

Winter 2024

Headway News



The magazine of Headway - the brain injury association



Headway Annual Awards 2024

Congratulations to all our wonderful finalists!

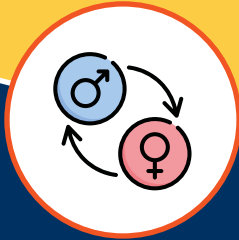


HEADWAY WEBINARS



With another year coming to a close, we are delighted to have hosted a range of free-to-access webinars throughout 2024, in support of rebuilding the lives of brain injury survivors.

Thank you to all of our guest speakers this year and to everyone who attended our sessions.



Webinars we have delivered this year have included:

Identity after brain injury

Dr Fergus Gracey, Consultant Clinical Neuropsychologist

Managing memory problems after brain injury

Dr Bonnie-Kate Dewar, Consultant Clinical Neuropsychologist

ABI in the criminal justice system

Dr Claire Williams, Associate Professor

Nature's benefit after brain injury

Dr Claire McDonald, Principle Clinical Psychologist

Sleep after brain injury

Dr David Lee, Chartered Psychologist

Smell and taste disorders after brain injury

Helen Rhodes, Education and Engagement Officer, Fifth Sense

Fatigue after brain injury

Professor Avril Drummond, Professor of Healthcare Research

Anxiety and depression after brain injury

Dr Ben Marram, Consultant Clinical Neuropsychologist

All of our webinars are available to watch on our YouTube channel.
Scan the QR code below to watch!

Visit our website at www.headway.org.uk/about-brain-injury/professionals/headway-webinars/ to find out more about our webinar plans for 2025.



Welcome

Welcome to this winter edition of Headway News, where we share the latest updates and achievements from our incredible community of supporters, volunteers, and brain injury survivors.



Colin Morris

The bright sunshine experienced at *The Mere Golf Resort and Spa* in Knutsford is beginning to feel like a distant memory as the winter weather now draws in, but the fabulous day of golf and fundraising will live long in the memories of those present and you can read a full report from our Headway Golf Day on page 27.

We're also delighted to report on Andrew Jenkins' Big Trek Challenge. Many will recognise Andrew from *The Traitors* and our ABI Week awareness campaign, but he has now taken on and completed a remarkable journey walking 1,200 kilometres for Headway, raising both funds and awareness of brain injury and mental health.

A crucial new Headway resource on menopause and brain injury has been launched. This publication addresses how menopause symptoms can be impacted by brain injury, offering valuable information and support for those navigating this experience. Find an in-depth article on this topic on page 16.

Meanwhile, our Christmas fundraising initiative, *By the Bedside*, aims to raise vital funds for grants that enable families to be with their loved ones in the immediate aftermath of brain injury. The importance of family presence and support cannot be overstated, and we are proud to help make this possible through our Emergency Fund, read more on page 28.

Of course, a major highlight this season is the upcoming Headway Annual Awards. On pages 8 to 12, we honour our 15 inspiring finalists who are the embodiment of courage and resilience. The sold-out awards ceremony will be held on December 5 at the JW Marriott Grosvenor House in Mayfair, promising an event to remember.

Lastly, don't miss the grand opening of our new Headway charity shop in Barnsley on page 19. With Christmas around the corner, it's a perfect time to shop for gifts while supporting Headway's vital work so don't forget to check out our Headway shops if you have one near to you.

Thank you for being part of this journey with us, together, we continue to make a difference.

Colin Morris
Director of Communications



the brain injury association

Who we are

Headway is the leading UK-wide charity that supports people to rebuild their lives after brain injury through the provision of information and support services across the UK. To find out more, visit www.headway.org.uk or you can call the freephone helpline on 0808 800 2244 if you need support.

Go digital!

Subscribe to our monthly Headway News Bitesize email at:
headway.org.uk/join-our-mailing-list

Essential contacts

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Website:

www.headway.org.uk

Advertising:

CommunicationsTeam@headway.org.uk

Fundraising:

community@headway.org.uk

Volunteer!

Would you like to help us improve lives after brain injury? You can join us today in our shops or at our events as a Headway Volunteer. Read more about volunteering on our website: www.headway.org.uk/donate/volunteer

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Contents

Get up-to-date

- 6 News in brief
- 15 Headway Leicester in Westminster
- 19 New Headway shop opens in Barnsley
- 22 He did it! Andrew completes the Big Trek for Headway
- 28 By the Bedside: Headway's Christmas campaign

Features

- 8 Meet your Headway Annual Awards finalists for 2024
- 13 Levels of protection: cycle helmets
- 16 Menopause after brain injury
- 20 Adapting to life after brain injury: hosting or attending an event
- 27 Headway Golf Day



Interviews

- 14 Meet the Headway Forces Support Group
- 23 Headway Hero: Brooke
- 24 Christmas card design winners
- 26 Nick Gibbs, Golf Day trophy creator
- 29 Creative Expression: Meet Xavier



Volunteer at a Headway shop!

We're on the lookout for some amazing volunteers to join our team and have fun while making a difference!

A few hours a week at Headway can truly be life-changing. You'll be helping us raise vital funds for our services to support people with brain injuries, all while getting stuck into the fun world of charity retail. Volunteering at Headway is a fantastic way to develop new skills that look great on any resume. From mastering the art of customer service to becoming a whiz at creating eye-catching displays, you'll gain valuable retail experience you can use anywhere.

Plus, the best part: our shops are full with friendly faces from our communities! You'll meet new people, make lasting friendships, and have fun along the way. It's the perfect way to add some excitement and purpose to your week.

So, if you're looking for a rewarding experience where you can learn new things, be part of a fantastic team, and help a worthy cause, then Headway wants you! Head over to your local shop and apply to volunteer today. Visit [headway.org.uk/volunteer](https://www.headway.org.uk/volunteer) to find out more.

Your views

Returning home from hospital

Returning home from hospital after brain injury is a big step in the recovery journey, but it can also introduce new challenges and cause the survivor and others around them to recognise the full impact of the injury.

We asked our online community about the effects of brain injury that were most problematic for them when they returned home.

You can read some of the thoughts below:

"Grieving the loss of someone you used to know, you don't understand but that person's not there anymore. It is very confusing!"

Darren

"The first year was a nightmare, as I didn't understand how ill I was. I left taps on and flooded the kitchen.

My body's temperature thermostat had stopped working, so the house felt freezing during the first hot summer (I needed to sleep in the bedroom with heating on and a hot water bottle), and warm in winter (I refused to wear a coat outside in December).

I couldn't read a book or follow a tv show or film plot. Talking in a noisy room was an ordeal, so I hated company.

Music was vital during recovery - listening to old songs was the only thing that I found effortless and pleasurable. My symptoms did improve in the second year."

Yvonne

"Learning to adjust to changes in my memory, struggling to get my words out, fatigue levels, migraines, anxiety about being around new people and being able to complete certain tasks that were not an issue before. These are the main things but there are so many more. Coming to Headway, meeting people going through the same thing and the supportive environment has taken off a massive load."

Megan

"I feel as if I've lost the old me, my confidence has gone, the fatigue was overwhelming and still is. I'm learning to live with the changes though. Headway have been amazing."

Sharon

"I had post traumatic amnesia and could not remember people's names or basic normal things at home."

Ellen

News in brief

News of Headway's ongoing work to improve life after brain injury

Abseiling for Second Chance

In September, staff from Second Chance Headway raised an incredible £1,425 by abseiling down Wakefield Cathedral! Kat Taylor, Support Worker, and Louise Sharp, Finance Lead, were supported by service users cheering on from below.

"Kay and Louise really went above and beyond to raise funds for the charity and we're so proud of their efforts!"

(Nathan Garbutt-Moore, Business Manager at Second Chance Headway)



Headway East Lothian turns 20

Headway East Lothian celebrated a milestone birthday in August in the most fitting way - with a party! Headway East Lothian has been supporting brain injury survivors across East Scotland for 20 years.

Joyce Cattanach, Development Officer, said: "It is truly remarkable to see how the charity has grown over the years, and what it means to so many people, not just our brain injury survivors but their family, friends and wider community circles."

Service user Fionna Balfour called the event a 'joyous occasion! She said: "When I go to our Headway group, I don't have to explain myself or feel awkward or anxious. We are all in this together, accepting and supporting each other, always".



The Magic of Chaos

In November, members and staff from Headway East London were delighted to attend the film premiere of their brand-new documentary film – *The Magic of Chaos*, at the Rich Mix cinema in Shoreditch.



The Magic of Chaos welcomes viewers into the Headway East London centre, a place where the transformative power of art, music, food and community bring light to lives forever changed by brain injury.

The short film, by award-winning director Kit Vincent in collaboration with the Headway East London community, follows the journeys of four Headway members, offering a glimpse into the often-hidden nature of acquired brain injury; the cataclysmic effect it has on loved ones and our relationships with them; navigating a world not adequately designed for many disabilities; and creating a new sense of self.

The premiere was followed by a Q&A with Headway members and staff featured in the film and director Kit, who is also a brain injury survivor.

"I hope this film moves people and makes them think, giving a glimpse of the amazing things people with brain injuries can contribute. More than anything, I want viewers to leave feeling inspired by their strength and the hope they bring to the world."

(Sarah Lantsbury, Chief Executive Officer at Headway East London)

You can watch the film here:
headwayeastlondon.org/magicofchaos

Fun run with Headway Guernsey

There was a range of colourful and creative headgear on show at Headway Guernsey's Hats for Headway fun run in October.

Over 100 runners took part in the event, with a choice of three distances – 500m, 5km or five miles.

“We were absolutely delighted with the event and the people who turned up to run, support and more importantly, join in the fun. Events like this really help raise awareness of our services in the community and for fundraising. We were so grateful to Ravenscroft Construction for sponsoring the event and helping us to continue our vital services in the island.”

(Philippa Stahelin – Executive Director of Headway Guernsey)



Headway Worcestershire to announce further dates for the ABI Games Roadshow

The ABI (acquired brain injury) Games offers people with ABIs the opportunity to participate in sports.

Before the main event in Worcester in 2025, the ABI Games™ Roadshow is giving brain injury survivors the chance to get involved in different parts of the country. The Roadshow visited Liverpool in October and further dates in Portsmouth and Nottingham will be announced soon.

Mandie Fitzgerald, CEO at Headway Worcestershire, explained: “It is open to anyone with an acquired brain injury who would like to participate. The Roadshow raises awareness of acquired brain injuries and promotes understanding and acceptance within the broader community. Come along for some fun.”



To find out more, visit www.abigames.org

Headway Derby climb Snowdon!

Huge congratulations to everyone at Headway Derby who took on an epic fundraising event in September.

The team scaled Mount Snowdon, which has a 1,085 m (3,560 ft) peak, making it the highest mountain in Wales! Their champion efforts saw them raise just under £3,800 to help support the vital work of Headway Derby, and they took in some breathtaking views along the way.

Charli Ashcroft, Headway Derby's Community Outreach Lead, said: “I'm happy to say that the Snowdon Challenge was a massive success.

Our members showed such amazing dedication and resilience, and even though not everyone managed to walk up and down, they all achieved something so wonderful!”



Meet your finalists

Headway
Annual
Awards
2024

Alex Richardson Achiever of the Year Award

Sponsored by Slater & Gordon

This award celebrates the outstanding determination, strength, and courage of brain injury survivors.



Yokabet Mekuria

London

"I'm thrilled to have the opportunity to support those who have a brain injury, to keep doing what I'm doing for people with brain injuries and their families. I want to show how important Headway is."

(Yoki Mekuria)

After leaving Ethiopia as a child, Yoki came to the UK where she entered the care system. As a teenager, she developed a brain injury after an infection, which completely overturned her life. Yoki has had to learn to be a 'tireless advocate for herself', in a world where she has faced enormous prejudice and obstacles. She now uses a wheelchair, her speech is affected, and she experiences daily cognitive issues such as fatigue and memory loss.

Yoki has been a member of Headway East London's community since 2014 and has recently taken up a role as a paid member of staff as a Peer Support Worker, visiting patients in hospitals to bring lived experience to those in need. Yoki was nominated by Claire Stone, who says Yoki is a 'vibrant and warm presence who advocates for people living with brain injury whenever she can.'



Ross Scott

Northern Ireland

"I hope my story reminds others that it can happen at any time. People need to take care, as it could easily be them."

(Ross Scott)

Ross, from Ballynahinch in County Down, was 23 years old when he set out to play his usual Saturday evening game of football. Unfortunately, heavy rain meant the game was called off and, when Ross hadn't returned home after several hours, his family began to worry. Police found his car just after midnight; it had aquaplaned on rainwater and careered into a field at the side of the road, before hitting a tree. Following the accident, Ross was hospitalised in a coma having sustained a traumatic brain injury, and 3 months of intensive rehabilitation followed.

Ross has been a dedicated member of Headway Lisburn since 2021. Martina McGleenan nominated Ross for his 'incredible determination and resilience' and the fact that he is a 'supportive and good friend to everyone.' One of Ross's most significant achievements post-brain injury is his 'triumphant return to the football field' with the Linfield seniors disabled football team, which includes being recognised as the top scorer and getting involved in coaching and inspiring others through sharing his story.



David Sinden

Wales

"My photography is an attempt to get my head around the extraordinary and life-changing experience I have been through, and as a tribute to all the other people I have met who have had similar experiences."

(David Sinden)

David is a digital artist from Penarth, Wales, who co-founded Zone in 1991, a photography and media gallery in Newcastle upon Tyne. In 2002, David had a subarachnoid haemorrhage - a bleed on the surface of the brain. He spent many months recovering in hospitals until he had an operation to restore his eyesight. David now lives, independently, with the hidden effects of brain injury, which impact his executive functioning skills.

Since then, David has been involved with Headway Cardiff & South East Wales and is well known for capturing the stories of fellow brain injury survivors through his photography, reflecting the uniqueness of their own experiences. He was nominated by Rebecca Pearce for what he brings to the group - with members describing him as 'one of the kindest and most positive people they have ever met'.



The Annual Awards is the biggest event in Headway's calendar.

It's a day for celebrating dedication, growth and outstanding achievements of brain injury survivors, carers, volunteers, and others in the Headway community across the United Kingdom.

The glittering sold-out awards ceremony will take place on December 5 at the JW Marriott Grosvenor House in Mayfair.

Here we introduce to you the 15 inspirational finalists across our five categories – including the brand-new Extra Mile Award, recognising the dedication to brain injury survivors of Headway staff.

Carer of the Year Award

Sponsored by Hugh James

This award celebrates the outstanding care and support given to someone with a brain injury.



Rola Azizeh

London



"Rola never thinks of herself. Despite everything she's been through, in her selfless and humble way, she always seeks to enrich the lives of whoever she meets."

(Scott Rigby, Stewarts Law)

Rola was living with her family in Bethlehem when her eldest son, Joseph, was hit by a car at a pedestrian crossing - just days after he had arrived in London to begin his master's in law at Queen Mary University. After she took the devastating phone call, Rola packed her bag to be at Joseph's bedside. Eventually she gave up her family home and moved her entire family to England to support Joseph through his journey following his brain injury.

Rola has been nominated by Scott Rigby, for her 'selfless dedication' to her family's wellbeing and the role she played not only as Joseph's mother and carer, but also his case manager, fighting for his care at every step along the way. Despite initially being given little chance of survival and facing setbacks like pneumonia and seizures, his mother never gave up hope. Joseph, now able to walk with assistance and communicate, is writing a book and has returned to university.

Sue Giles

North East



"Sue and Dave are a team for life, both on and off the football pitch. She's an all-round fabulous woman with a huge heart and a warm smile."

(Jo Wallis, Headway Tyneside)

Sue's husband, Dave, suffered a hypoxic brain injury after he had a heart attack 18 years ago and, as a result, lost much of his speech and some mobility. Dave is a huge football fan but his mobility problems following his brain injury means that even Headway Tyneside's specialist Walking Football sessions are difficult for him. However, Sue found a way to break through the barriers by supporting him physically so that he can still participate. Throughout the game, Sue provides hands-on assistance to enable Dave to maintain his balance, as he cannot walk unaided. Come rain or shine, Sue is there ensuring that Dave can join in with the football.

Sue and Dave have attended Headway Tyneside for the last 10 years. Sue has been nominated by Jo Wallis, who says Sue is a 'warm, friendly and understanding peer' to family members whose loved ones have only recently sustained a brain injury. Jo says Sue's support not only for Dave but also existing Headway Tyneside members is 'priceless'.

Lesley Vass

South East



"This nomination acknowledges the countless sacrifices Lesley has made and the unwavering, selfless dedication she has shown to her husband, Barry."

(Daniel Snyman, Headway Basingstoke)

Lesley's 'seemingly perfect' life took a dramatic turn in November 1988 when her husband, Barry, suffered a severe cerebral haemorrhage at the age of 41. Barry's brain injury led to almost a year of hospitalisation and marked the beginning of a challenging journey for their family. Lesley had to balance the roles of caregiver, mother, and household manager, ensuring that Barry received the support he needed upon returning home and that the lives of their two young sons remained as unaffected as possible.

Lesley has been an integral part of Headway Basingstoke since 1989, shortly after Barry's enrolment, motivated by a desire to contribute to the charity's success and longevity. Lesley has been instrumental in recruiting and training volunteers, managing HR and fundraising, all in a voluntary capacity. She has been nominated by Daniel Snyman for her 'grace and determination' despite the immense challenges she has faced, and her commitment to Headway, which spans three decades; all while caring for Barry.

Volunteer of the Year Award

Sponsored by Anthony Gold Solicitors LLP

This award celebrates the outstanding contribution of an individual to Headway in their community.

AnthonyGold

Stephen Davies

North West

“Stephen is a constant presence; Trustees have changed, our members have changed, but through it all Stephen remains the backbone of the service we provide.”

(Kat Whitemoss, Headway South Manchester and Stockport)

Stephen has been volunteering with Headway for an incredible 40 years. Stephen's own brain injury, caused by a fall and a resulting blood clot, meant he could no longer work. Stephen was unconscious for three and a half weeks, after which he had extensive speech and motor issues. He joined Headway South Manchester and Stockport just one year after the charity formed in 1983.

From day one, Stephen has devoted his time to Headway and the empowerment of its members, as well as supporting the charity with fundraising activities to ensure sustainability for the future. Stephen quickly started taking on the role of volunteer and member representative within the Board of Trustees and, according to his nominator, Kat Whitemoss, has been a 'major force' at the group ever since. Stephen has lived experience of life with a brain injury and is able to empathise with members at the Headway group, no matter what stage of the journey they are at.



Martin Longmore

Northern Ireland

“My experience has matured me into someone who values life and takes nothing for granted. I know now that I am a lucky man. I have the chance to look out for my grandkids and my elderly parents. I also get to be there to help my friends at Headway through their journey.”

(Martin Longmore)

Martin was involved in a road traffic collision in 2001 and was given 48 hours to live – after his car collided face on to a building. He was paralysed for several months before learning to walk, talk and read all over again. Martin had a severe brain injury and multiple fractures – his left elbow also had to be reconstructed, and a titanium rod fitted to his left upper arm - as well as amnesia.

Martin has been a regular member of Headway Larne for 5 years. Diane Wilson nominated Martin, saying his transition from group member to volunteer has been 'inspirational', and that everyone at Headway Larne benefits from his support. Diane says that, through his love of Headway, Martin has 'become the person he would have liked to have met at the start of his journey of recovery.'



Dave Stannard

East

“Headway Essex means the world to me. I've seen what this charity does for people from both sides. Denise absolutely thrived going there, and I love to work with people who join the group, to help them and to see them improve over time.”

(Dave Stannard)

Dave started volunteering with Headway Essex after his wife, Denise had a stroke in 1996. Despite being a full-time carer for Denise, Dave has volunteered ever since. Following her stroke, Denise depended heavily on Dave for support, before she sadly passed away in February 2021. However, Dave has continued to volunteer at least twice a week, helping to support the service users and staff of the centre and is well loved by all.

Dave often gives up his time to attend support groups with service users who may be too anxious to attend by themselves, helping them until they have felt confident enough to attend alone. When not volunteering, Dave also gives up his free time to attend fundraising events with his family, promote Headway Essex and be on hand to help out with anything needed. Dave was nominated by Emma McCullagh, who says Dave's warm welcome to all is the 'epitome of his character.'



Stephen McAleese Outstanding Contribution to Headway Award



Sponsored by No5 Barristers Chambers

This award celebrates the outstanding contributions to the work of Headway made by survivors, carers, volunteers and supporters over an extended period.

David Chater

West Midlands



“David has gifted us not only his superb business expertise over the years, but he’s always done so with a great sense of humour and caring approach. This nomination is the perfect send-off.”

(Sue Tyler)

David first became involved with Headway Birmingham & Solihull 25 years ago when he joined the Board of Trustees and became Chairman. Sue Tyler nominated David for the ‘vital role’ he played in the progression and sustainability of Headway Birmingham & Solihull. She says David, who retired in October 2024, developed ‘tremendous passion’ for supporting brain injury survivors over the many years he has been a part of the Headway B&S community.

Although David was instrumental in increasing the charity’s turnover – from £100k to now over £2 million – over his two and a half decades with Headway, Sue says David’s biggest impacts are the things that ‘can’t be measured.’ Things like being available to support anyone at short notice or travelling miles to just chat or be there for someone in need. David ‘takes a real interest’ in all Headway clients and staff and makes a big effort to speak to all new and old faces, making everyone feel part of the Headway family.

Jackie Dean

North West



“I am privileged to have worked with people that have faced adversity through brain injury, and their wider families, and know the difference that Headway can make.”

(Jackie Dean)

Occupational therapist Jackie has been involved with Headway Wirral since the charity was set up in 1988, as a committee member and then Chair - a position she held for over 18 years. Through her leadership Jackie has built Headway Wirral into the successful charity it is today, creating a ‘safe and welcoming’ space. She was ‘instrumental’ in developing Headway Wirral from three users meeting once a week when she took over as Chair, to the 120 service users Headway Wirral currently supports on a weekly basis free to the user, across four groups.

Among many other initiatives, Headway Wirral service users have a fun day trip once a month to teach skills in accessing the community and helping to tackle the sense of isolation that brain injury survivors often feel. Ann Allister nominated Jackie for the award, saying Jackie is ‘truly outstanding,’ showing ‘infinite patience, calmness and kindness to all around her.’

Cathy Johnson

North West



“Cathy has undoubtedly saved the lives of those she has helped in their darkest times, and she does it all with a smile on her face and a twinkle in her eye. We are so very lucky to have her.”

(Carol Hopwood, Headway Sefton)

Cathy is the current Chairwoman of Headway Sefton and an original founder of the group. Over the last 10 years and under Cathy’s direction, Headway Sefton has grown to support a regular membership of 40 brain injury survivors across the North West. She came to Headway with lived experience. Cathy’s husband, Jan, suffered life changing injuries following a fall from his bicycle when a bird flew into his bike wheel in August 2012, leading to him suffering a catastrophic brain injury and broken spine.

Cathy was nominated by Carol Hopwood, who co-founded Headway Sefton with Cathy. Carol was ‘struck by Cathy’s natural warmth and her absolute determination’ to do all that she could to help Jan be the best post-accident version of himself. In addition to caring for Jan, Cathy is now also caring for her mother who has advancing dementia and her elderly father. Carol calls Cathy’s strength ‘remarkable.’

The Headway Extra Mile Award

Sponsored by Irwin Mitchell

This award celebrates the achievements and dedication of Headway staff in supporting brain injury survivors and their families and carers.



**Joyce
Cattanach**
Scotland



"I just can't measure the benefit there has been to my self-esteem thanks to Joyce's faith in me and the experiences she is providing us all with."

(Fionna, brain injury survivor)

Joyce has been the only member of staff at Headway East Lothian for nearly two decades. Supported by a 'wonderful' team of volunteers, Joyce has grown the charity as Development Officer since 2007, and this year celebrated its 20-year anniversary. Joyce was nominated by Katy Lamb; the pair working together since Headway East Lothian's inception. Katy says Joyce is 'magnificent' and noted Joyce's commitment to Headway and her support and love for others, which has existed alongside her own hardships away from work.

Joyce has often sought grant funding for her own salary and has temporarily played the role of Secretary, Treasurer and Chair, as well as volunteering and fundraising on her own time. She has raised over £5,000 through sponsored activities, such as a 26-mile walk. Katy says brain injury survivors across Scotland benefit from Joyce's expertise, kindness, and empathy and that these natural qualities of hers are what makes the difference to the lives of so many others.

**Ann-Marie
Smith**

East Midlands



"Ann-Marie battles through everything with strength, compassion and empathy and is truly the heart of Headway Lincolnshire."

(Victoria Stevenson, Headway Lincolnshire's Board of Trustees)

Ann-Marie has worked at Headway Lincolnshire as Coordinator and Development Officer for 13 years. Starting with just 12 hours funded per week, Ann-Marie built the brain injury support service and secured funding for her full-time position.

Ann-Marie found herself 'thrust' into the world of brain injury when a close family member was attacked. Since that time, she has worked tirelessly to help improve the lives of others in the same situation that her and her family found themselves in. Due to Lincolnshire being a large county with limited transport links, it is not viable to have a day centre, so Ann-Marie travels around the county covering miles to reach out to those in need of support. Ann-Marie has put in 'countless' volunteer hours, raising 'thousands' every year through sponsored walks, Christmas fayres, race nights and charity balls. She was nominated by Sue Lindridge, who said 'many people would be lost without Ann-Marie.'

Sue Tyler

West Midlands



"Headway has been my life for over 30 years, and it has been wonderful to see it grow. It is a privilege to work with such wonderful teams of staff and volunteers, who play such a significant part in our achievements."

(Sue Tyler)

Sue joined Headway Birmingham & Solihull in 1991 as one of the first members of staff. She has held the position of Chief Executive since 2002, when the charity's turnover was £229,000 with some 13 members of staff. In 2023, the charity's turnover was £1,670,000, and now has 90 members of staff and a team of 60 dedicated volunteers.

Sue has been nominated by David Chater who says the 'constant growth and development of the charity says everything' about Sue's achievements. Headway Birmingham & Solihull now operates from three hubs across Birmingham and has opened and runs three Headway charity shops, providing much needed funds, vocational training opportunities, and awareness of Headway's services in the community. David also says that the average length of service of the staff, many of whom have been with the charity for over 10 years, is 'another testament to the leadership she gives day in and day out.'

LEVELS OF PROTECTION

FROM DIFFERENT CYCLE HELMETS REVEALED BY NEW RATINGS

Cyclists choosing a new helmet can see how much protection different helmets offer, thanks to new safety testing and ratings from Imperial College London.

Researchers at Imperial College London have developed a simple new cycle helmet safety rating system with easy-to-understand scores from 0-5, designed to help buyers select which helmet to buy. The system is based on extensive new safety testing experiments at Imperial.

Testing on the UK's 30 most popular helmets, funded by The Road Safety Trust, revealed significant differences in performance with no link between the price of a helmet and the level of safety it provides the wearer. So, for example a helmet costing £130 did not necessarily perform better in tests than one costing £40.

Lead author for the research, Dr Claire Baker, from Imperial's Dyson School of Design Engineering, said: "Until now, there has been limited information about how well cyclists can expect their helmet to protect them during head impact. This is because current safety standards are simply pass/fail and only test direct impact sustained during straight-on head impact. However, evidence from previous studies is that lasting brain damage occurs in more serious impacts or when the head undergoes rapid rotations during an impact."

"Interestingly, we found no correlation between price and protection, with the highest-performing helmet being one of the less expensive, retailing at around £50. Our new ratings give consumers objective, evidence-based data to support their buying decisions."

The team tested 30 of the most popular adult helmets on the market.

Luke Griggs, Chief Executive of Headway - the brain injury association said: "By making the decision to wear a helmet, cyclists are immediately taking affirmative action to increase their safety.

But choosing the right helmet that offers the right level of protection at an affordable price is not always easy.

"This new rating scheme, based on thorough, independent research, will provide invaluable insight and assistance to help people choose the right helmet for them and, in turn, hopefully reduce the number of people sustaining preventable brain injuries through cycling."

Scan the QR code below to see the results of the test.





MEET THE HEADWAY FORCES SUPPORT GROUP

The Headway Forces Support Group was reformed post-COVID to bring together survivors of brain injury who have also served in the UK Armed Forces. We spoke to Johnny Cordon, HFSG Services Coordinator, about the impact the group has on those it serves:

“We meet on the first Saturday of every month at the Last Post Memorial Bar in Thornaby,” Johnny said.

“There we can connect, build new relationships within the community and seek support with day-to-day activities.

“We recognise that, after the bravery shown by our members when serving within the UK or overseas, there is often a lack of support available to rebuild their lives and relationships following their brain injury. HFSG aims to bridge that gap and foster a new community of members in a safe space for everything from support to a simple chat and a brew.

“We are building a strong digital presence with a website launch this year and building our X following. We will be expanding in 2025 to reach new communities within the North East, so watch this space and please contact us if you know anyone who could benefit from HFSG.”

WHAT IT MEANS TO ITS MEMBERS

“HFSG has been my absolute lifeline. The group has supported and helped me through a difficult time of acceptance; giving me back the confidence I thought I would never have again. This is a very special group of people who understand the challenges each individual member is going through and that brings a huge sense of belonging.”

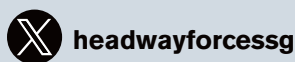
(Mandy, HFSG member)

“The military supported me when I was in dire need and introduced me to the Headway Forces Support Group, supporting military staff impacted by brain injury – who inspire me, showing a great future after brain injury is possible. I am happy to think of them as family, a family of heroes.”

(Giles, HFSG member)

“HFSG is a sense of belonging, like being back in my military days and having the ability to relate with others with and ABI pays great self-reward.”

(Johnny M, HFSG member)



HEADWAY LEICESTER HONOURED AT NATIONAL PARLIAMENTARY AWARDS



Headway Leicester were thrilled to attend NHS parliamentary awards 2024, held in October in Westminster.

The charity was nominated following a visit from local MP, Claudia Webbe, celebrating the awarding of a grant from the National Lottery Awards for All scheme earlier in the year.

Tor Berry, Development Manager at Headway Leicester, explained: "We were so excited about the £16,700 grant - and the period of growth we were experiencing - that we wrote to our then MP, Claudia Webbe, inviting her and some local councillors to visit us for the day, meet the members, and have a cuppa!"

"Claudia not only showed up, but she spent a few hours with us, asking questions, speaking with the members, and even doing some woodwork."

The nomination saw them make it to a national shortlist of 70 charities out of 900 originally nominated. The ceremony, delayed slightly by the General Election, was held on Monday, 14th October, at the Queen Elizabeth II Centre in Westminster.

Joining Tor Berry on the day were Headway Leicester's Chair of Trustees, Reg Perrins, Volunteer Finance Lead, Michael Condon, and Services Director, Mary Goulty.

"It was extraordinary," Tor said. "We were feeling increasingly nervous, but we were just so proud to be there and to have our charity recognised at a national level."

Attendees were welcomed with a video address by Prime Minister Keir Starmer and warmly in person by Amanda Pritchard, Chief Executive of NHS England. The ceremony also included speeches and recognition from Rt Hon Wes Streeting, Secretary of State for Health & Social Care.

Tor concluded: "The absolute icing on the cake is that we were Highly Commended in our category. Perhaps most importantly, the profile of brain injury has been raised again, and alongside Emergency Care, Mental Health was a key area of focus."

"Everyone here at Leicestershire, Leicester, and Rutland is proud to be part of this organization, working with such brave and talented individuals who live with brain injuries."

Menopause after brain injury

The number of people surviving brain injury is increasing over time, and that means that more women with brain injury are living to the age when menopause will typically begin.

In this feature, we take a look at menopause and how the experience of it can be impacted by a history of brain injury. We discuss what menopause is, how it can affect women with brain injury uniquely, and how women with brain injury can cope with their menopausal symptoms.

Please note that the information in this article does not replace clinical guidance.

What is menopause?

Menopause is the time in a woman's life when their reproductive cycle comes to an end and their ability to reproduce stops because of natural ageing. It is defined as the point in time 12 months after a woman's final period. It usually happens between the ages of 45 and 55 years and is often a gradual transition over the course of multiple years.

How does brain injury affect menopause?

Some of the symptoms of perimenopause are also commonly experienced after brain injury, such as cognitive and mood changes, sleep problems and headaches. Research has found that menopausal women with traumatic brain injury (TBI) can experience these overlapping symptoms to a greater degree than menopausal women without TBI. Menopause may therefore worsen the experience of these issues among women after brain injury, but research in this area is limited at the moment.

Menopause after brain injury: Fact box

Sustaining a traumatic brain injury (including mild TBI) can disrupt a reproductive hormone production system in the brain called the hypothalamic-pituitary-gonadal axis, commonly causing disturbances in menstrual periods, or amenorrhea (absence of menstruation).

During perimenopause, women become more susceptible to frailty (such as decreased muscle mass, reduced muscle tone). This can put them at increased risk of falls, which is also one of the most common mechanisms of traumatic brain injury.


Estrogen, a female reproductive hormone, has been found to have a neuroprotective effect. During menopause, estrogen production declines and this is associated with changes in cognitive function (thinking, learning, remembering) during menopause.

Endocrinologists are the type of professionals involved in investigating hormones, including hormonal imbalances after brain injury.

It is predicted that by 2025, 1.1 billion women worldwide will be postmenopausal.

Tips for coping with menopause after brain injury

- **Speak to your GP or healthcare professional** about your symptoms. They may be able to prescribe medication to cope with your menopause symptoms.
- **Consider talking therapies**, such as cognitive behavioural therapy (CBT). This has been shown to effectively reduce the psychological impact of menopausal and brain injury symptoms such as stress and anxiety.
- **Visit a menopause specialist** recognised by the British Menopause Society. The specialist will be able to offer you individualised support for your menopausal symptoms.
- **Learn ways to cope with memory problems**, as these are a common complaint after brain injury, and can be worsened by the body's reduction in estrogen during menopause.
- **Be honest with others about how you are feeling.** The impact of brain injury can be difficult for others in your life to understand, so being honest about how you are feeling and communicating effectively can be particularly important.
- **Adopt a healthy lifestyle**, for instance exercising, eating a healthy diet, and giving up smoking. This can help with reducing hot flushes and night sweats, as well



as improving the quality of sleep. You should also consider reducing your alcohol intake or stopping drinking alcohol altogether, as alcohol has been found to worsen both menopause and brain injury symptoms.

- **Speak to our nurse-led helpline** if you have questions about brain injury and menopause, or just need a listening ear to talk to about your experiences.
- **Consider your diet** and try to make sure you are having enough calcium and Vitamin D to keep your bones healthy, as menopause can affect bone density.
- **Try to rest and get good quality sleep.** If you have problems with getting to sleep, the quality of sleep or staying asleep due to your brain injury, you may find the information in our publication *Sleep problems after brain injury* helpful.



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An exciting new chapter:

Headway opens a shop in Barnsley!

The Headway Retail team are happy to announce the grand opening of the latest Headway shop which has found a home in the heart of Barnsley, in the town centre on Market Street.

Head of Retail, David Byrne, said it's yet 'another significant milestone' for the charity, introducing Headway to a wider audience and enhancing the opportunities when it comes to supporting life after brain injury.

David said: "Our new Barnsley shop showcases a clean and exciting shop fit to allow supporters to find the best pre-loved items, while being able to talk about Headway, who we are, and what we do."

The shop was opened with the help of Headway Barnsley, with service user and

brand-new shop volunteer, Stacey, cutting the ceremonial ribbon.

David added: "As we open our doors in Barnsley, we're not just launching a new shop – we're becoming part of the community."

"This is our goal to continue to raise funds in a sustainable manner while raising the profile of Headway for its supporters and service users."

Kerry Lingard from Headway Barnsley, said: "It is great to have a physical presence for Headway within Barnsley town centre."

"Stacey was overwhelmed with emotion at being given the honour of cutting the ceremonial ribbon at the opening of the new shop!"

"This venture gives our members the opportunity to organise collections, provide donations themselves as well as potentially volunteering within the store. It will be a huge benefit to the local community and our members are really looking forward to supporting the shop!"



Address

21 Market Street, Barnsley



Opening hours

Monday - Saturday: 9am - 5pm
Sundays - 10am - 3pm



Phone number

01226 661295

Adapting to life after brain injury:

Hosting or attending an event

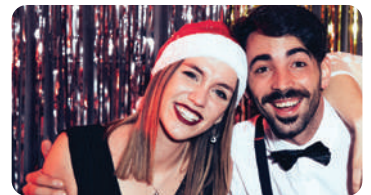
As the year creeps to a close, we are entering that period sometimes referred to as 'party season'. Between Christmas and New Year, many people like to arrange or attend parties, whether it's a large, glittering social event to ring in the new year, or a cosy get together with family and friends exchanging presents under the Christmas tree.

But the prospect of attending or hosting a party can be daunting for many survivors of brain injury. Issues such as sensitivity to noise levels, problems with concentration, remembering information and other effects of brain injury can make it difficult to look forward to and attend parties.

In this feature, the last of our series on everyday activities that brain injury survivors may need to adapt, we offer some tips for how to cope with attending or hosting a party after brain injury.

Attending a party

- **Make a note of details you need to remember** (such as date, time, location, anything you need to bring such as a gift or food) and set alarms if you have problems with remembering information. Try to use a system that you already regularly use, such as marking things on a calendar, using an app or writing details in a diary, as you are much more likely to check this way.
- **Try not to make plans a day or so before and after the party** if you struggle with fatigue. Activities like attending a party can take up a lot of energy, so you should try to plan accordingly.
- **Ask your host in advance if they have a quiet room or space** that you can sit in if you need to take a break, for instance if you feel overwhelmed by the noise.
- **Consider taking your Headway Brain Injury Identity Card** along with you, if you have one. Your ID Card can make it easier to explain to others that you have had a brain injury and may need extra time and understanding.
- **Remember that drinking alcohol is generally discouraged after a brain injury** because you may be more sensitive to its effects. There are plenty of alcohol-free options that you can explore.
- **Contact venues or your host to check accessibility requirements** in advance. You should also check in advance if there is an accessible toilet, if you have continence issues.
- **Try to arrange travelling to a party with someone** so that you do not have to drive or travel by yourself afterwards, in case you feel fatigued.
- **Be aware of any situations that may trigger feelings of irritation or anger**, and have a strategy prepared in advance for how to handle this. Some common triggers that you may encounter at parties are overstimulation (noise, bright lights), feeling too hot, certain comments or topics of conversation or situations that make you feel pressured or rushed.



Hosting a party

- **Break the larger project of 'throwing a party' into smaller tasks** and make lists of things you need to do for each task. Cross these off as you complete them to help you stay organised. You could have separate lists for food to prepare, decorations to set up, people to invite etc.
- **Delegate tasks to others** such as relatives, close friends, colleagues or others in the community who can help you with getting things set up. For instance, you could allocate tasks to different people or arrange a 'one dish' party so that everyone attending brings one dish along.
- **If you are cooking a meal, try to prepare some food in advance and freeze this.** Make a note or set an alarm to remind yourself to defrost these the day before. Consider using ready prepared foods where you can, such as pre-chopped vegetables, ready to roast meals or frozen desserts.
- **Learn to use breathing techniques** to keep relaxed and calm, especially if you struggle with anxiety.
- **Try to keep things in perspective** – it is okay if things don't go entirely to plan! You may find that there are things on the day of your party that do not go according to schedule but try not to become disappointed and remember that mishaps are a normal part of life, with or without a brain injury.
- **Be clear in communicating your needs** to people attending your party, for instance if you need the volume of music to be kept at a certain level, the brightness of lights to be kept at a certain intensity or people to leave by a certain time so that you do not get too overwhelmed or fatigued.
- **Don't forget to have a camera ready to take photos of your party!** Throwing an event is a big accomplishment and you may want to or need to take photos to remember the good memories you have.





HE DID IT!

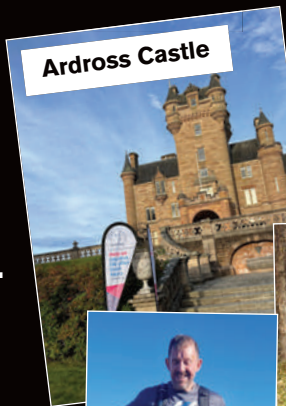
The BIG TREK



Well done Andrew and thank you for everything you've done to inspire our community and to support Headway's goal of improving life after brain injury.

BIG TREK FACTS

- The Big Trek took 42 days to complete.
- Andrew walked 1200km; on average that's over 2 million steps!
- He visited all four UK nations; Scotland, England, Northern Ireland and his home country of Wales, where he finished on Sunday 10th November.
- Along the way he met many Headway groups including South Cumbria, Headway Wrexham, Headway Glasgow and a number of Headway Northern Ireland groups.
- He gave three motivational talks on his brain injury journey, as well as opening up about his mental health and trauma following his own brain injury.
- Andrew was supported by Tesco, Morrisons, Booths & Asda, who gave him meal deals to keep up his energy, and Mountain Warehouse supplied some of his walking kit.
- The Big Trek was sponsored by Heck, Irwin Mitchell, Hugh James, Carter Lauren, Givestar & Arena Group.
- In the time it has taken Andrew Jenkins to complete this epic challenge, approximately 42,000 people in the UK will have been admitted to hospital with an acquired brain injury.
- Andrew's efforts have raised over £30,000 for Headway – and counting!



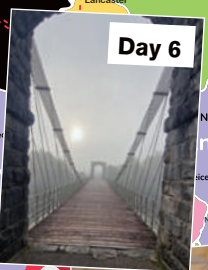
Andross Castle



Day 3



Day 4



Day 6



Day 7



Day 11



Day 7



Day 23



Day 24



Day 28



You can continue to support Andrew on his Givestar page. Scan the QR code or visit headway.org.uk/the-big-trek to donate now!



Headway Hero Interview:

Brooke

Brooke Trotter has lived with the residual effects of the severe traumatic brain injury he sustained when he was just 24.

Over the years since, Brooke has fundraised for Headway and was nominated for the Alex Richardson Achiever of the Year Award in 2019. Brooke, now 42, has continued to support Headway through his running and, more recently, through a new found love for public speaking.

Can you tell us a bit about yourself and your brain injury?

"I was walking home along the pavement after a night out when I was hit by a car travelling at 50mph. My head broke the windscreen. I was a 3 on the Glasgow Coma Scale, in a coma for 16 days and in post-traumatic amnesia for 6 weeks. I have been trying to make sense of the world and find a purpose ever since."

How many runs, races or marathons have you completed since your injury?

"I started with a 10k run in 2010. Seeing the beneficial effects that fitness had on fatigue I did the Great North Run in 2012. I have done that run about 5 times since! I did the Yorkshire Marathon in 2018, my own marathon in lockdown in 2020, and a 50km ultramarathon in the Lake District in 2021."

What is your proudest achievement since the accident?

"A highlight for me recently was talking to members at Headway Central Lancashire and Headway Stockport. I heard that members had requested to tell their own stories. Everything I have achieved was as a result of being brave and getting out of my comfort zone; the fact that people had been inspired by my actions to push themselves out of theirs makes me feel very proud."

What does Headway mean to you?

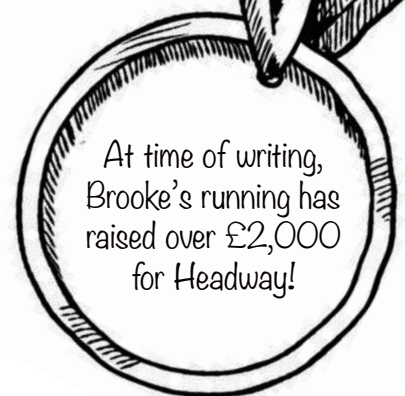
"Headway was the first place I went and didn't feel weird and didn't have to make excuses for things like going for a nap in the day in my mid-twenties. I'll always remember that. They gave me my first public speaking opportunity."

"As someone who has 18 years' experience of living with a brain injury, I have visited various Headway groups and can see this in action. It's a wonderful organisation."

What does the future hold for you?

"I don't have a solid plan but then I never have! In the early days after my brain injury, I had been diagnosed with this condition I didn't really know anything about, I really wanted to read and hear from someone who has experienced this condition."

"I would like to be that person, visit as many Headway groups as possible and go on to speak to as many survivors as I can."



INTERVIEWS WITH OUR CHRISTMAS COMPETITION WINNERS!



WINNER!
Millie Akthar

Headway
Luton

Millie Akthar
Headway - the brain injury association
Christmas Card Design Winner 2024.



Winner from
Headway Luton

WINNER!
Paul Park

Headway
Gloucestershire

Paul Park
Headway - the brain injury association
Christmas Card Design Winner 2024.



Winner from
Headway Gloucestershire



Headway Gloucestershire CEO Julie Reader-Sullivan presenting Paul with a framed picture of his winning design.

PAUL PARK A CHRISTMAS FISH TANK

Can you tell us a little bit about yourself?

"My name is Paul Park. Seven and a half years ago I had a stroke, and I lost the ability to use my right hand and 50% of my right foot. I could only speak three words: 'yes', 'no' and 'computer.' I also lost my job with the MOD where I worked for 30 years. Before my brain injury,

I didn't have much time for hobbies. I took up art and trained my left arm to hold a pencil or paintbrush as I used to be right-handed. Over time and with determination my techniques improved."

How does it feel for your design to be chosen as a winner?

"It was great! I'm going to send some to my friends and family."

What inspired you to create the Christmas Fish Tank?

"I made it up as I did it! The picture is pastel oils, so the fish have a warm feeling. I find painting with bright and vibrant pastel colours very satisfying."

What does Headway Gloucestershire mean to you?

"There is something about Headway that makes me want to be there. Headway gave me a platform to develop my art skills, I also like participating in the woodwork and pottery workshops. I love it!"

Paul's Headway group says...

"Everyone at Headway Gloucestershire is delighted that Paul has been chosen as a winner for the Headway Christmas card competition! His fish tank picture has been framed and is proudly hung in our building. We are continually inspired by Paul, and all of the individuals who are on their recovery journey."



What inspired you to create Santa stuck in a Chimney?

"The card was based on the funny song 'When Santa Got Stuck Up a Chimney!'"

What does Headway Luton mean to you?

"Although having a brain injury is life changing, attending the day centre enables me to express myself and concentrate on things I can do, helping me improve my physical and mental health. Attending Headway Luton helps me develop and maintain a positive outlook for my future. Staff also support my family in adapting to their new lives after my brain injury."

Millie's Headway group says...

"Millie's card reflects not only how much of a positive person and friend she is to her peers, but how humour is used by many of our clients to cope and adapt to their life-changing injuries. We hope you enjoy our fun and festive cards and learn more about living life as an ABI survivor."

MILLIE AKTHAR SANTA STUCK IN A CHIMNEY

Can you tell us a little bit about yourself?

"Before my brain injury, I was a chemical analyst working with medical devices. I am passionate about encouraging young people to get into science, so I became a science technician in a local high school. I set up a science club with the aim of making people realise how fun science can be. In 2016 I suffered from Autoimmune Encephalitis which was a dramatic and life-changing experience."

What do you enjoy about being creative?

"I have always had an interest in art, so I was happy to join the Headway Luton art group. I really like meeting others who are in similar situations to me and feel included through the art activities. Our art tutors and staff encourage us to try new materials and techniques to express ourselves creatively."



CREATING THE LONGEST DRIVE TROPHY



Nick Gibbs was a passionate editor who had been in the magazine business for 25 years. He was the owner of Freshwood Publishing, which produced a series of woodworking magazines. He had built the company from scratch over seven years and his career was going from strength to strength.

However, in 2014, Nick was knocked off his bicycle travelling down a country road in East Gloucestershire. Nick landed on his head and suffered a traumatic brain injury, leading to the closure of his small publishing business and a search for a new way of life.

Nick is also a woodworker. In 2020, home-bound by Covid, Nick began producing the replica golf holes he'd continued as a hobby. After support from Headway Gloucestershire, for which Nick is 'hugely grateful', he offered to make a trophy for the winner of The Longest Drive at the Charity Golf Day, held in September at The Mere Golf Club in Cheshire.

The carving reproduced a replica of the 8th Hole, a long hole alongside The Mere itself.



Making a Replica Golf Hole

- I start with a layout of the course and any details featured on a club's website, using Google Earth to view a plan and elevations, the topography, the shape of the green and the positions of bunkers and water.
- I then draw an outline of the hole, to scale, and cut it roughly to shape. I use pearwood, because it has such beautiful colour and grain, is easy to carve and to stain for fairways, rough and sand.
- Carving begins with the green; its placement determining the slopes, whether it's on the top of a hill or down in a valley.
- Once the bumps and hollows have been carved with an engraving tool, a little like a dentist's drill, the piece is sanded and coloured with green, white and blue stains.
- Eventually it is mounted on a hardwood plinth, with an engraved plaque celebrating a victory, memory or tribute as a trophy or gift.

Nick is also writing a book, *Crashing Back*, exploring the science, real-life experiences and personal tales of TBI sufferers.

"I want to learn how neural pathways can be re-shaped, and how brain injuries can be embraced by survivors and carers."

Get in touch with Nick via his website, nickgibbs.com.

Headway's Charity Golf Day

There were blue skies and smiles all around as Headway held its brand-new Charity Golf Day in September.

The event at The Mere Golf Resort and Spa in Knutsford saw 17 teams, including brain injury survivors, corporate teams, and Headway Chief Executive Luke Griggs, tee off.

Headway's Director of Fundraising Jen Murgatroyd said: "A huge thank you to everyone who joined us for the Headway Golf Day on 19th September!

"It was an incredible day, and your support and fundraising efforts mean we can continue to help people rebuild their lives after brain injury.

"A big thank you to our sponsors: Irwin Mitchell for sponsoring the drinks reception, UK Expert Medical for sponsoring breakfast, and Bertie B's Home & Lifestyle for the raffle prizes. Thanks also to CFG Law for sponsoring a hole and whose generous sponsorship also allowed Team Headway to participate.

"Thanks also to our inspiring speakers, Dr Bruce Powell and Brooke Trotter, and to Nick Gibbs for creating the incredible trophy.

"And big congratulations must go to our Golf Day winners! Richard Lowry from HCML won the 'nearest to the pin' contest, Jay Penfold from Team Headway had the 'longest drive', and Team Charles Stanley was the overall winner on the day.

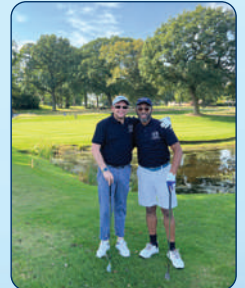
"We're already looking forward to next year - let's make it even bigger and better!"

Details of the 2025 Headway Charity Golf Day will be announced soon, but the annual event will be open to anyone wanting to take on a solo challenge, join with friends and family, or create a corporate team of colleagues and clients.

Headway's Event Manager, Holly Howey, added: "Thank you to everyone who joined us. Your support will make a real difference in the lives of those affected by brain injury.

The event presents a wonderful opportunity for golfers of all levels to come together, enjoy a fantastic day on the greens, and make a big difference to the lives of brain injury survivors.

Whether you're a seasoned pro or just discovering the joys of the game, we invite you to join us for another fantastic day in 2025, where golf meets giving."



SCAN HERE

Scan this QR code or visit [headway.org.uk/golf-day](https://www.headway.org.uk/golf-day) to register your interest in the 2025 Golf Day

Headway launches BY THE BEDSIDE appeal



Every 90 seconds, someone in the UK is admitted to hospital with a brain injury.

Brain injuries don't take a holiday over Christmas; they can be devastating and change lives in a heartbeat.

At Headway – the brain injury association, we believe no one should face brain injury alone. In addition to our other services, our Emergency Fund provides vital grants of up to £500, helping families cover travel and accommodation costs so they can be by the bedside of their loved one at the most critical time.

Every year, hundreds of people apply for this financial support but with applications higher

than ever for our grants, we're struggling to meet the demand, and we need your help to reach everyone who needs us.

Vital donations made to our By the Bedside Christmas appeal will help support the Emergency Fund, so in turn we can support more people like Dean and his mum Christine.

When Dean sustained a brain injury in a devastating road traffic collision in 2013, he wasn't expected to survive. With support from the Emergency Fund, Christine was able to be by Dean's bedside when it mattered the most.

As part of the campaign, brain injury survivor Phil and his wife Rachel also discuss the 'hardest challenge' they'd ever faced when Phil was hit by a pizza delivery driver in 2020, just two days before Christmas.

Headway
the brain injury association

Give the gift of presence this Christmas

Buy a decoration or simply make a donation

We desperately need your support to raise vital funds to help families with **emergency travel and accommodation costs** when visiting loved ones in hospital following a brain injury.

This is an urgent appeal
Please buy a decoration or donate by scanning the QR code or visit headway.org.uk/bythebedside

BY THE BEDSIDE

Headway - the brain injury association is registered with the Charity Commission for England and Wales (Charity no. 1055802) and the Office of the Scottish Registrar (Charity no. SC 009902). Headway is a company limited by guarantee, registered in England no. 2048893.



Phil and Rachel



Dean and Christine

To watch their powerful stories and to support the By the Bedside campaign, please visit our dedicated page and help give the gift of presence this Christmas.

CREATIVE EXPRESSION

In 1985, Xavier White was 18 and excited about developing his artistic talents at college. However, life suddenly changed when he was hit by a car while cycling in London.

Xavier sustained a serious brain injury in the near-fatal crash cycling home and spent ten days in a coma at King's College, then crossed to Maudsley Hospital to a neurosurgery rehabilitation ward where he re-learned to walk and talk.

Now 40 years on, Xavier is an accomplished outsider artist. He volunteers at London's Bethlem Gallery and works with student nurses on resilience. He's been the London South Bank University Artist in Residence, named Outside In's Artist of the Month, Sept 2023, also exhibited at world-famous Sotheby's and even been snapped by celebrity photographer Rankin. We asked Xavier about his work.

How does your brain injury inspire your art?

"My brain injury, treatment and recovery have inspired my artwork in a multitude of ways. My creative support for NHS and care staff started with my sponsored cycle, which now could be called a protest performance, I guess? It certainly was a performance cycling 550K from Glasgow to London. Also, glass is a medium I seem drawn to; it's everywhere.

"A fragile, brittle, rigid but tough medium, like us brain injury survivors."

Do you have an artwork you're most proud of?

"I humorously made a spoof blue plaque at Bethlem Hospitals ceramics

workshop; 'Xavier Hilts White was treated here April - June 1985, head injury survivor, artist and Bethlem Gallery volunteer.' The plaque is now mounted outside Maplin House, three metres from the room I was an inpatient in for three months at Maudsley Hospital."

You hosted 'Return To Re-write' to mark Headway's Action For Brain Injury Week 2024...

"Return To RE-Write' was an art trail around my works at Maudsley Hospital and Bethlem Gallery offered me three display cabinets for it. I used mainly mirrors, some cracked, from 'Xavier White's Full Circle Exhibition' which I added. I like the way it incorporates fragility and the viewer as a potential head injury survivor; it could happen to you.

"I also did a brain casts painting workshop on Bethlem's brain injury ward at Bethlem Hospital."

What's next?

"I'm preparing an exhibition at Mycenae House, Blackheath next March. Also volunteering at Lewisham Hospital's occupational therapy garden and preparing some outdoor artworks in 2025."

To find out more about the event and Xavier's work, head to xavierwhite.weebly.com



Reaching out, trying out, falls & cracks.



Heaving up, out of coma, what can I do, be, what's for me?



The Approved Provider Scheme

What is the Headway Approved Provider Scheme?

The Headway Approved Provider Scheme is an accreditation program aimed at promoting high standards of care and practice within specialist brain injury services. It ensures that services prioritise the needs of individuals and families while also receiving expert guidance and support from Headway - the brain injury association.

Who is eligible to apply for the Headway Approved Provider Scheme?

The scheme is open to residential services specialising in the care and rehabilitation of individuals with brain injuries. This includes both established residential services and providers looking to start supporting brain injury survivors, provided they meet Headway's standards and are committed to continuous improvement in care delivery.

What does the accreditation process involve?

The process includes an assessment conducted by a professional in the field of brain injury and an expert by experience. The assessment will review care practices, staff training, service delivery, and user experience, with recommendations, suggestions, and resources provided by Headway ABI experts.

Successful services receive an accreditation logo and certificate, which validates their commitment to high standards.

How does the scheme help improve the quality of service?

The scheme supports services by identifying gaps and areas for improvement, offering guidance from ABI experts, and ensuring ongoing training to deliver high-quality care and prioritise the experience of both service users and their families.

What are the benefits of becoming an Approved Provider?

Approved Providers gain access to expert recommendations, accreditation through the Headway logo and certificate, listing and promotion on the Headway website, free corporate membership, and discounted rates on Headway training courses.





Leading Personal Injury and Medical Negligence Lawyers



Boyes Turner is proud to be an active supporter of Headway. Kim Milan, head of our Personal Injury team, is a Trustee of Headway Thames Valley.

Our specialist lawyers and brain injury support team have the knowledge, experience and commitment to ensure that you and your loved ones get the result you deserve and the support you need. We are more than happy to visit you in hospital or at home at times that suit you. We provide national coverage.

A special thank you to my lawyer Kim. Her input has changed everything for me. She has given my life a level of security and stability that I never thought I was capable of achieving post-accident.

Jessica Stevens

Contact Kim Milan on **0118 952 7137** or claimsadvice@boyesturner.com
boyesturnerclaims.com

Personal yet professional legal advice.

Freeths vastly experienced Personal Injury team, led by the highly respected Jane Goulding has an unrivalled reputation for handling brain injury claims, helping our clients receive the life-changing rehabilitation and compensation they deserve.

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Prince Evans LLP is a specialist brain injury practice that focuses upon representing the interests of our clients and their families to the full.

We are understanding and knowledgeable of the multiple complexities that are experienced by all when a loved one is affected by brain injury.

We provide a free nationwide no obligation consultation to discuss respective claims and where our expertise can assist; including with potential interim payments, rehabilitation and case management and support. We offer no win, no fee funding.



For more information on how we can help, contact
Gary Smith, Head of Personal Injuries

Call free on 0800 019 0991

Email: gary.smith@prince-evans.co.uk

Gary Smith is a member of Headway - the brain injury association's Personal Injury Solicitors list



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