



the brain injury association
preston and chorley

10th anniversary 2020

HEADWAY

Preston & Chorley

National Lottery Funds Hospital Service



A total of £152,000 in National Lottery funding has been awarded to Headway Preston and Chorley to continue a voluntary support service for patients who have suffered a major trauma injury including acquired brain injury. The money will be used to help patients for the next 3 years.

Liz Bamber Project Manager said: “We’re delighted that The National Lottery Community Fund has recognised our work in this way. Now, thanks to National Lottery players, we will be able to increase our service to patients and help them overcome practical problems. This funding will make a huge difference and is vital because it helps families to deal with a sudden change to their lives. The service is available to patients and their families as soon as they need it, and most issues can be dealt with before they are discharged from hospital.”

Karen Partington, Chief Executive at Lancashire Teaching Hospitals NHS Foundation Trust, said: “We are thrilled that Headway Preston and Chorley has received funding to expand and continue what is a fantastic source of support.

The lives of the patients and their loved ones using this service have often changed dramatically and rapidly, and this daily service means there will always be help, support and advice whenever they need it. We are extremely grateful to the team and all that they do for our community.”

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Latest fundraising news

We want to thank all our fabulous fundraisers. Without your help we would struggle to keep our services going for local people. At present it costs £130,000 per year to fund our services helping local families after life changing injuries or conditions. We have over 754 families registered and receive new referrals every week. Thanks very much to all the fundraisers below and everyone else who donates to Headway Preston and Chorley, we very much appreciate your kind generosity.

How to donate: [Play our lottery](https://www.headwayprestonandchorley.org.uk/lottery/) <https://www.headwayprestonandchorley.org.uk/lottery/>

Donate via [Just Giving](#) or Donate via [Virgin Money](#)



JMW Comedy Lunch and Ladies Fashion and Fundraising events £10,687.54



TSB Local Charity Partnership £3003



Orchid Café Darts Night £3060



Tipping's Christmas Lights £3500

Is your business looking for a charity?

Is your business looking for a charity of the year? If YES please get in touch! You would be helping local families who have been affected by acquired brain injury or a major trauma injury.

We can supply you with collection boxes or signs and marketing information and your details will be featured on our web site and social media pages.

Contact: Liz Bamber 07557123493



Volunteer for us!

We are grateful to our committed volunteers who give up their time to help deliver the services of Headway Preston & Chorley.

As demand for our services grow, we require more support from our existing and new volunteers.

Current Volunteer vacancies include:

- Community sessions (3 sessions per month) to help with making refreshments, setting up the rooms for activities, meeting and greeting and form filling.
- Fundraising events (manning stalls, distributing leaflets and speaking to members of the public).

If you would like further details, please contact Laura Brown Volunteer Coordinator at Headway Preston & Chorley. Email: laura@headwayprestonandchorley.org.uk
Laura Brown: 01772 791460



Community sessions and activities

Our Drop In and Activity Day community sessions are for adults with an acquired brain injury, their families and carers.

The meetings are a chance to get together with others and seek advice if you need it.

Held at the Salvation Army Centre in Preston, it is ideally located a short distance from the town centre with free parking outside the building for those able to drive and close to local bus routes.

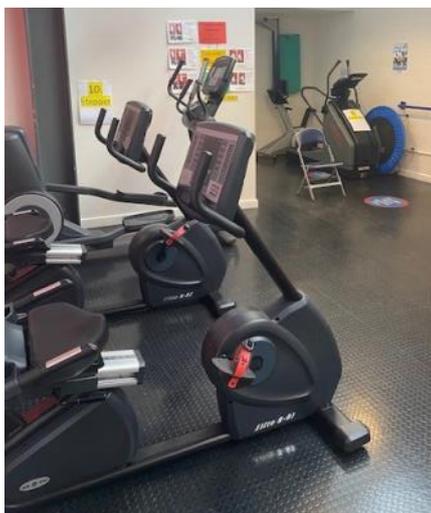
Our Drop In's on the first Tuesday of the month include an interest talk by a guest speaker, "My Story" where clients share their personal experiences, surgeries for welfare benefits and legal advice, complimentary therapeutic hand, arm and neck massage, information leaflets about all aspects of brain injury, memory aids, and tea and chat.

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



There is no need to book a place, you simply turn up and you are welcome to bring a friend or carer.

Contact Community Services Coordinator Margaret Cliffe for more information 07808 648 728 or 01772 791460



Headway Exercise classes

Reaching good physical health 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 to check you are well enough to attend 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. For more information contact us: Headway Preston and Chorley Tel: 01772 791460

Walking for Mind and Body in 2020



Another series of popular walks are planned for 2020. The walks are relatively easy and wheelchair friendly visiting local parks and places of interest. 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 requested and booking is required.

The walks are held on the 2nd Tuesday of every month see page 8 for details. To book a place or for more information, telephone Margaret on 01772 791460 or on the mobile 07808 648728.

ERIC KITCHEN AWARDS 2020

The Eric Kitchen award 2020 has been awarded to Headway Preston and Chorley Volunteers, Ian Johnson and Rachel Kay.

The award recognises outstanding personal development or committed volunteering and is presented once a year to recipients voted by staff and Trustees of the charity.

Ian and Rachel have both received the award for their tireless work with Headway Preston and Chorley. Ian has been a volunteer since 2010 and is a volunteer who adopts many different roles within the charity from event attendance and fundraising events to interviewing new clients and managing the kitchen! He always rises to the challenge and is reliable and trustworthy volunteer.

Rachel provides our head and shoulder massage service and has been attending the Drop In for the past 7 years. Despite having a busy life, Rachel regularly gives up her time and skills to help our clients.

Both are worthy winners of this award and represent all it is about.



Congratulations to Rachel Kay and Ian Johnson from all of us at Headway Preston and Chorley.

Headway Café at Finney's

The Headway Cafe at Heartbeat is held on the second Wednesday of the month from 1pm - 3pm.

The cafe is a chance for people to catch up with each other and also speak to Headway staff. A small cost of £3 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.



Welfare benefits service

We offer a range of advice and support to adults with acquired brain injury or after a major trauma injury, who need to claim any welfare benefits due to their illness or condition.

We understand how much stress and worry finances can cause after someone has sustained a serious injury, therefore our service provides support to claim the following benefits:

- **Universal Credit**
- **'New style' Employment and support allowance**
- **Personal Independence Payment**
- **Attendance Allowance**

We can help with telephone calls, completing application forms and mandatory re considerations. We also have self help factsheets on our website which explains how to make the claim and the process of each one. You can access these factsheets at www.headwayprestonandchorley.org.uk.

It can be confusing to know which benefits you are entitled to and which ones you need to apply for. Here are some of the reasons you may apply for the following welfare benefits:

Universal Credit

- If you have an illness/condition that prevents you from working.
- You have housing costs e.g. rent or mortgage.
- You are working less than 16 hours a week or are in a low income household.
- You have children and are not receiving any of the legacy benefits already, e.g. child tax credits, working tax credits.
- You are a single person or a couple who receive a low income.
- You have savings of less than £16,000.
- You are not entitled to Statutory Sick Pay.
- You have childcare costs.
- You are not in receipt of a pension.

* Universal Credit can be made as a single or joint claim.



'New Style' Employment and Support Allowance

- You are self employed and not entitled to Statutory Sick Pay.
- Your Statutory Sick Pay has ended and you are still unable to work.
- You have no housing costs, e.g. rent or mortgage.
- You have no childcare costs.
- You are not in receipt of a pension.
- You have paid your National Insurance contributions for the last 3 years.

'New style' ESA can only be made as a single claim.

Personal Independence Payment

- You have an illness or condition that has lasted more than 3 months and is likely to last a further 9 months and affects your ability to carry out daily activities.
- You are under the state pension age.

This benefit is not means tested and can be claimed regardless of income etc.

Attendance Allowance

- You are over the state pension age.
- You have an illness or condition that has lasted for 6 months or more and is likely to last a further 9 months.
- This benefit is not means tested and can be claimed regardless of income etc.

*You will require a **'Fit Note'** from your GP or hospital and evidence of your illness or disability and identification.

Each of these benefits will require you to undergo a face to face assessment, please see our self help factsheets for further information or alternatively you can visit <https://www.gov.uk/browse/benefits/disability>

Free brain injury ID card

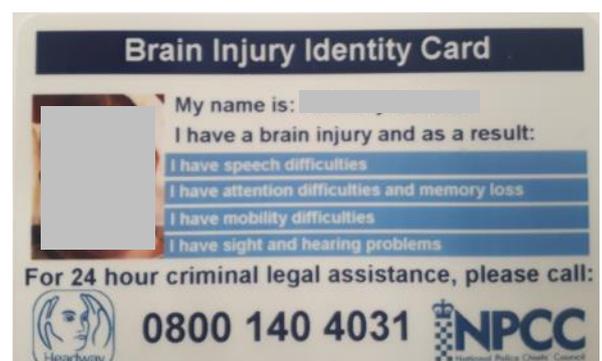
A Brain Injury ID Card can be used in many situations and is a useful means of identity. Brain injury survivors who have difficulty with communicating have found it invaluable:

To apply we will need your personal details and you will need to provide written evidence of your acquired brain injury.

The application also involves completing a questionnaire with a member of Headway staff.

You can contact us on 01772 791460 or 07557123493

Email: services@headwayprestonandchorley.org.uk



Sleeping well?

During sleep, your brain and body recharge.

Proper sleep follows regular and predictable rhythm cycles. When you sleep, your brain sets down memories and refreshes various connections that allow your brain to work. Quality sleep helps you think more clearly, be more alert, and function at your best in all areas: mental, physical, and emotional.

Sleep problems are related to the amount and quality of sleep you get each day.

You may have a sleep problem if you:

- Are sleeping a lot more or less than 8 hours each day.
- Feel drowsy no matter how much you sleep.
- Are not able to fall asleep at night.
- Wake up often during the night.
- Wake up extra early and can't get back to sleep.
- Have nightmares.
- Have problems with breathing or snoring.
- Have unusual body movements during sleep.

Why does a brain injury affect sleep?

You may need extra sleep while your brain is trying to heal from the brain injury. Even if you had a mild brain injury, you might have sleep problems. Your brain might also be having a hard time making or using the natural chemicals that help you fall and stay asleep. It is also possible, especially after a serious injury, that the brain's electrical rhythms have been disrupted.

What are some effects of sleep problems?

If you are having sleep problems, you may:

- Feel tired even if you think you are getting a lot of sleep.
- Feel irritable and cranky because you are so tired.
- Have frequent headaches.
- Feel depressed or anxious.
- Develop body aches and pains.
- Have problems remembering things or thinking clearly.
- Not do things you would normally do because you are too tired or because you sleep through them.

What can make sleep problems worse?

- Drinking caffeine, alcohol, or exercising too much late in the evening.
- Sleeping in a room that is too hot, too cold, or not dark enough.
- Watching TV while in bed.
- Irregular sleep patterns.
- Taking naps during the day, or sleeping longer than 20 minutes when you nap.
- Physical problems that interfere with sleep such as pain or sleep apnoea.



When should I ask for help with sleep?

Talk with your GP or health care provider if:

- Your sleep problems are getting worse or do not seem to be getting better.
- Practicing good sleep habits is not working.
- Pain interferes with your sleep.
- You think your sleep problems are related to a medicine side effect.

Keep a journal of your sleep habits that includes:

- What time you go to bed at night.
- What you usually do right before bedtime.
- What you eat during the day, and when.
- What you drink during the day, and when.
- What wakes you up during the night, such as the need to go to the bathroom.
- What your sleep problems are like, and if you wake up at the same times during the night.
- If you feel anxious at night.
- If you have nightmares or bad dreams.
- If you have a sleep partner, ask if they notice any unusual behaviour during the night.

You can help yourself by practicing good sleep habits:

- Make your bedroom a comfortable place to rest.
- Make your sleep environment as quiet as possible. Play soothing music or turn on a fan at night if these help you to sleep.
- Sleep in a dark room that is not too hot or too cold.
- Limit caffeinated drinks in the afternoon or evening.
- Do not exercise strenuously in the evening.
- Go to the bathroom before you go to bed.
- Follow a relaxing, calming bedtime routine.
- Go to bed at the same time every night, even on weekends.
- Wake up and get up at the same time every morning.
- Spend non-sleep time out of bed and out of your bedroom.
- If you are tired during the day, try going for a walk or doing some gentle exercising instead of taking a nap.
- Do not sleep or nap for more than 20 minutes during the day.



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 families worried about a loved one or patients worried about their job, finances or rehabilitation.



Luke, Kayleigh, Liz and Laura from the Headway Preston and Chorley Hospital Service.



We also attend the **Neurological Rehabilitation Unit** at the Royal Preston Hospital. Providing support and assistance to help prepare patients for discharge home.

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

For more information contact:

Laura Brown Neuro Outreach Coordinator 07583637197

Kayleigh Weaver Major Trauma Patient Support Officer

07808648733 or the Headway Preston office on 01772 791460.

Pictured left: Our emergency packs are a lifeline to some patients

Lending Library



Thanks to NFU Mutual we have been able to start a lending library containing reference books about aspects of acquired brain injury, rehabilitation and related subjects.

Books include: The Brain Injury Workbook by author Trevor Powell, The Traumatized Brain by author Vani Rao and Sandeep Vaishnavi and Head Injury A practical Guide by Trevor Powell.

Liz Bamber Project Manager says, "learning about the anatomy of the brain is helpful to families to enable them to understand what their loved one is going through and how they can help. "Brain injury workbooks can help with rehabilitation and include ways to improve skills and develop coping strategies".

The books are available to borrow for one month from our HQ office at the Heartbeat Centre, Sir Tom Finney Way, Preston PR1 6PA. A deposit is required. Email: liz@headwayprestonandchorley.org.uk



Becoming a member of Headway in Preston

When you join Headway Preston and Chorley we will need to take some information from you.

Your information is kept securely and is private and confidential. We do not share your information with any third party without your consent, unless you or others are at risk of harm.

Most of our services are free to members, although there is a very small charge for some activities.

Dates for your diary 2020

	Drop In Preston	Activity Day Preston	Exercise Class	Support in Hospital	Walking Group	Headway Café
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 7th Jan 1pm-4pm	Tues 28th Jan 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	No walk in January	Wed 15th Jan 1.00-3.00pm
Feb	Tues 4th Feb 1pm-4pm	Tues 25th Feb 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 11th Feb	Wed 19th Feb 1.00-3.00pm
March	Tues 3rd March 1pm-4pm	Tues 31st March 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 10th March	Wed 18th March 1.00-3.00pm
April	Tues 7th April 1pm-4pm	Tues 28th April 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 14th April	Wed 15th April 1.00-3.00pm
May	Tues 5th May 1pm-4pm	Tues 26th May 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 12th May	Wed 20th May 1.00-3.00pm
June	Tues 2nd June 1pm-4pm	Tues 30th June 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 9th June	Wed 17th June 1.00-3.00pm
July	Tues 7th July 1pm-4pm	Tues 28th July 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 14th July	To be reviewed.
August	Tues 4th August 1pm-4pm	Tues 25th August 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 11th August	
September	Tues 1st Sept 1pm-4pm	Tues 29th Sept 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 8th Sept	
October	Tues 6th Oct 1pm-4pm	Tues 27th Oct 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 13th Oct	
November	Tues 3rd Nov 1pm-4pm	Tues 24th Nov 1pm-4pm	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 10th Nov	
December	Tues 1st Dec 1pm-4pm	Festive Get Together date to follow	Weekly on Wednesdays 1.30-2.30pm	At your convenience	Tues 8th Dec	



Headway Preston and Chorley Staff Team

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