



the brain injury association
preston and chorley

HEADWAY Preston & Chorley

NEWSLETTER

Love A x

Love A x is a book Pam never intended to write. It began as her insomniac scrawl in a notebook during a difficult period when her husband, Andrew was in hospital yet again after five years of precarious health.

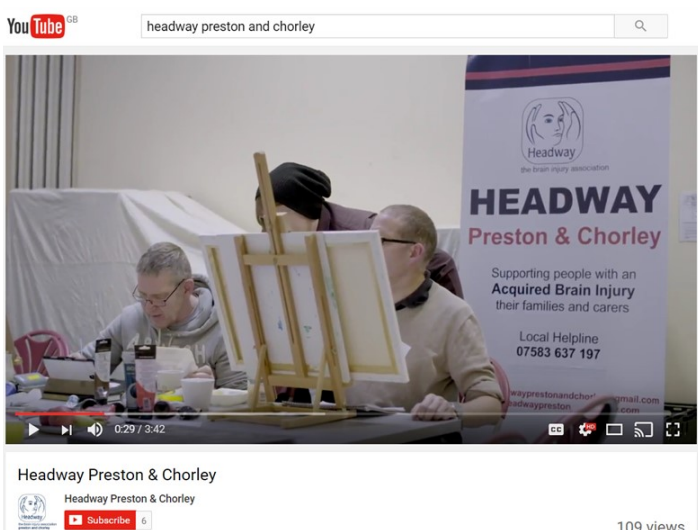
Writing was the only way Pam could banish wakeful thoughts from her head, in a bid to retain her sanity in the face of an ongoing nightmare. The couples happy family life with their three young children was turned upside down in December 2004, when Andrew was diagnosed with an extremely rare brain tumour. Ongoing issues from this saw him endure countless operations and procedures over the following years. Every aspect of their life was affected but they strove hard together to overcome, through uncertain territory, finding dark humour and looking for the positives, of which there were many. They felt rich in their love and blessed with their children. Love A is available for £7.99 plus postage from

<http://www.lovea.co.uk>



Pam Dearden author of *Love A x*

Headway film is inspiring others



[Headway Preston and Chorley - You Tube](#)

A series of short films about Headway Preston and Chorley and life after brain injury is available on You Tube. Filming took place at the Headway Activity Day by Glued Films, funded by Fletchers Solicitors.

Five brain injury survivors tell their inspirational stories of recovery from a severe brain injury.

Liz Bamber, Headway manager said, “making the film was quite difficult for some and very emotional. We feel it captures the struggle people face after a brain injury and how they overcome their challenges”.



A message from our Chair

Hello and welcome to edition 15 of the Headway Preston and Chorley newsletter.

Over the past 6 months we have been busier than ever. We have record numbers attending the Drop In and Activity Afternoons and we have listened to many of our members telling their "My Story" which are truly inspirational. The walking group have been "bowled away" by their taster session at Deepdale Bowling Club and the exercise class has helped to work off the treats cooked up by the Cook & Eat Course. We remain incredibly grateful to our volunteers for all of their help and were really appreciative of those who took part in the UCLan Congress Day and Preston College Respect week which helps to raise awareness and promote HP&C to the wider community. We are indebted to all our supporters who raise money to keep our services in operation and after a successful year end accounts report we look forward to another 12 months of working with families after brain injury. If you would like to read our end of year June 2016 report go to: www.headwayprestonandchorley.org.uk



Sarah Charnley
Chairman of Headway
Preston & Chorley

Headway Chorley drop-in



Headway Preston and Chorley launches its first session in Chorley on 19th September 2017.

The combined drop in and activity day Chorley sessions are for adults with an acquired brain injury accompanied by a family member or friend if desired. The sessions will be monthly on the third Tuesday of the month.

Time: 1pm - 3.30pm

Venue: The Masonic Hall,
Cunliffe Hall, George Street,
Chorley PR7 2BE.

No booking is required.



Headway creative flair

The Headway Art Project has been running for four years and is held during the Activity Day in Preston on the last Tuesday of the month.

The latest session was a still life and two fully clothed volunteers kindly offered to pose for the budding artists (which takes a lot of concentration and skill to stand perfectly still). Participants were given large sheets of paper and could use any medium of their choice to create their images.

Laura Brown artist and Headway Coordinator said, "The artists were given a limited time (a matter of minutes) to encourage artistic flow and think fast about dimensions and perspective. Using hand/eye coordination, fine motor skills, concentration and attention skills and patience, the results were truly amazing and the session was most enjoyable". Picture (right) by Bob Trott.



Are you in hospital after a brain injury? Do you need help with legal, financial or employment matters including welfare benefits?

Contact us on **07557 123 493**

Or email: services@headwayprestonandchorley.org.uk

Headway volunteers stand and deliver

The University of Central Lancashire invited Headway Preston and Chorley to participate in their bi-annual Service and Congress day.

The student Congress had been organised by Comensus (Community Engagement and Service Support). Comensus is a central hub for co-ordination and facilitation of user and carer involvement in the College of Health & Wellbeing.

The all-day event took place on Wednesday 29th March at the Preston campus and involved several volunteers and carers presenting their personal stories about surviving and living with a brain injury. The students were from a mixture of different disciplines (such as degree and MA level Health and Social Care students)

Besides raising awareness of acquired brain injury, promoting our local charity and the services that we provide it also gave students a valuable opportunity to engage with service users and carers from local community groups.



Pictured Laura Brown, David McManus, Marion Aston, Carl Galvin

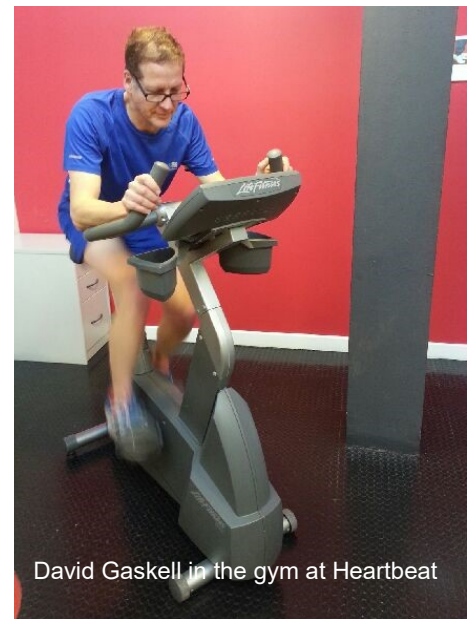
There were many questions raised by the students at the end of each presentation who were thoroughly interested in the topic and the services that Headway deliver.

Contact: Laura Brown, Headway Volunteer and Events Coordinator on 01772 791460 or email:

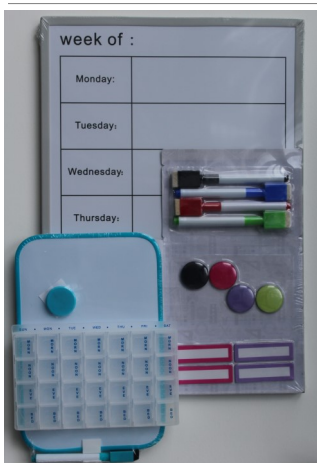
laura@headwayprestonandchorley.org.uk

Exercise after ABI by David Gaskell

I sustained my brain injury through a fall in 2012 and since then I have found it difficult to regain my fitness and I also struggle with meeting new people. When Headway announced that there was to be a new fitness class using the gym facilities at the Heartbeat Centre, I thought this would be a good way of getting fitter. I had already taken to swimming and thought this would be another way of increasing it further, so my wife Julie signed me up! It was a little daunting going to the first session as I didn't know what to expect, but it was better than sitting around the house so I joined up. The class lasts one hour and is taken by a Heartbeat instructor. It starts off with an easy warm up of cardio and light stretching. Next is using the gym equipment, with exercises using weights in between. Everyone works at their own pace and fitness level and nobody is expected to keep up with anyone else. The session then ends with a cool down consisting of more light stretching. To book contact Headway on 01772 791460. Cost is £2.00 every Wednesday from 1.30pm - 2.30pm.



David Gaskell in the gym at Heartbeat



Memory aid project

As a member of Headway Preston and Chorley, clients are offered a memory aids pack to assist them in their daily living. The project costs Headway over £600.00 per year and with general funding limited, we were considering ceasing the project. Thanks to Cuerden Lodge Masonic Group and their kind donation of £300.00, the project can continue throughout 2017. Liz Bamber Headway manager said, "we are so pleased that this project has been saved by Cuerden Lodge. It helps our clients who can not afford to buy memory aids and we thank all at Cuerden Lodge very much".

Are you off sick after a head injury?

Many people who sustain a head injury or brain injury need to take time of work to undergo a period of recuperation and rehabilitation.

This can involve in-patient or out-patient rehabilitation or simply a period of rest and recovery at home. If you have been signed off work by your GP or hospital doctor, there are a number of welfare benefits you may be able to claim.

Claiming benefits can be a complex and stressful process, particularly if you have cognitive, emotional or psychological problems as a result of your brain injury. If you are claiming for the first time or you have a partner and children you are advised to have a full benefits assessment and Headway can help you. To access our Welfare Benefits information service you can telephone 01772 791460 or 07557 123 493



Useful telephone numbers:

- Employment and Support Allowance (ESA) New Claims: 0800 055 6688
- Personal Independence Payment (PIP) New Claims: 0800 917 2222

Finance surgery

Headway has started a new Finance Surgery for 2017 in partnership with Frenkel Topping. The pilot project has been put into place following an increase in demand for help with benefits and other finance matters.

The monthly surgery is held at the Headway office on the third Wednesday of the month from 10am - 2pm and provides advice and information on a wide range of welfare benefits and other financial matters.

To book an appointment please telephone reception at Heartbeat on 01772 717147. Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA



How can families help after ABI?

Rehabilitation after brain injury is largely unpredictable as every injury is unique and many families wonder what they can do to help their relative during this time.

Unlike most other cells in the body, brain cells do not regenerate when they are destroyed but 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'. It is important for brain injury survivors to have specialised care as soon as possible to improve their chances of recovery.

Top tips for families:

- Keep in touch with your relative's GP to ensure that plans for rehabilitation is still on track.
- Let your relative rest and encourage them not to fight through fatigue.
- Minimise levels of stimulation in the environment, such as loud noises or very bright lights.

- Encourage your relative to gradually increase their activities in the first few weeks rather than going straight back into the routine they had before their injury.
- Problems with anger are common after a brain injury. If the anger is directed at you, try to stay calm and remind yourself that it isn't personal.
- Explore the idea of a home activity and create a regular schedule for your relative that consists of enjoyable activities around the home.
- Take time to learn about the brain. Having an understanding of the effects that the brain injury survivor is experiencing, and may experience in the future, can help with devising coping strategies.
- Make arrangements for other family members or friends to spend time with the brain injury survivor on a weekly basis. You could also find out whether social services can arrange for some support with caring, for instance through a support worker.
- Make contact with your local Headway group.



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

Walking for mind and body

The Headway Walking for Mind and Body project is incorporating other activities into its programme.

Members were recently treated to a Bowling Taster Day at the Deepdale Bowling Club in Preston.

For most, it was their first experience of Crown Green Bowling and a chance to discover the enjoyment of the sport and develop a new interest and skill.

Margaret Cliffe, Headway Coordinator said, "everyone enjoyed the sunny afternoon spent on the Crown Green and our thanks go to the Club members for making Headway so welcome".

It was a walk in the park.....

Clients enjoyed a walk around the beautiful Astley Park in Chorley including a visit to the historic Astley Hall. Members thoroughly enjoyed a relaxing spring walk in the landscaped grounds, walled garden and woodlands.

If you are interested in attending a Headway walking for mind and body trip please contact Margaret Cliffe on 01772 791460.

margaret@headwayprestonandchorley.org.uk

Kindly funded by the Greenhall Foundation.



Cooking up a treat

Thanks to a grant from the Morrisons Foundation and in collaboration with Preston City Council, a Cook & Eat Course is being run throughout 2017. The project is designed to assist and support Headway members to make simple healthy meals from easy to follow recipes. Fresh ingredients are purchased on the day from Morrisons and after each session everyone eats the lunch they have created. A series of easy to follow menu cards are available after each session from our website. www.headwayprestonandchorley.org.uk

What can we do for you?

Survivors of an acquired brain injury often have to make huge adjustments to their lives and implications can have a lasting impact on them and their families. Often, social isolation can be a major problem leading to loneliness and sometimes depression. Headway provides activities and community sessions where clients and their families can meet, make friends, share experiences and develop skills. Many people experience a boost in confidence by coming to Headway because of the supportive and friendly environment. If you have an acquired brain injury you are very welcome to come along and join us and you can bring a friend or family member if you wish. You are guaranteed a warm welcome.

Ke-e-ep dancing!

The first “Glitter Ball Dance Off” was held at Manchester’s Lowry Hotel. Organised by JMW Solicitors, the event saw eight dancing couples, each made up of an amateur dancer and an expert dancer, take to the stage to perform a dance number to entertain the watching audience and judges.

Most of the amateurs had never danced before, and had 12 weeks or less to practise with their experienced partners and create a routine from scratch that would dazzle the packed ballroom.

Andrew Lilley, JMW Trustee at Headway Preston and Chorley said: “We are absolutely delighted with the success of the night. Not only were we able to raise a good sum of money for this fantastic cause, but we’ve helped to highlight some of the great work Headway Preston and Chorley does for people who need help after an acquired brain injury.



Sapphire Ball 2017

The Headway Sapphire Ball 2017 was held at the Marriott Preston this year for the second year running.

Main sponsorship from Fletchers Solicitors and JMW ensured we raised a record amount. Headway Trustees from Active Case Management, Nestor, Frenkel Topping, DMA associates, Solo Counselling and TRU also sponsored activities on the night and local businesses bought tables and donated amazing prizes. Entertainers Louise Heatley and Steve Brown serenaded guests alongside the Brothers of Swing and PC Roadshows.

Organiser, Liz Bamber said, ‘we want to thank everyone who came to the ball and supported Headway Preston and Chorley. We raised just over £7000 which is a fabulous boost to the charity’.

To find out about other Headway corporate events go to:

www.headwayprestonandchorley.org.uk [Diary Dates](#) or contact:

Liz Bamber if you would like to hold an event for Headway Preston and Chorley telephone 01772 791460.

Free brain injury ID card

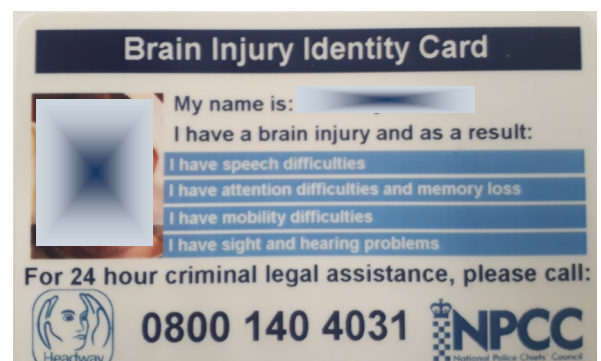
The new Brain Injury ID Card can be used in many situations and is a useful means of identity.

Brain injury survivors who have difficulty with communicating have found it invaluable:

- “I was getting confused in a shop and the card helped.”
- “I was in B&Q and was struggling how to explain what I needed. The assistant was very understanding when he saw my ID card and took his time with me.”
- “It makes me feel safer should I get into problems.”
- “Some think I am drunk because I have dysarthria, so I show my card and people apologise”.

The card is free-of-charge and the application can be made by a brain injury survivor or somebody else can apply on their behalf. A passport-sized photo is required (which we can arrange) and brain injury verification and confirmation that the survivor receives support from a Headway group or branch.

To apply contact Headway Preston and Chorley on 01772 791460 or email: services@headwayprestonandchorley.org.uk.



Mental health and brain injury



Brain injury and mental health are often seen and treated as two entirely separate diagnoses, or sometimes confused as being the same thing.

However, both can be true; brain injury is sometimes an entirely separate issue to mental health, whereas other times brain injury can lead to mental health issues developing.

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

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

Brain injury can result in a vast array of psychological effects. Common issues include depression, anxiety, anger, cognitive (thinking and memory) issues and problems with regulating behaviour. These issues can either develop because of damage to the areas of the brain that are responsible for managing emotions, or as a result of struggling to do the things that you once did.

Psychological changes are therefore a very common effect of brain injury, and they can sometimes improve over time.

Mental health is a broad term used to describe a wide range of psychological conditions, such as schizophrenia, clinical depression and anxiety disorder.

Each condition has characteristic psychological, emotional and behavioural effects and is serious enough to have an impact on everyday functioning.

An appropriate professional, such as a clinical psychologist, neuropsychologist or neuropsychiatrist will be able to decide whether or not the behaviour that you display can be understood as being a direct consequence of the brain injury, or in fact warrants a diagnosis of a mental health condition.

Families, friends and carers can help by keeping a close eye on your behaviour and monitoring whether it markedly differs over time or if moods become extreme.

Remember however that different behaviour can be normal after brain injury, so it can help to read about the common effects of brain injury. Headway has a large range of booklets and factsheets on the effects of brain injury that are available free or for a minimal cost.

If you, or your family or friends suspect a mental health condition, speak with your GP. Keep a diary of the symptoms you are having to help you explain to your GP at your appointment. Your GP can then decide what action to take. They may also prescribe medication to help with issues such as depression, or make referrals to talking therapies.

To read the full factsheet Mental health and brain injury and other useful literature go to

www.headwayprestonandchorley.org.uk.

If you are experiencing a mental health crisis and you are not under the care of a mental health crisis team, call 999 or go to your nearest Accident and Emergency department.

Carers group - a brain injury in the family?

A brain injury in the family can have an impact on everyone in the household, other relatives and friends.

Many who live with a person who has a brain injury describe the disability as 'difficult to explain' and they say 'no one realises what's wrong' or 'people think the person has recovered'. It can be very frustrating for families when others don't understand. This is particularly difficult when the brain injured person appears physically well and has poor insight into their difficulties.

Many care givers or supporters of a brain injury survivor, put themselves last in all that they do. Some give up work to care and some become ill through worry and caring and juggling home life and work. If this sounds like your family come along to the Headway carers group. It was set up to give families a place to talk and to share information.

Meetings are held on the third Wednesday of the month from 5.00pm-6.45 pm at the Headway office. Details on page 8.

'I never thought caring for someone after a brain injury would be so exhausting. So I just need a bit of help'.

Dates for your diary 2017

	Drop In Preston	Activity Day Preston	Cook and Eat	Exercise Class	Walking Group	Carers Group	Finance Surgery	Support in Hospital
Venue	Salvation Army, Harrington Street, Preston PR1 7BN.	Salvation Army, Harrington Street, Preston PR1 7BN.	Salvation Army, Harrington Street, Preston PR1 7BN.	Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA.	Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA.	Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA.	Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA.	Royal Preston Hospital
Booking	No	No	Yes 01772 791460	Yes 01772 791460	Yes 01772 791460	No	Yes 01772 791460	Yes 07557123493
June 2017	Tues 6th June 1pm - 4pm	Tues 27th June 1pm-4pm	Tues 27th June 10am-12.30	Weekly on Wednesdays 1.30-2.30pm	Tues 13th June	Wed 14th June 5pm-6.45pm	Wed 21st June 10am-2pm	Weekly on Thurs
July 2017	Tues 4th July 1pm - 4pm	Tues 25th July 1pm-4pm	Tues 25th July 10am-12.30	Weekly on Wednesdays 1.30-2.30pm	Tues 11th July	Wed 12th July 5pm-6.45pm	Wed 19th July 10am-2pm	Weekly on Thurs
August 2017	Tues 1st Aug 1pm-4pm	Tues 29th Aug 1pm-4pm	Tues 29th Aug 10am-12.30	Weekly on Wednesdays 1.30-2.30pm	Tues 8th August	Wed 9th August 5pm-6.45pm	Wed 16th August 10am-2pm	Weekly on Thurs
Sept 2017	Tues 5th Sept 1pm-4pm	Tues 26th Sept 1pm-4pm	Tues 26th Sept 10am-12.30	Weekly on Wednesdays 1.30-2.30pm	Tues 12th Sept	Wed 13th Sept 5pm-6.45pm	Wed 20th Sept 10am-2pm	Weekly on Thurs
Oct 2017	Tues 3rd Oct 1pm-4pm	Tues 31st Oct 1pm-4pm	Tues 31st Oct 10am-12.30	Weekly on Wednesdays 1.30-2.30pm	-	Wed 11th Oct 5pm-6.45pm	Wed 18th Oct 10am-2pm	Weekly on Thurs
Nov 2017	Tues 7th Nov 1pm-4pm	28th Nov 1pm-4pm	Tues 28th Nov 10am-12.30	Weekly on Wednesdays 1.30-2.30pm	-	-	Wed 15th Nov 10am-2pm	Weekly on Thurs
Dec 2017	Tues 5th Dec 1pm-4pm	Festive get together date to be arranged.	-	Weekly on Wednesdays 1.30-2.30pm	-	-	-	Weekly on Thurs

SERVICE	WHEN AND WHERE	TIMES	BOOKING
LEGAL ADVICE	At the Drop In and Activity Days see dates above or by appointment.	1pm – 4pm at the Drop In and Activity Days or by appointment.	Required: telephone 01772 791460.
WELFARE BENEFITS	At the Drop In, Activity Days and Finance Surgery see dates above or by appointment.	1pm – 4pm at the Drop In and Activity Days or by appointment	Required: telephone 01772 791460.
APPOINTMENTS	Headway office, Heartbeat, Sir Tom Finney Way, Preston PR1 6PA.	Monday – Thursday 9am – 3pm.	Required: telephone 01772 791460.

Please help us to continue our work

Headway Preston and Chorley is a small independent charity responsible for its own 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 support us. Your kind donations mean a lot to us and without them we would not exist.

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