



the brain injury association
preston and chorley

HEADWAY

Preston & Chorley

NEWSLETTER

Headway is Mayoral Charity 2018-2019

My name is Trevor Hart and on May 16th 2018 I became the Mayor of Preston. This is both a privilege and an honour to serve Preston in this role.

During my year as Mayor I am delighted to have the opportunity to support Headway Preston and Chorley. Headway is close to my heart having gone through the heartache of my wife fighting a brain tumour. I have seen how Headway helps both those struggling with brain injury, and their close family and friends who provide that support network.

I hope over the next year I can help raise the profile of this fabulous organisation, get involved in the work carried out and do my best to raise funds. I have to this end nominated Headway Preston and Chorley as my main charity for the year. I will be supported by Mrs Sarah McAlea and Mrs Laura King in the role as Mayoress, both who will hope to accompany me on occasions and see the work Headway Preston and Chorley does. I have already been in touch with many schools in Preston and can announce that close to 20 schools will be supporting our efforts to raise funds.



Councillor Trevor Hart
Mayor of Preston

TSB.. a different kind of day!

Headway Preston and Chorley is TSB's Local Charity Partner

this year and we are being supported by 2 branches in Preston, TSB Lancaster Road and TSB Fishergate.

Staff have been finding ways to raise funds for us and have even helped at Headway sessions, making sandwiches, joining in walks and organising raffles.

Laura Brown, Headway Preston Outreach Coordinator said "We are delighted to be working with the TSB staff and very grateful for their support".



Headway Preston and Chorley progress

Hello and welcome to edition 16 of the Headway Preston and Chorley Newsletter.

Over the past 12 months the charity has been busier than ever supporting a record number of clients who need our service, developing a new Drop In in Chorley and employing a new member of staff to meet demands.

We are delighted to be named as the Mayor of Preston, Councillor Trevor Hart's charity of the Year 2018-2019. We are also very grateful to have been financially supported through a grant from Lloyds Foundation Trust and the TSB in Preston named us as their local charity partner. Our trustees from Fletchers Solicitors, JMW Solicitors, TRU Rehab, Nestor, Frenkel Topping, Active Case Management, DMA Associates, and Farley's Solicitors continue to support us through corporate fundraising and professional donated time. We are proud to be working alongside the Major Trauma Unit at Royal Preston Hospital on a pilot project and our work with other organisations including the University of Central Lancashire increases our good reputation and scope. Our year end accounts for 2017 were published in March 2018 and show a 10% increase in funds compared to last year but we are still in need of donations to help us to continue our work.



Sarah Charnley
Chairman of Headway
Preston & Chorley

Sarah Charnley

Headway Preston and Chorley staff team



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Can you spare some time?

Volunteers form an essential role in Headway's work and enrich the quality and range of services we are able to provide. We are looking for volunteers with certain skills to help us both in the Headway office and at events in the community. If you can spare some time and have the following skills we would love to hear from you:

- Administration and communication
- IT skills
- Event attendance and promotion
- Collections at supermarkets.

Please contact Laura Brown on 07583637197



Memory problems after brain injury

People often think of memory as a single skill. However it is not one skill on its own but a number of skills working together.

We can describe memory in several ways:

- The length of time information is stored
- The type of information to be remembered
- The stages involved in remembering
- The kind of remembering required
- Whether the memories date from before or after the brain injury.

Storage systems:

Sensory memory stores information for less than a second. We use this memory to make sense of moving pictures and spoken language. Damage to this system would present with perceptual or language problems.

Immediate memory holds information for a few seconds and we use this system to hold on to information for a short time such as a phone number or email address. Many people after brain injury do not have particular problems with this system.

Long Term Memory ranges from about 10 seconds to decades. Types of long term memory are:

- Delayed memory remembering knowledge that was presented in the last few minutes.
- Recent memory remembering information accumulated in the last few days or weeks.
- Remote memory remembering information accumulated over several years.

Types of information to be remembered

Remembering general knowledge, the meaning of words, social customs is referred to as **SEMANTIC MEMORY**. Sometimes people with brain injuries have problems with Semantic memory may lose the knowledge of what an elephant is or looks like for example.

Remembering personal experiences is referred to as **EPISODIC MEMORY**. This includes things such as what happened a few minutes ago or a few hours ago or passing a message onto someone.

Learning a new skill such as driving or playing a piano involves **PROCEDURAL MEMORY**. People improve with practice, but they don't need to remember how they actually learned the skill. People with memory impairments can learn new skills or procedures without any conscious recollection of having carried out the task before.

Stages involved in remembering

- Encoding - getting the information into the memory.
- Storage - retaining the information.
- Retrieval - extracting the information when you need it.



Do the memories date from before or after the injury?

Relatives often ask why the person can remember what happened 10 years ago but not what happened this morning. Old memories are stored differently in the brain from new memories.

For most people with a brain injury there is a gap in memory from before the injury ranging from a few minutes to a few months. This is called **RETROGRADE AMNESIA**. Memories laid down well before the period of retrograde amnesia are likely to be retained well. Problems with memory after the injury are known as **ANTEROGRADE AMNESIA** and for most these problems are a bigger nuisance than the memory loss that predates the injury.

What can we do to help?

- Simplify information that a brain injured person has to remember both verbal and in writing.
- Reduce the amount of information (e.g. ask them to remember one thing rather than three.)
- Ask the person to repeat the information.
- Link the information to something they already know e.g. the name of a film star of the same name.
- Learn something new by doing it little and often.
- Organise the information by grouping it together e.g. when shopping list vegetables, dairy, cleaning materials together.

Strategies

- Label doors and cupboards and leave items such as keys in the same place.
- Use white boards, diaries, mobile phones or alarms to remember things.
- Mnemonics help us to remember things such as the rhyme 'Thirty days hath September...

To read the full guide to Memory Problems After Brain Injury written for Headway UK by Professor Barbara A Wilson OBE go to <https://www.headway.org.uk/about-brain-injury/individuals/information-library/>

Preparing for your PIP assessment

Unless you have a terminal illness you'll usually have to have an assessment to complete your Personal Independence Payment (PIP) application. It's an opportunity for you to talk about how your condition affects you - it's not a diagnosis of your condition or a medical examination. It's important you prepare - the DWP will use evidence from the assessment to decide if you can get PIP. Your assessment provider will be Atos or Capita - you should get a letter telling you which one it will be. A health professional will carry out your assessment - they'll write a report and send it to the DWP.

Talking about how your condition affects you

You should be prepared to talk about how your condition affects you even if you've already detailed it on your PIP claim form. It can be hard to do this but it will really help if you can talk about:

- the kind of things you have difficulty with, or can't do at all - for example, walking up steps without help or remembering to go to appointments
- how your condition affects you from day to day
- what a bad day is like for you - for example, 'On a bad day, I can't walk at all because my injured leg hurts so much' or 'On a bad day, I'm so depressed I can't concentrate on anything'

It's a good idea to take a copy of your PIP claim form with you so you can refer to it in the assessment and make sure you tell the assessor everything you want them to know about your condition.

Observations on what you say and do during the assessment

The assessor will use the information you gave on your PIP claim form but also draw opinions from what you say and do on the day.



For example, they might ask you how you got to the assessment centre. If you say you came on the bus, they'll make a note that you can travel alone on public transport.

You might also be asked to carry out some physical tasks during the assessment. Don't feel you have to do things in the assessment that you wouldn't normally be able to do. If you do them on assessment day, the assessor may think you can always do them. If you're not comfortable with something - say so.

The assessor will also make a note of your mental state during the assessment - for example, they'll record whether you look depressed or happy, tense or relaxed and how you cope with social interaction.

Take someone with you for support

You can take someone with you into the actual assessment if they're 16 or over. This could be anyone who makes you feel more comfortable, like a friend, relative or carer. If you want, they can take part in discussions and take notes for you.

For more information

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/pip/help-with-your-claim/your-assessment/>

Helping you in hospital

Headway Preston and Chorley hold regular clinics at the Royal Preston Hospital for patients suffering acquired brain injury and major trauma.

The clinics provide the following advice and information:

- FINANCE
- WELFARE BENEFITS
- LEGAL
- SOCIAL
- COMMUNICATION SUPPORT
- FAMILY SUPPORT
- EMERGENCY FUND

To find out more or book an individual and confidential appointment contact us on 01772 791460 or 07808 648 733 or 07808 648 734.

Email: services@headwayprestonandchorley.org.uk or mtpps@headwayprestonandchorley.org.uk



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

Going back to work after a serious injury

With the right care, support and advice many people do return to work after a brain injury or other serious injury.

Whether you are able to return to work and how long it takes will depend on the effects of your injury, what work you were doing before and the amount of support your employer can give you.

Returning to work doesn't necessarily mean returning to the same job with the same roles and responsibilities even if you can no longer do exactly the same role you did before, there are still lots of options.

Your employer has a legal responsibility to do all they can to ensure that your injury does not stop you from keeping your job or having the same rights and access to opportunities that you had before.

What this means depends on the size and nature of your employer, but they may be able to slightly adjust your previous role, for example, or offer you another that is more suitable.

Most employers are keen to do all they can for their employees, but it's likely that they will need some advice. Putting your employer in touch with your occupational therapist is a good starting point, as he or she will be able to give them information about your illness, and how it has affected you in particular, and tell them about other sources of information and support if they need it.

Even though you may be eager to get back to work, it's important to be aware of any lasting effects.

Lots of people have problems with fatigue after their injury and you may get tired far more quickly than you used to.

You may find that you can cope with the physical aspect of work but your concentration levels are reduced, and you may not notice until you begin to work again. This is why many people find returning to work part time and gradually increasing their hours is helpful.



What do I need to do?

- Talk to your employer so they can make reasonable adjustments to allow you to return to work.
- Talk to your consultant, GP, Occupational Therapist or Psychologist to make sure you are ready to return to work.
- If you are not ready to go to work find out what welfare benefits you are entitled to and be patient as returning to work too early may hinder your recovery.
- Some people may never return to work and therefore it is helpful to find out about support groups in your area or volunteering opportunities.

Some useful links are as follows:

<https://www.gov.uk/reasonable-adjustments-for-disabled-workers>

<https://www.gov.uk/access-to-work>

<https://www.gov.uk/benefits-calculators>

<http://www.headwayprestonandchorley.org.uk/>

Rehab coach vacancies

Are you looking for an interesting and rewarding career? We are recruiting for Rehabilitation Coaches to join our team.

TRU Ltd is a rehabilitation service working with adults with acquired brain injuries. We have six units providing different levels of support; this includes a secure unit for clients who are under the Mental Health Act.

Responsibilities

To work in partnership with the multi-disciplinary professionals.

Ensure that daily support is safe, consistent, planned, reliable and on-time.

Support with medical appointments.

Always uphold high quality standards of person centred rehabilitation and support.



Benefits of Working for TRU Include

- 28 holidays per annum.
- Discounted gym memberships.
- Tastecard Plus membership – giving discounts at 1000's of restaurants, as well as discounts on cinema tickets, theme parks and hotel stays.
- Childcare vouchers scheme.
- Employee Assistance Programme – 24/7 counselling support available.

Contact us: <http://www.trurehab.com/recruitment/>

Tel: 01942 707000 E: Recruitment@trurehab.com

Community services

The popularity of our Drop In and Activity sessions, always so well attended, continues to grow. Held on the first and last Tuesday of every month at the Salvation Army Centre in Preston and in Chorley on the 3rd Tuesday of the month, there is something for everyone. Our Drop In's provide interest talks, surgeries for free welfare benefits and legal advice, therapeutic hand arm and neck massage, literature, memory aids and, of course, tea and chat.



Our Activity Sessions include an Art Workshop, Talking Group, IT workshop, and Chair Yoga and Relaxation. Clients have commented "Attending Headway sessions has been a lifeline for me. I never used to go out of the house. It's something to look forward to, a place where I've made good friends and it's helped me to be more confident. Being with people who understand brain injury makes me feel I'm not alone." There is no need to book a place, you simply turn up and you are welcome to bring a friend, relative or carer with you. For more information, see a full list of our session dates on the back page.

Yoga and relaxation



Catherine Mitchell

Catherine Mitchell started running a yoga and relaxation session at the Headway Preston and Chorley Activity Day in 2017 which has become very popular with brain injury survivors and family members.

Catherine said, "Previously I was a professional dancer and later trained with the keep fit association and started teaching exercise in 2005. Through my training I hope to offer a well-balanced exercise programme that people can do at whatever appropriate level. I practise Buddhist meditation and incorporate basic fundamental aspects within my sessions".

The benefits of the exercise session

- Taking the joints through a range of movements
- Help to maintain mobility for everyday activities
- Challenging co-ordination, strengthening the leg muscles needed to maintain balance
- Using cross- lateral movements to stimulate opposite sides of the brain
- Challenging balance
- Gentle stretching to maintain flexibility
- Letting go of tension physically and mentally
- Body and mind connection for wellbeing
- Increase body awareness

There is no need to book just come along on the last Tuesday of the month details on back page.

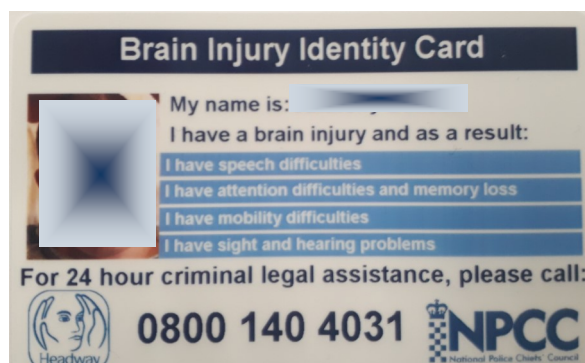
Free brain injury ID card

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".

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



Our guest speakers

We welcome speakers to our Headway Drop In's to deliver talks on a range of subjects.

The sessions are held on the first and last Tuesday of the month in Preston and the third Tuesday in Chorley. Talks include information about the effects of brain injury, mental capacity, nutrition and other interesting subjects.

We also have a My Story talk so if you would like to speak about your own story through rehabilitation or caring or you are a professional who can present on a topic relating to recovery please contact us.



Telephone: 01772 791460
or email services@headwayprestonandchorley.org.uk.
Full details of our meetings are listed on the back page.



It's a walk in the park

Why not come and join us on one of our regular monthly walks? Headway Preston and Chorley organises regular local walks around parks and places of interest.

The walks are relatively easy and wheelchair friendly. Ending with a light lunch and a chance to socialise, it's a great way to improve your mood and to enjoy some light exercise.

One regular walker commented "It's great to get out and about with lovely people, have a laugh and get exercise too"

(A small of contribution of £2.50 is normally requested and booking is required).

The walks are held on the 2nd Tuesday of every month. To book a place or for more information, please telephone Margaret on 01772 791460 or on the mobile 07808 648728.

Exercise at the Heartbeat Centre

Getting your fitness and stamina levels back to normal or even better after a serious injury, is an important goal to achieve as part of your rehabilitation.

The Headway exercise class at the Heartbeat Centre provides guided and supported instruction by a qualified Heartbeat instructor and the pace is adapted to your own ability.

The class is held every Wednesday from 1.30pm - 2.30pm and costs £2.50.

Before undertaking the class you will need approval from your GP or neurological rehabilitation team and will need to complete a medical questionnaire.

If you are interested contact Headway Preston and Chorley on 01772 791460



Dates for your diary 2018

	Drop In Preston	Drop In Chorley	Activity Day Preston	Exercise Class	Support in Hospital	Walking Group
Venue	Salvation Army, Harrington Street, Preston PR1 7BN.	Cunliffe Hall, George Street, Chorley PR72BE	Salvation Army, Harrington Street, Preston PR1 7BN.	Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA.	Royal Preston Hospital	Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA.
Booking	No	No	No	Yes	Yes	Yes
May	Tues 1st May 1pm-4pm	Tues 15th May 1pm-3.30pm	Tues 29th May 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	
June	Tues 5th June 1pm-4pm	Tues 19th June 1pm-3.30pm	Tues 26th June 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 12th June
July	Tues 3rd July 1pm-4pm	Tues 17th July 1pm-3.30pm	Tues 31st July 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 10th July
August	Tues 7th Aug 1pm-4pm	Tues 21st Aug 1pm-3.30pm	Tues 28th Aug 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 14th Aug
September	Tues 4th Sept 1pm-4pm	Tues 18th Sept 1pm-3.30pm	Tues 25th Sept 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 11th Sept
October	Tues 2nd Oct 1pm-4pm	Tues 16th Oct 1pm-3.30pm	Tues 30th Oct 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 9th Oct
November	Tues 6th Nov 1pm-4pm	Tues 20th Nov 1pm-3.30pm	Tues 27th Nov 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 13th Nov
December	Tues 4th Dec 1pm-4pm	Tues 18th Dec 1pm-3.30pm	-	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 11th Dec

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 and Activity Days 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 – Friday 9am – 3pm.	Required: telephone 01772 791460.
Major Trauma Patient Support Service	At the Royal Preston Hospital PR2 9HT	Tuesday 5pm – 7pm Friday 1pm – 3pm and by appointment.	Required: 07808648733 or 07808648734

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/
- 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 for bookings:
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.