with the support you need. The card displays a legal helpline number which can be used to request criminal legal advice and representation when necessary, from solicitors trained in understanding brain injury.

To apply telephone 01772 791460 or email liz@headwayprestonandchorley.org.uk



Liz Partridge from Headway UK talks to Headway Preston members

Brain Injury Identity Card



My name is: Jonathan Sample

I have a brain injury and as a result:

I may have slurred speech or an unsteady walking style

I may find it difficult processing information and com-

I may have poor memory

My behaviour may sometimes appear to be erratic



EXAMPLE CARD



Please help us to continue improving life after brain injury

Headway Preston and Chorley the brain injury association is a small independent charity responsible for its funding and services. Here are some ways you can support us:

- ♦ Join our Lottery: £1 a week for a chance to win £1000 every week plus cash prizes.
- ♦ Donate using **JustGiving** www.justgiving.com/headway-prestonchorley/ or
- ♦ **BT mydonate** <https://mydonate.bt.com/charities/headwayprestonchorley>
- ♦ Organise a fundraising event of your own.



We would like to thank all individuals, families, volunteers, local businesses and other charities who have supported us this quarter. Your kind donations fund the Headway Preston & Chorley charity and without them we would not exist.

Dates for your Diary

Headway Drop-In Dates 2016

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

Tuesday 7th June 2016
Tuesday 5th July 2016
Tuesday 2nd August 2016
Tuesday 6th September 2016
Tuesday 4th October 2016
Tuesday 1st November 2016
Tuesday 6th December 2016

The Drop In is open to brain injury survivors and their families 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

Headway Activity Day 2016

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

Tuesday 31st May 2016
Tuesday 28th June 2016
Tuesday 26th July 2016
Tuesday 30th August 2016
Tuesday 27th September 2016
Tuesday 25th October 2016
Tuesday 29th November 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 including:

Art and Craft therapy, Talking Group, IT Group, Relaxation through Meditation and other activities.

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

Headway Exercise After Brain Injury Classes

When: Every Wednesday
Venue: The Heartbeat Centre, Sir Tom
Finney Way, Preston PR1 6PA.
Time: 1.30pm - 2.30pm.
Booking required 01772 791460

What to wear:

- Comfortable and loose clothing
- Trainers
- Water will be provided.

If you are new to exercise please consult your GP first. Cost: £2.00 per session.

Headway Relationships After Brain Injury

When: Friday
Venue: The Heartbeat Centre, Sir Tom
Finney Way, Preston PR1 6PA.
Time: 10.30am - 12.30 noon
Booking required: 01772 791460 (Laura)

The next course starts on:
Friday 16th September 2016.
Booking is required.



[Facebook.com/Headwayprestonandchorley](https://www.facebook.com/Headwayprestonandchorley)



[Twitter.com/headwaypreston](https://twitter.com/headwaypreston)

Contact Us:

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

Contact details:

Telephone: 07557 123 493 or 01772 791460

Email: services@headwayprestonandchorley.org.uk

Web: www.headwayprestonandchorley.org

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



Are you in hospital after a brain injury?

Headway can help, contact our Hospital Acute Trauma Support Nurse Alex Power
Tel: 07833 356858