



the brain injury association
preston and chorley

HEADWAY

Preston & Chorley

Katie is living life to the full

In 2008, Katie Le Marinel was a year 8 student at Southlands High in Chorley, she played netball for the school and was a keen Morris dancer. On 10th November 2008 Katie had gone to the shops to meet a friend and that day her life changed.

Mum, Denise then received a phone call to say Katie aged 12, had been hit by a car and an ambulance was on the way. Katie had suffered a severe traumatic brain injury. Once in hospital Katie underwent a decompressive craniectomy, tracheostomy and she was placed in an induced coma. Denise said, **'when I got the news, I didn't cry initially, I just felt as though I had to carry on, I was numb and in shock, but four days later it hit me'**.

The effects were devastating and after Katie was nursed through the acute stage she had to learn to eat, walk and talk again. Her determination and strength of character, together with the dedicated care and treatment from NHS nurses, doctors and therapists, helped Katie on her rehabilitation journey. Katie said, **'The first thing I remember was trying to speak, and I said 'where's my mum'. My memory of the time in hospital is patchy and sometimes I think I remember what people have told me'**.

Once back home Katie continued with her physiotherapy, occupational therapy and speech and language therapy. She made such good progress that in 2009 she returned to supported education.

Be Seen be Safe

Over the past 12 months we have been working with Councillor Trevor Hart on different projects and fundraising events. Former headteacher, Trevor, was keen to support local schools and together with Headway Preston, Glenn Slater Contractors and Councillor Mark Perks, Be Seen be Safe was launched in early 2019. The project provides local primary schools with high visibility vests and information leaflets for parents about keeping children safe on our Lancashire Roads. Councillor Hart said, 'We know that 68% of children aged 0-15 are killed or seriously injured on the roads are pedestrians. I am delighted to be part of this campaign which will hopefully reduce the instances of road traffic collisions involving children'.



At college she attained qualifications in Maths and English and Health and Social Care. Katie said, **'I developed epilepsy while at college and struggled. I felt I was being pushed out because I had special needs and I found that hard, but I wasn't going to give up'**.

Story continues on page 2



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Despite this Katie's determination paid off and she is an independent young woman. She enjoys shopping, attends regular keep fit with a personal trainer, and, together with her keen sense of humour, is a great inspiration to all who know her.

Katie said, *'I hope my story will inspire others who are going through rehab after a brain injury. I now volunteer to tell my story to others at Headway'.*

Denise said, *'I am so proud of Katie and how she has overcome a life changing injury. I feel family support makes a big difference to a person's recovery and I am proud to have supported her through this'.*

Pictured right Katie and Kirsty (Katie's sister) at her prom at Southlands High School (2012).



Headway Preston and Chorley staff team

The Headway Preston and Chorley staff team is based at Headway Preston's registered office at Preston North End in the Heartbeat Centre.

Contact details below:

- | | |
|-----------------------------|-------------------|
| Liz Bamber Manager | Tel: 07557123493 |
| Margaret Cliffe Coordinator | Tel: 07808648728 |
| Laura Brown Coordinator | Tel: 07583637197 |
| Kayleigh Weaver Coordinator | Tel: 07808648734 |
| Judy Coupe PA | Tel: 01772 791460 |
- Full contact details are on page 8.



Pictured left to right: Judy, Margaret, Liz, Kayleigh and Laura

Volunteering and placements



We are lucky and thankful to have such a great deal of committed Volunteers who have a variety of skills and life experiences.

Over the last year Volunteers at Headway Preston and Chorley have assisted at numerous fundraising events from summer fetes to school campaigns.

Volunteers have delivered presentations to students at Preston College and UCLAN and also provided office support and essential help at our Drop In and Activity Days and the walking group.

Due to the increasing demand for our services we are requiring more support from our existing and new volunteers. This year we will be launching an additional Community session and we require volunteers to help with this project.

If you would like to help Headway Preston & Chorley and can spare a little time, then we would love to hear from you.

Pictured left: Laura Brown and volunteer Marion

Please contact Laura Brown for more information 07583637197.

David scoops award

In memory of one of Headway Preston and Chorley's benefactors, Eric Kitchen, we have introduced an Eric Kitchen Award for outstanding personal development or volunteering.

The award will be presented once a year to a client or volunteer who has been voted by the Trustees and in December 2018 we were delighted to present this first Award to David Liddell.

David has been a member of Headway in Preston for several years and has worked tirelessly to help raise funds for us through the sale of his handmade crafts and his many fundraising efforts.

Liz Bamber Manager of Headway Preston and Chorley said, 'David is a worthy winner of this award and represents all it is about. I had the pleasure of knowing and working with Eric Kitchen and he was a talented author, extremely creative and a lovely generous man. He was a supporter of our charity during 2016/2018 and in 2018 he sadly passed away. We decided to dedicate an award in his memory'.

Congratulations David from all of us at Headway Preston and Chorley.



David Liddell

ART Project supported by Yorkshire BSCF



Art offers the opportunity for self-expression, it can develop confidence, help with hand eye co-ordination, enhance concentration skills and can provide relaxation. The friendly art group and craft group that we offer at Headway Preston and Chorley also provides members with the opportunity to socialise and develop supportive peer relationships. Artist and staff member Laura Brown runs the sessions together with volunteer Heather List. Heather is a volunteer who currently studies Art at UCLan. All materials are provided and kindly funded in 2019 by **Yorkshire Building Society Charitable Foundation**.

No experience is necessary, just come along and give it a go. The Art workshop is held at the Activity Day (details on page 8)

Exhibitions: All artists can exhibit their work at the Heartbeat Centre (Headway Preston & Chorley main office).

Future Projects: We are working on a project with the RPH Hospital to provide a piece of artwork for their outdoor space on the neurological ward.

Café Headway In at Finney's

A new Café Headway 'pop in' at Finney's Café has been organised and will be held on the third Wednesday of the month from 1pm - 3pm.

The Café is a chance for people to catch up with each other and also speak to Headway staff if required. A small cost of £2 per person is payable which includes a tea or coffee and cake.

There is no need to book just come along!

Full details and dates on page 8.



Depression after brain injury

Many people think that being depressed means feeling 'low' or sad. However, this is not strictly true, and it is very important to make a distinction between sadness and depression.

Feeling sad is normal after a distressing event, such as acquiring a brain injury. If you find yourself struggling with these feelings, or if they have been going on for a long time, this may be a sign that you are feeling depressed.

Depression after brain injury

Depression is very common after brain injury, with roughly 50% of people experiencing depression during the first year of their recovery. Depression can affect a person's ability to feel motivated; this in turn may have a negative impact on their ability to take part in their rehabilitation activities, which may lead to a slower recovery.

Some may experience depression after brain injury following changes in the brain itself, for instance if the parts of the brain that control emotions are injured. Depression can also develop as the person injured begins to realise the impact that the injury has had on their life, as the loss of former skills can be very difficult to accept and adjust to.

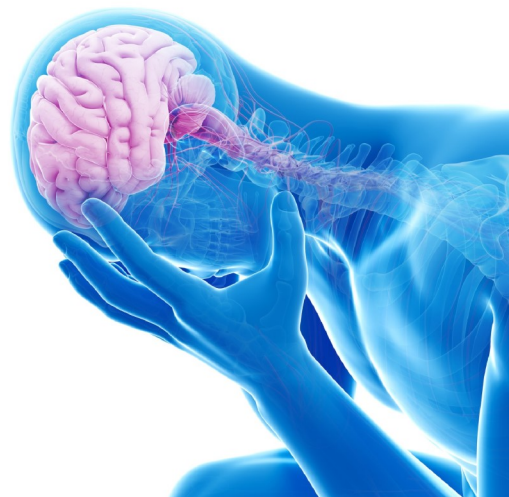
Diagnosing depression after brain injury

Many of the symptoms of depression are similar to the effects of brain injury, such as fatigue or lack of motivation, so it might be hard to tell whether someone with a brain injury does in fact have depression.

A constant low mood and lack of energy or interest in life however might be depression. If you are struggling to identify symptoms of depression in yourself, consider talking to a close friend or family member about how you are feeling, and ask them if they have noticed any symptoms and to write them down for you.

Driving after brain injury

If you hold a driving license and sustain an acquired brain injury, you must inform the DVLA as a brain injury is a 'notifiable condition'. You can be fined up to £1,000 if you do not tell DVLA about a medical condition that affects your driving. The DVLA will send you a medical questionnaire to complete. This will include a consent form to obtain further information from your GP or hospital consultant. Your case will be assessed and a decision made, which may include: being allowed to keep your licence, your licence may be withdrawn for a temporary period until you are fit to drive, you may be asked to undergo a driving assessment or you may need to drive a specially adapted vehicle.



Checking your mood

You can also use the NHS 'mood checker' to help with identifying whether you have depression. To access the mood checker, visit www.nhs.uk/Tools/Pages/Mood-self-assessment.aspx.

Getting help

Make a mood diary to record when you are feeling low and what happened on the day you felt low. If you struggle to keep a diary ask for help from a family member, friend or Headway.

Make an appointment to see your GP and take along your diary.

Your GP will be able to suggest treatment which might involve medication and/or talking therapy.

You can also come to Headway Preston sessions where you will meet others going through similar difficulties and this might help you come to terms with symptoms relating to your brain injury.

Full details of our sessions are on page 8.



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

You can also order the Headway UK booklet **Driving After Brain Injury** contact us on 01772 791460.

Welfare Benefit changes 2019



You may have heard that a new welfare benefit has been introduced called 'Universal Credit'.

This has replaced existing benefits including Housing benefit, ESA, JSA and working tax and child tax credits. Unlike previous benefits, Universal Credit is paid in one monthly lump sum.

If you need to claim welfare benefits for the first time, then you will need to make a claim for Universal Credit instead.

If you are already in receipt of welfare benefits you do not need to claim Universal Credit until the Department for Work and Pensions gets in touch.

How to claim

Universal credit is an online claim and cannot be claimed in any other way. Therefore you will need to set up email address in order to be able to claim this benefit and to keep in touch with the DWP. If you are unable to use a computer or the internet, you can go to your local Job Centre where one of their dedicated team members will be able to assist you with your application.

The claim

Go to: <https://www.gov.uk/apply-universal-credit>
Make sure you have all your details together in advance. If you have a partner, you will need to make a joint claim and therefore your partner will need their details too.

To make a claim you will need:

- National Insurance Number.
- Housing information, including address, who you live with, type of property, cost of rent etc.
- Income and Savings.
- Childcare details, including how much you pay for childcare.
- Details of other benefits you may be receiving.
- Bank account details.

Universal Credit Helpline

The application should be straight forward but if you have any queries call the **Universal Credit Helpline number on 0800 328 5644.**

What happens next?

At the end of your Universal Credit application, it will ask you to confirm your identity. You can do this online or opt for 'you are unable to do this now' and book an appointment with your local Job Centre where you can take identification to confirm your identity.

Capability for work questionnaire

After the application is submitted, you will be sent a form called an ESA50 (Capability for work questionnaire) which you have to complete and return within the deadline date.

Payments

It can take up to 5 weeks to get your first Universal Credit payment. You can ask for an advance payment of Universal Credit if you don't think you will have enough money to live on while you wait for this to come through. After you receive your first payment, you will then be paid monthly on the same day.

Assessments

Within the first 13 weeks of your claim you might be asked to attend a work capability assessment. If you are required to attend one of these, it may be worth taking someone with you for support.

After this assessment you will be placed in the appropriate benefits group although you can challenge this decision if you think it is wrong.

Your online journal

Any messages from Universal Credit will come through your online journal so it is advised to keep checking your online account.

Please do not worry about the changeover, this may seem daunting at the time but Headway Preston and Chorley are here to help.

You can contact us on 01772 791460 or email:

services@headwayprestonandchorley.org.uk

*This information is correct as at February 2019 however if government legislation changes the claim process may change. Go to www.gov.uk/universal-credit to check for any updates.

CAPS (Computer and Phone Sessions)

The new Headway CAPS sessions in collaboration with Intact, provide guidance on all aspects of setting up and using your own mobile phone, iPad, tablet or computer.

What you can learn from CAPS:

- How to set up your device for the first time.
- How to set up an email address.
- How to learn a software programme.
- How to look up information on the internet.

When is CAPS? On the last Tuesday of the month at the Headway Activity Day at the Salvation Army Centre. See page 8.



Headway Preston Community Sessions

Headway Preston Drop In's and Activity Days welcome adults with acquired brain injury and their supporters. Held on the first and last Tuesday of every month, the sessions are based at the Salvation Army Centre in Preston, where we rent the ground floor building.

The sessions are available to any adult who has an acquired brain injury and family members or carers are also welcome to attend (over 16s). The **Drop In** on the first Tuesday of the month includes an interest talk by a guest speaker, a "My Story" feature where clients share their personal journey, surgeries for welfare benefits and legal advice, complimentary therapeutic hand, arm and neck massage, information leaflets about all aspects of brain injury, memory aids, and tea and chat.

Activity Days on the last Tuesday of the month include an Art Workshop for all abilities, a Talking Group, an IT workshop (CAPS page 5), and a Chair Yoga and Relaxation class.

Booking is only necessary for benefits and legal advice. There is free parking outside the building.



Pictured: volunteers preparing refreshments.
Details of the dates and locations can be found on page 8.

Walking for Mind and Body 2019

After a successful pilot project, walking for mind and body is now one of our core services.

Come rain or shine, the walks take in the Lancashire countryside and are designed to promote exercise, healthy eating and reduce social isolation. These walks are accessible to everyone of any ability and usually include a gentle stroll around a local park or place of interest followed by a healthy light lunch.



Project coordinator Margaret Cliffe said 'Our walks are always so well attended and increasing in popularity. The walks are not just about exercise but an opportunity to get out in the fresh air, explore local areas, and to socialise with one another which improves mood and creates a feeling of well-being'.

For details of meeting dates go to page 8.

You can donate to us through JustGiving www.justgiving.com/headway-prestonchorley/

Hospital Visiting & Advice Service

We visit our local Royal Preston Hospital on a needs basis supporting patients who require advice and information in the following areas:

- Welfare Benefits including applications for Universal Credit, Employment and Support Allowance and personal Independence Payment and Attendance Allowance.
- Legal Advice including personal injury claims, mental incapacity and criminal matters.
- Information and advice including useful factsheets, details of other agencies.
- Financial information including advice about debts and other financial commitments.
- Employment by liaising with employers and finding out about pay due and contracts.
- Emergency fund, a small fund to pay for essentials while in hospital.
- A listening ear for patients and their families.

We also hold coffee afternoons on the **Neuro Rehabilitation** unit at the Royal Preston Hospital. This gives families a chance to speak to us in a more relaxed environment and for us to be able to promote our service along with patients being able to enjoy coffee and cake!

'We visit the hospital to make families aware that they are not alone and we are here to help'.

We regularly ask for feedback to ask what we are doing best and what we could improve on. Here are some of the lovely quotes we have received from patients and their families:



"Headway Preston has been very helpful since my husband's accident. Thank you very much for your support".

"I found the service provided very supportive, concerned staff took time to listen to me, were non-judgmental, friendly and relaxed".

"May I just say I was very grateful for the support and toiletries you provided me whilst in hospital. I am now in full recovery at home".

"Excellent service all round, many thanks".

We are very pleased with how it is going and continue to attend the Royal Preston Hospital as and when required. For more information contact Kayleigh Weaver on 07808648733 or 01772 791460.

Headway Exercise classes

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.

Before undertaking the class you will need approval from your GP or neurological rehabilitation team and you will need to complete a medical questionnaire. The class is held every Wednesday from 1.30pm - 2.30pm (see page 8) and costs £2.50.

If you are interested contact us Tel: 01772 791460.



Thank you to all our supporters

We are so very grateful to everyone who supports Headway Preston and Chorley financially, we rely on those donations very much. We are unable to name everyone individually, but want to send special thanks to Mark and Nicola Tipping for their Christmas House fundraiser, Toplands Clayshoot, JMW Glitterball, Fletchers Golf Day, Mayor of Preston, Trevor Hart's, fundraising events, TSB in Preston and JMB union. Thanks to individuals who have also organised events, appeals, played our lottery and donated money. ***Thank you!***



Dates for your diary 2019

	Drop In Preston	Activity Day Preston	Exercise Class	Support in Hospital	Walking Group	Café Headway at Finney's
Venue	Salvation Army, Harrington Street, Preston PR1 7BN.	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.	Finney's Heartbeat Centre Café, Sir Tom Finney Way, PR1 6PA
Booking	No	No	Yes	Yes	Yes	No
Jan	Tues 8th Jan 1pm-4pm	Tues 29th Jan 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 15th Jan	
Feb	Tues 5th Feb 1pm-4pm	Tues 26th Feb 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 12th Feb	Wed 20th Feb 1.00-3.00pm
March	Tues 5th March July 1pm-4pm	Tues 26th March 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 12th March	Wed 20th March 1.00-3.00pm
April	Tues 2nd April 1pm-4pm	Tues 30th April 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 9th April	Wed 17th April 1.00-3.00pm
May	Tues 7th May 1pm-4pm	Tues 28th May 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 14th May	Wed 15th May 1.00-3.00pm
June	Tues 4th June 1pm-4pm	Tues 25th June 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 11th June	Wed 19th June 1.00-3.00pm
July	Tues 2nd July 1pm-4pm	Tues 30th July 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 9th July	Service review
August	Tues 6th August 1pm-4pm	Tues 27th August 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 13th August	
September	Tues 3rd Sept 1pm-4pm	Tues 24th Sept 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 10th Sept	
October	Tues 1st Oct 1pm-4pm	Tues 29th Oct 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 8th Oct	
November	Tues 5th Nov 1pm-4pm	Tues 26th Nov 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 12th Nov	
December	Tues 3rd Dec 1pm-4pm	Festive Get Together	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 10th Dec	

Join Headway Preston and Chorley

When you come to Headway Preston and Chorley we will need to take some personal details, details of how you sustained your brain injury (medical evidence) and what symptoms you have as a result of your brain injury.

As a member you can expect to receive monthly leaflets about our services, a copy of our newsletter and be able to attend our community sessions and groups. We protect your data and keep it confidential and secure.

Brain Injury Identity Card



Apply for your Brain Injury card today!

My name is: _____

I have a brain injury and as a result:

- I have speech difficulties
- I have attention difficulties and memory loss
- I have mobility difficulties
- I have sight and hearing problems

For 24 hour criminal legal assistance, please call:


0800 140 4031


Headway Preston and Chorley is a small independent charity responsible for its own funding and services. Join our Lottery: £1 a week for a chance to win £1000 every week plus other cash prizes and help us in our work. Contact liz@headwayprestonandchorley.org.uk



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.uk