

Spring 2026

Headway News



The magazine of Headway - the brain injury association



From gamer to Guinness World Record holder

p14-15



Tennis
partnership

Page 6



Action for Brain
Injury (ABI) Week

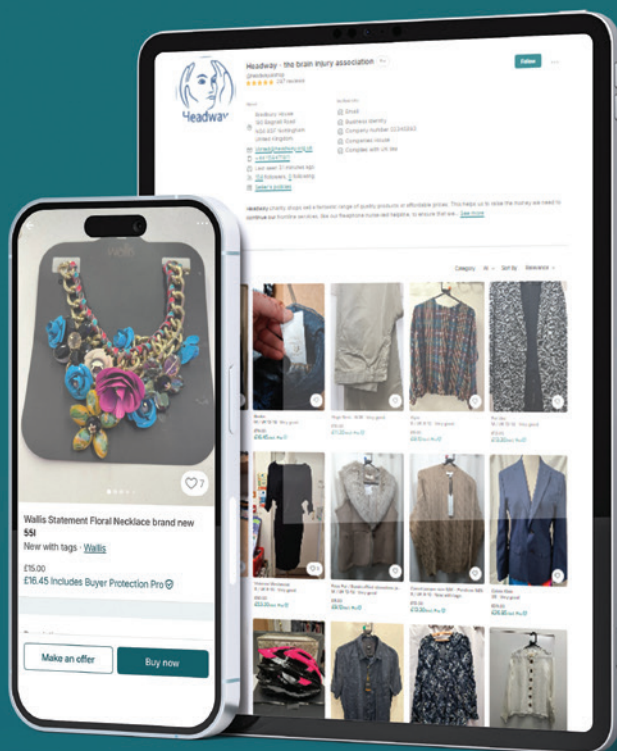
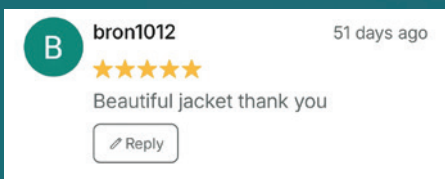
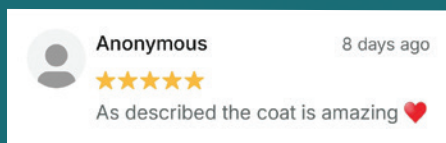
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Crafted by
courage

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Headway on Vinted



Finding your next fashion favourite or giving preloved items a second life has never been easier with Headway's online Vinted account.

Headway's curated collection is packed with quality clothing and accessories, all carefully selected to ensure great style at great value. From everyday essentials and vintage gems to designer pieces, wedding dresses, records, boxsets and more, there's something for every taste and every treasurehunter.

Every purchase helps fund vital support for people affected by brain injury - so you're not just shopping sustainably, you're making a real difference.

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- Explore our range of quality second hand clothing and accessories

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- Buy directly through Vinted with their secure payment methods and simple shipping options

Support a great cause

- Every purchase helps fund our work supporting people and families affected by brain injuries.

Welcome

Welcome to the Spring 2026 edition of *Headway News*. It's a pleasure to bring you another issue filled with powerful stories, practical guidance, and inspiring achievements from across our community.



Colin Morris

We begin with your voices. In this edition's 'Your views' section, readers share their *top tips for travelling after sustaining a brain injury*. For many, travel can be both exciting and daunting, and it's clear from your contributions just how valuable lived experience is in helping others navigate similar challenges. If you find these insights helpful, don't miss the more detailed feature on pages 26 and 27, where we explore the topic in depth and provide further advice to support confident, enjoyable journeys.

On pages 14 and 15, we focus on an extraordinary supporter whose dedication embodies the very best of our community spirit. Sam King undertook an astonishing challenge—running *80 consecutive ultramarathons*—in honour of his mum, Penny, who sustained a brain injury last

year. Sam's achievement is not only a phenomenal display of endurance, but also a heartfelt tribute rooted in love and a desire to raise awareness. I'm certain his story will uplift you as much as it has inspired us.

Looking ahead, we also introduce this year's ABI Week theme, focusing on *isolation after brain injury* (page 22). Between 18 and 24 May 2026, we will be exploring the many ways isolation affects survivors, families, and carers—and the steps we can all take to build better connection and understanding. It's a theme shaped by your experiences, and one we hope will spark meaningful conversations nationwide.

Finally, prepare to be inspired by survivors pursuing new creative ventures. From our roundup of brain injury books on pages 18 and 19, to the remarkable story of Arpit—who has channelled his recovery into developing a unique perfume—on pages 28 and 29, this edition celebrates the talent, passion, and perseverance that make our community so remarkable.

Thank you, as ever, for reading and for being part of the Headway family.

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

Headway office:

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enquiries@headway.org.uk

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0808 800 2244 (9am - 5pm, Mon to Fri),
helpline@headway.org.uk

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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Headway's Helpline

The Headway helpline is a free, confidential service available to anyone with a question about brain injury - from survivors and carers to students and professionals.

Headway's nurse led helpline aims to provide information on all aspects of acquired brain injury including symptoms, rehabilitation and practical problems. The team can also send out printed copies of factsheets, as well as helping you to find your local Headway group or branch.

The helpline team is always just a call or email away- ready to listen, answer your queries, and provide the support you need.

The helpline is open between 9am and 5pm from Monday to Friday.

Tel: 0808 800 2244

Email: helpline@headway.org.uk



Your views

If going long haul, make sure you get an aisle seat. Drink bottled water and stay hydrated. Take your own eye mask and ear plugs / noise cancelling headphones. Change your watch/ phone to the new time zone ASAP; the sooner you can adapt to the new time zone the better."

Your top tips on holiday plans

As summer approaches, now may be the time you've started to think about planning a holiday, but for some, this may be the first time you've considered travelling after sustaining a brain injury.

More and more holiday providers are recognising the needs and preferences of disabled travellers - but a little forward planning can still make all the difference.

Small steps - from choosing quieter locations to carrying information that explains a hidden disability - can help make travel after brain injury more accessible, enjoyable and rewarding.

We asked our community to share their experience of what worked for them, when it comes to travelling after brain injury.

Turn to page 26 for more top tips on holiday planning!

"Make sure you include rest in your plans; don't feel you have to do everything but choose what most interests you without guilt. That way you can enjoy your holiday. If assistance is available make use of it; it's not always brilliant but it can help you manage the stress of travel."

"Make sure you have excellent travel insurance. Enjoy whatever you plan! Don't try and overdo things, take things nice and steady."

"Noise cancelling headphones were essential for me (walking through the airport and during take-off and landing, in particular). Let your fellow travellers lead on things like car hire/ transfers when you arrive. Think about flights times, try to find ones that suit your fatigue pattern."

"Rent a wheelchair every day to take steps away if, like me, you find walking around too much causes major fatigue symptoms. Know your limits. I also had an access request with the airline and was able to get assistance to get through security faster. I also used their wheelchair. I have no muscular skeletal issues, it's all brain injury limiting my physical activity."



Network News

Tennis partnership is serving up confidence and community

Dozens of brain injury survivors experienced the transformative health and social benefits of playing tennis, thanks to a successful partnership with the Lawn Tennis Association (LTA).

Headway charities Sussex, South Bucks and Hertfordshire, alongside volunteer-led branch Headway Harrogate received funding and a kit bag from the LTA Tennis Foundation, as well as expert support from tennis coaches.

Kit bags contained tennis rackets, mini nets, indoor and outdoor balls, slip on hand paddle and a Velcro paddle, for those who struggle to grip a racket.

John Archer, CEO at Headway Hertfordshire, said around 40 clients from peer support groups Welwyn, St Albans, Watford and Hemel Hempstead enjoyed taster sessions.

John said: "The partnership has been really successful! The energy and excitement that's been generated for it has been superb.

"The sessions are an hour long so is manageable for a lot of clients with respect to fatigue.

"The coaches were wonderful; my clients have cognitive issues, and some have physical issues, but the coaches were able to cope with everything and adapt. No disability was missed out.

"We have one client who's partially sighted, and the coach had soft balls with bells in them, utilising sound to detect the ball."

John said clients enjoyed the taster sessions so much that he worked with Sport England to secure further funding to enable the charity to continue providing the sport.

He said: "Parallel to those sessions



running, I worked with Sport England and secured a grant for £15,000, which is allowing us to do a longer programme and continue with the tennis sessions for quite a while.

"Four groups in Hertfordshire will be continuing with blocks of six lessons throughout 2026.

"It's fantastic for client's physical health and mental wellbeing, and it gets them out doing something physical which they love."

There will be an opportunity for more Headway charities and volunteer-led branches to get involved with the Lawn Tennis Association partnership this year. More details will be shared in the Spring!

Headway Plymouth cooking with confidence

Headway Plymouth hit the headlines as they hosted BBC Spotlight South West to learn how their cooking initiative is helping clients with their recovery.

The charity was delighted to discuss how they work with collaborators Food is Fun CIC and Fareshare South West to use food to re-enable clients around all aspects of nutrition and the kitchen, including budgeting, menu planning, shopping, food preparation, cooking and storage.

On the day clients and the team produced apple chutney sausage rolls, a seasonal coleslaw and spiced apple muffins – all from scratch!

Headway Plymouth's chief executive Craig Butler said: "For people who are perhaps the most profoundly impaired, food is an explosion of colour and taste and texture that is relevant.

"For others it is impairment of their fine dexterity skills and learning to hold equipment, carry things around the kitchen and use potentially sharp knives again can be quite risky.

"People with a frontal lobe brain injury have impairment with sequencing, meaning they may not understand the order in which to prepare a meal, so this sort of exercise with our clients and their families helps them to relearn core skills around food preparation."

Client Dave Ackrell sustained a brain injury following a motorbike accident

about 18 months ago and hailed the initiative as "brilliant".

He said: "I've not really laughed since I had my accident but at Headway Plymouth I just listen to people talking and you hear someone giggling and it just brings you up.

"It's great, I love it here."



ABI Games Roadshow heads to Hertfordshire this summer

Headway Hertfordshire are hosting the Headway Worcestershire ABI Games Roadshow this summer!

June 2 will see survivors enjoy a range of different sports including; walking football, LTA walking tennis, walking rugby, walking cricket, walking badminton, boccia and bowls.

John Archer, CEO at Headway Hertfordshire, said: "2026 is a down year for the already established ABI Games, but organiser Mandie Fitzgerald has always wanted to do a roadshow and build on momentum and awareness.

"So Headway Hertfordshire will be hosting the ABI Games Roadshow in June, and we'll have a number of sports for people to take part in or try out.

"In Hertfordshire, 2026 is the 'Year of Disability Sport & Physical Activity' – a year-long initiative which looks to enhance the accessibility and inclusivity of sports and physical activities for individuals with disabilities, so the ABI Games Roadshow fits perfectly into that!"

If you have an acquired brain injury and would like to take part, please visit: www.abigames.org/roadshow-participant/ or email: enquiries@headway-herts.org.uk

Bridge lights up for Headway



On 12 December last year, Poole's iconic Twin Sails Bridge lit up in striking shades of blue and pink to honour brain injury survivors across the UK.

From dusk to dawn, Bournemouth, Christchurch and Poole (BCP) Council illuminated the landmark in the colours of Headway UK, in a powerful gesture which hoped to raise awareness of brain injury as well as celebrate survivors country-wide.

December 12 also marked our Annual Awards, which celebrates the courage and achievements of survivors, carers, volunteers, and professionals. Fifteen inspiring finalists across five categories were recognised for their dedication and resilience.

Colin Morris, Director of Communications at Headway UK, said: "We were thrilled that Twin Sails Bridge highlighted brain injury and are extremely grateful to BCP Council for their support.

"Every 90 seconds someone is admitted to a UK hospital with a brain injury- whether from a concussion, stroke, aneurysm, or trauma. The effects are often hidden but life-changing, so this gesture is a powerful way to honour survivors nationwide.

"The Twin Sails Bridge illumination coincided with our Annual Awards ceremony, so it was great to be both raising awareness of brain injury as well as celebrating survivors on the same day!"

Headway Carers Week Competition

To celebrate Carers Week we're giving you a chance to put your creative skills to good use.

Step 1: Write or record a poem, haiku or ditty that demonstrates your appreciation of your carers. We'd love to hear poems from a carer's perspective too.

Step 2: Send your entries, videos or quotes to marie.peacock@headway.org.uk

Step 3: First, second and third places will all feature in Headway News, the Headway website and social media platforms. Videos will also appear on our social media throughout Carers Week.



The closing date for the competition is Sunday 3rd May 2026.

Network News

Nashville comes to Newcastle: EMG Solicitors' WonderLAN Ball raises £45,000 for Headway UK

Nashville comes to Newcastle: EMG Solicitors' WonderLAN Ball raises £45,000 for Headway UK



Held at Utilita Arena in Newcastle, the 10th annual ball featured rhinestones, rodeo outfits, and country line dancing as 550 guests settled in for A Night in Nashville.

Guests toe-tapped along to live music from One Night in Nashville, watched in amazement at fire performers and even tried out how they'd fare working on a ranch as they rode a mechanical bull!

The money raised goes directly to support Look Ahead in the North (LAN), a residential weekend for members of Headway groups and branches in the North East and Cumbria.

A Night in Nashville raised an incredible £45,000, ensuring over 100 brain injury

survivors, their loved ones, carers and volunteers can enjoy a weekend of activities and workshops at the Calvert Trust.

Activities include high ropes, archery, music therapy sessions, and live entertainment in the evenings.

Luke Griggs, CEO at Headway UK, said: "The money raised is crucial to our annual LAN weekend; an opportunity for brain injury survivors to experience camaraderie, team building and emotional support.

"And it simply would not be possible without the efforts of EMG Solicitors and all those who contribute to the amazing WonderLAN Ball each year."

Design a Christmas Card Competition

Enjoy getting creative? Why not enter our Christmas Card Competition for a chance to feature in Headway's 2026 Christmas Card collection!

What you'll win:

- A framed keepsake of your Christmas Card
- Your story shared in Headway News (optional)
- Your artwork promoted on our website and social media
- Valuable exposure for your Group or Branch

Why take part?

This is an incredible opportunity for the winning local Headway charity or volunteer-led branch to get exposure for their amazing work. The winner will receive their card framed and have their design go into production for our Christmas Card range for 2026. We will also be announcing the winners in Headway News and featuring an interview and photo of the winners.

Who can take part?

To be eligible to enter this competition, the artist must be a brain injury survivor. Additionally, the artist or their family/ loved ones must have used the services provided by Headway.

Closing date for entries is midnight on Sunday 29th March, 2026.

How to enter

This year we have opened up the competition to both local Headway affiliated charities or volunteer-led branches, as well as Headway UK service users. This year we are looking for three winning designs, meaning there is more chance of winning!

Submit all entries using the form: <https://headwayuk.wufoo.com/forms/m1pdug700zaflr1/>

For full terms and conditions, visit: www.headway.org.uk/christmas-card-competition-2026-terms-and-conditions/



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MP calls for brain injury screening in women's prisons

Member of Parliament Jess Asato has urged routine screening for brain injury among women in prison, citing the high prevalence of injuries caused by domestic abuse.

The MP's call came ahead of a special event in Parliament earlier this year. The event showcased Lollipop, an award-winning film that explores the systemic barriers faced by mothers after release from custody.

The screening was accompanied by a panel chaired by Jess Asato MP, who is the government adviser on reforming the NHS response to violence against women and girls.

Speaking on Radio 4 before the screening, Jess Asato MP said:

"What I would like to see, and the reason why I'm hosting this event in parliament today with Birth Companions, which are an amazing charity supporting women, is the screening of all women for brain injury.

Because many, many women in prison have brain injury caused by domestic abuse."

Headway UK's Justice Programme Manager Chris Marriott said:

"Brain injury makes life during and after prison even harder for women. Many are dealing with the complex lasting effects of trauma and abuse, yet these injuries often go undetected."

"Around two-thirds of women in prison have a history suggesting brain injury, most commonly caused by domestic violence. Screening every woman in prison is a vital first step to breaking cycles of harm and ensuring they get the support needed to rebuild their lives."

Lollipop is available on BBC iPlayer.



Government ABI Action plan due in “the first half” of 2026 as parliament debates brain injury

The UK Government has again delayed its long promised ABI Action Plan — first pledged in 2021 — as confirmed by then Public Health Minister Ashley Dalton MP during a Westminster debate secured by Headway Parliamentary Champion Sir John Hayes in a recent debate.

While it's positive that the minister reaffirmed her commitment to brain injury, another setback to a plan now four years overdue is deeply disappointing. Brain injury survivors and local Headway groups need meaningful action and support without further delay.

Minister Ashley Dalton confirmed the delay during the debate, stating that: *“In the coming months, in the first half of next year, I confirm that we will publish the acquired brain injury action plan.”*

Each delay causes real frustration for brain injury survivors, families and

carers. It also adds extra pressure on local Headway charities already working hard to provide vital support.

During the debate, MPs from different parties raised concerns about the delay, and its impact on survivors, with MPs urging the Government to publish its plan.

Headway UK's Chief Executive, Luke Griggs, said: *“It's hugely disappointing that the Government is delaying the ABI Action Plan yet again, given the urgent need for a joined-up strategy that prioritises brain injury survivors and the services that support them.”*

“While we welcome the recognition of dedicated local Headway charities and branches in the debate, the Government must deliver on its promises to ensure survivors get appropriate, tailored support from all Government departments.”

“We recognise the Minister's dedication to getting the Action Plan right. Successive Governments have had plenty of time to publish and implement a meaningful strategy, based on the comprehensive feedback and evidence provided

by people affected by brain injury and charities such as Headway that support them.

“But after four years of waiting, it is fair to say that brain injury survivors and carers deserve more. They deserve the Government's pledges to be backed up with meaningful action.”

“We look forward to a comprehensive and transformative ABI Action Plan being published as early as possible in 2026.”

The debate also highlighted just how important local Headway charities and volunteer-led branches are to people living with a brain injury. MPs from various parties spoke warmly about the support offered by services included those provided by their local charities.

Despite cross-party pressure, in terms of new developments the debate offered little beyond a revised timeline and an update on the Minister's cross-departmental discussions. Headway UK will continue pressing the Government to deliver a meaningful ABI Action Plan.

Annual Awards WINNERS



Five remarkable individuals from across the UK were honoured at the prestigious Headway Annual Awards on Friday, December 12, 2025. Held at the Royal Lancaster Hotel in London, the glittering ceremony celebrated 15 finalists for their resilience, dedication, and achievements, while raising awareness of brain injury.



Alex Richardson Achiever of the Year - Lorna Collins

.....

Multidisciplinary artist and brain injury survivor Lorna Collins, from Buckinghamshire, received the *Alex Richardson Achiever of the Year Award*, sponsored by Slater & Gordon, for her commitment to helping others with lived experience of brain injury.

Lorna sustained a traumatic brain injury (TBI) aged 18 after falling from her horse.

She has turned her experience into advocacy through A Creative Transformation (ACT) - a research project and practical service centred on creativity.

Lorna couldn't attend the Awards ceremony in-person due to being at a brain injury conference in Australia, but she joined via video link and was virtually presented with the award.

Lorna said: "I am thrilled, delighted and so grateful to have won this award.

"It turns my brain injury on its head; as a result of winning the award, all the trauma and torment I have experienced have become something life-affirming and creative."



Carer of the Year - Lorna Still

.....

Mum-of-six and devoted wife Lorna Still, from Beckton, East London, won *Carer of the Year* for her unwavering dedication to caring for her husband following a life-changing brain injury.

Lorna's husband Ali sustained a brain injury during an electric bike accident in 2022 after colliding with another cyclist and landing on his head.

Ali underwent a craniectomy and now lives with aphasia (a communication disorder), epilepsy, and is partially blind and deaf in the right ear.

At the time of the accident, Lorna was 16 weeks pregnant and gave birth while Ali was still in hospital.

On receiving her award, Lorna said: "I feel honoured- it's absolutely amazing.

"Thank you to everyone who has supported me. Thank you to my friends, family, the medical team who support Ali, and Headway UK- I couldn't have done it without everyone."



Volunteer of the Year – Alec Williams

Retired engineer and assault survivor Alec Williams, from Cardiff, won *Volunteer of the Year*, sponsored by Anthony Gold Solicitors LLP, for his 20 years of volunteering with Headway Cardiff and South East Wales.

Alec sustained a TBI after an assault in 2003, leaving him unable to work or drive and struggling with memory and coordination. His dedication has helped countless clients socialise and rebuild skills.

When asked how it feels to win Volunteer of the Year, Alec said: "With having a brain injury, winning an award is something I never thought I'd have in my life, but it's made my day!"

"Volunteering is so important to me. I get so much out of it. It's helped me with my brain injury too."



Stephen McAleese Outstanding Contribution to Headway Award – John Caulfield

Durham dad John Caulfield, from Stanley, received the *Stephen McAleese Outstanding Contribution to Headway Award* for his unwavering commitment to helping others affected by brain injury.

John has been a carer for his son John Junior since 2004, when he sustained a traumatic brain injury (TBI) aged 18 following a road traffic accident.

Following John Junior's TBI, John and wife Angela helped establish Headway County Durham, where he has served as volunteer, trustee, and organiser of monthly drop-ins and the annual Look Ahead in the North residential weekend, offering survivors and families outdoor activities, workshops, and relaxation.

John said: "It's overwhelming to receive the award.

"For every finalist in every category, getting to the final three is a tremendous honour.

"I can't put into words how it feels and what it means to me."



The Headway Extra Mile Award – Samantha Ashcroft

Dedicated charity worker Samantha Ashcroft, from Blackpool, won *The Headway Extra Mile Award*, sponsored by Irwin Mitchell, for supporting brain injury survivors and their families across Lancashire and Greater Manchester.

As Network Coordinator for Headway Blackpool Wyre & Fylde and Network Manager at Headway Salford, Trafford & North Manchester, Samantha dedicates her work to improving life after brain injury, inspired by the memory of her late friend Andrew Kendrick.

Samantha said: "Winning this award means that the work I do is recognised and I'm making a difference to improve life after brain injury, whilst keeping the legacy of my close friend Andrew alive.

"At times I doubt myself thinking I don't offer enough or make a difference, so winning this is the clarity I needed that I do and can make change."

Thank you to our incredible sponsors, supporters, attendees, and everyone who generously donated raffle prizes for the Headway Annual Awards 2025.

Your support helps us continue our vital work championing people living with brain injury and celebrating their remarkable achievements. We are deeply grateful.

From gamer to Guinness World Record holder:

Sam King runs **80 ULTRAMARATHONS** for mum and Headway UK

Sam King's extraordinary fundraising challenge is a story of grit, determination, and the deep personal meaning behind every mile.

Sam, 32, from Essex, took on the challenge of a lifetime as he ran 80 ultramarathons back-to-back in honour of his beloved mum Penny, who sustained a brain injury last year.

The former gamer turned ultrarunner initially set out to run 74 ultras in as many days under 'Project 74', but extended his challenge to raise as much awareness and funds for Headway UK as possible.

Sam - who was once the highest-ranked player in the world for video game Call of Duty - even bagged a Guinness World Record in the process, after beating the previous record of 60 days for the most consecutive ultramarathons ran by a male.



Here's a brief account of his incredible journey...

Day 37 saw Sam reach the halfway point of 'Project 74' - the equivalent of running from Frinton in Essex all the way to Rome!

Cheering him over the halfway mark were an incredible 277 individuals from local running clubs who laced up their runners to join Sam on his 37th ultra.

Day 40 saw Sam finish his 50km with an appeal- to help his challenge get some airtime, and boy did it take off! Sam's call was heard far and wide and saw him featured on Good Morning Britain, ITV News, BBC News and various podcasts.

Sam said day 48 was a day he "wouldn't be forgetting anytime soon" as he chatted to Jenni Falconer for weekly podcast Run Pod, as well as running and chatting with celebs including husband-and-wife TV personalities Spencer Matthews and Vogue Williams.

Day 50 & 51 saw Sam dig deep, as he put in the miles with a sore knee.

"It takes a lot of joy out of running when it feels like my knee could give way at any moment, and that this whole challenge could be over in an instant", he admitted.

Ever the optimist, Sam added: "But that said, the fat lady isn't singing yet."

December 9 was the day Sam completed his original challenge of running 74 ultramarathons in 74 days.

His 74th run wasn't easy. Battling stormy skies and severe weather warnings, Sam pushed through to honour his commitment.

Reflecting on the milestone at the time, he said: "Today I ran my 74th ultramarathon in 74 days, which means I've officially ran one for every year of my dear mum's life before she fell ill earlier this year."

But Sam didn't stop there, as he added six more runs to keep raising vital funds.

December 12 was a truly special day for all at Headway UK. The charity's Annual Awards ceremony is always a heartfelt celebration, honouring brain injury survivors and the incredible people who support them. But 2025's event had an unforgettable moment.

Our guest speaker? Sam King - a man who didn't just arrive, he ran into the venue fresh from completing his 77th ultramarathon!

Sam made his entrance to his mum's favourite song, setting the tone for an emotional and inspiring afternoon. On stage, he sat down with Sam Peters, award-winning author and former rugby correspondent, and shared the highs and lows of his journey.

Sam said: "What an incredible reception at the annual Headway UK Awards.

"It has been an honour and a privilege to represent and fundraise for Headway UK, and I look forward to many more years as an ambassador."

December 14 saw the grandest of finales for Sam's incredible journey.

After 78 gruelling ultramarathons, he laced up for what we thought would be his 79th and final run - only to surprise us all by conquering one more - number 80 - the very next day, just for himself, to savour the moment one last time.

Sam's 79th ultra saw him finish up on home turf, perfectly timed to greet his mum as she stepped out of her church service.

It was an emotional finish, with an electric crowd buzzing to celebrate Sam's extraordinary achievement.

And not only did he cross the finish line into the arms of his mum - after running under a human arch as supporters turned in their masses to cheer him on - but he absolutely smashed his fundraising target of £74,000!

At the time of writing, Sam has raised a mammoth £86,000 - that's enough to fund Headway UK's nurse-led helpline for FIVE months, supporting 5,000 families facing the challenges of brain injury.

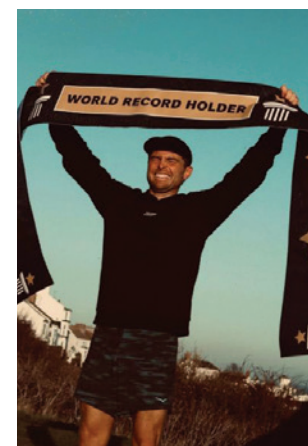


Sam said:

"Day 79 was the grandest finale we could have asked for. It was what dreams are made of."

"It has been an honour and a privilege to do this for my mum and for Headway - but also to be able to inspire so many people across the country."

"I can't thank everyone enough for all the support."



Headway UK Charity Golf Day 2026

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

Enjoy a round of golf with friends, colleagues and Headway supporters before tucking into a two-course meal and taking part in a raffle and auction, with top prizes up for grabs!

Last year's event raised an incredible £17,500 - a phenomenal amount that will go directly toward improving the lives of brain injury survivors.

However you choose to play, know that every divot you make and every birdie you score contributes to improving life after brain injury.

Can't make it but still want to be involved?

Become a sponsor

Whether a small local business or multi-site organisation, we have a range of sponsorship and branding packages on offer. You may choose to become our headline sponsor or perhaps sponsor a specific aspect of the event, such as breakfast, dinner, or a hole on the course. Email events@headway.org.uk for more information.

Auction Prizes

Do you have access to a prize or experience money can't buy? We would welcome donations of prizes for the auction. Businesses who donate auction prizes will be acknowledged in the evening programme. Email events@headway.org.uk for more info.

Organise your own charity golf day!

Enjoy all the benefits of golf and the outdoors whilst raising money for Headway UK. Get in touch with our community events team who can support your event and send fundraising materials at: community@headway.org.uk

Captain & Lady Captains Day

Are you looking to support a charity this year? Then look no further, we can help make your Captain & Lady Captain's Day the ideal fundraiser and support those affected by brain injury. You can contact us at: community@headway.org.uk

Event details:

Tuesday 15 September 2026

Carden Park, Cheshire Course

Cost:

£550 team entry

£145 individual entry

New study identifies link between brain injuries and increased suicide risk

A new UK-based study has revealed that adults who experience brain injury face a higher risk of attempting suicide compared to those without such injuries.

Led by University of Birmingham researchers and described as the 'first of its kind', the study analysed data from over 1.8 million adults in the UK across all types of head injuries, over a 20-year period.

Published in *Neurology*[®], the medical journal of the American Academy of Neurology, researchers found that people with head injuries were 21% more likely to attempt suicide than those without- even after adjusting for age, sex, deprivation, and mental health history.

The study's findings showed that the risk of suicide attempt was highest in the first 12 months following a head injury, suggesting a critical window for intervention.

Researchers found that while the risk declined over time, it remained elevated compared to those without head injuries. Social deprivation and a history of mental health conditions further amplified the risk, researchers concluded.

While suicide attempts were more common among those with head injuries, the study did not find a significant increase in deaths by suicide after accounting for competing risks such as other causes of death; suggesting that head injuries may lead to more frequent non-fatal attempts.

Researchers are now calling for routine suicide risk screening in primary and secondary care settings for patients with head injuries, as well as enhanced mental health support, particularly during the first 12 months post-injury.

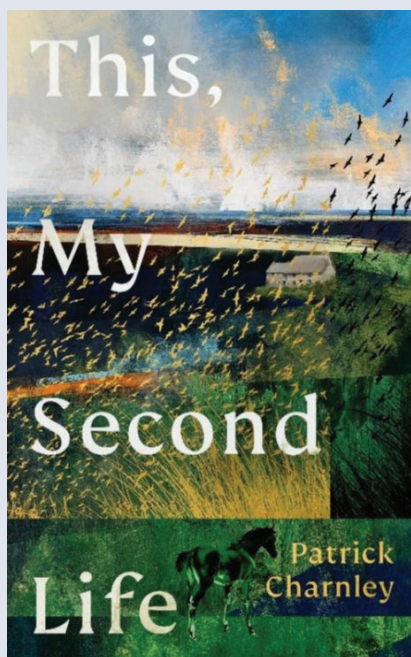
Professor Nicola Adderley, Professor of Epidemiology and Real-World Evidence at the University of Birmingham and a lead author of the study, said: "Our findings show that the impact of head injuries are not limited to just physical symptoms or repercussions. They can have profound psychological consequences.

"Suicide risk assessments should be considered for anyone with a recent head injury, regardless of their mental health history, to improve and safeguard patient outcomes."

Read more at: www.birmingham.ac.uk/news/2025/brain-injuries-linked-with-potential-risk-of-suicide-new-study-finds



Brain Injury Top Reads



'This, My Second Life'

How brain injury led Patrick Charnley to a new beginning

When Patrick Charnley collapsed from a sudden cardiac arrest, life as he knew it ended in an instant. Clinically dead for around 40 minutes, he survived, only to awaken into a world in which memory, vision, stamina and identity had been profoundly altered.

What followed was not simply a recovery, but the beginning of what Patrick now calls his 'second life,' a journey captured in his debut novel *This, My Second Life*.

Before his brain injury sustained due to a lack of oxygen to the brain following the cardiac arrest, Patrick

led an intense, fastpaced existence working on copyright law in the music industry, travelling internationally and juggling highpressure work with family life.

It was one evening sitting down to dinner with his family – a meal of sausage and chips – when Patrick experienced his cardiac arrest. After the trauma, however, he remembered none of it, nor much of the year before. Referring to his memory as “like a crochet blanket with some pieces there, but many missing,” he explains the anterograde and episodic amnesia that reshaped his new reality.

The early weeks after the cardiac arrest were disorientating but strangely calm. Patrick experienced hallucinations, blindness then impaired vision, and profound memory loss, leaving his family to repeatedly fill in the blanks as he struggled to retain information. His recovery unfolded slowly and while medical prognoses were often pessimistic, Patrick himself felt detached and adrift from the emotional weight carried by those around him.

The long-term effects have been wideranging. Permanent visual impairment, cognitive fatigue, executive dysfunction and apathy just some of the issues that now shape his daily life.

Social environments can be overwhelming; noise and light are painful; even identifying familiar faces is difficult. Yet Patrick has built a new rhythm of quiet, deliberate, structured days – paced carefully with energy that must be rationed as a “neurological selfprotection”.

It was within this new, slower rhythm that writing emerged for Patrick, not as a career ambition but as a means of recovery. Patrick began capturing memories and emotions as a way to

piece together his trauma and make sense of the change. Over time, these fragments grew into *This, My Second Life*, a novel truly shaped by his real experience.

In the novel, we meet Jago Trevarno, a twenty-year-old who, after a near-death experience and life-changing injury, goes to stay with his uncle on his small coastal farm a few miles from St Ives in Cornwall. Their existence is a simple one, dictated by the seasons and the animals they care for, and although local villain Bill Sligo provides antagonistic intrigue, the novel truly captures the feeling of comfort, warmth and reassurance that Patrick describes in the aftermath of his cardiac arrest and during his recovery in hospital.

That feeling – of being enveloped, protected, cushioned from the outside world – is woven through Jago’s experience. Patrick wanted to capture what he describes as an “utter bliss,” a rare sensation for an adult to inhabit so completely. In the months after his cardiac arrest, when his world had narrowed to the simplest forms of care, he found moments of profound peace. Writing became his way to hold onto that fleeting state, to understand it, and ultimately to share it. “I wanted to record the feeling of utter bliss... I wanted to encapsulate it,” Patrick explains. “Looking back and working through the trauma, I was trying to capture the sensation of peace and I wanted others to feel that through the book.”

For Patrick, his story is not about loss, but about transformation. “I don’t regret what happened,” he reflects. “A brain injury doesn’t mean misery.” Instead, it can mean rebuilding slowly, and patiently into a second life.

This, my second life is available to purchase from Amazon and Waterstones.

Finding Meaning After Brain Injury

At the age of 21, Dominic Hurley was on a university work placement in Cyprus when a night out ended in a life-changing accident.



Riding back early on a moped with a friend, the pair took a dark, closed shortcut and hit a kerb. Neither was wearing a helmet. Dominic has no memory of what followed. What he knows comes from others: he was found unconscious and bleeding heavily, and his friend, with no first aid training, performed CPR until a passing taxi – arriving against all odds on the closed road – stopped to help. Dominic believes that moment may have saved his life.

Following his brain injury, Dominic kept a diary to help manage day-to-day life. Writing helped him take ownership of his story, process trauma, and rebuild confidence. It also became a form of brain training, supporting memory, attention and language, while offering a safe space to think at his own pace.

Those writings eventually became *If You Have Five Minutes to Spare*, a candid and often humorous memoir charting Dominic's life before and after his injury. Rather than a simple story of triumph, the book offers an honest reflection on rehabilitation, relationships, mental health and finding meaning again, challenging ideas of disability and normality along the way.

In 2024, Dominic was awarded a British Empire Medal (BEM) for his fundraising work, having helped raise around £100,000 with the support of family and friends. The honour, he says, recognises not just his efforts, but everyone who supported him on his journey.

If You Have Five Minutes to Spare is available on Amazon.

Finding strength after trauma – Keith's story

Keith Pacey's life changed forever in his early thirties. One ordinary morning, while on his way to work, Keith was involved in a devastating car accident in slippery road conditions. The vehicle he was travelling in flipped and landed on its roof. Keith was left critically injured, fighting for his life both at the roadside and later the operating table.

The severity of his injuries led to a prolonged coma lasting over three months. When he finally regained consciousness, Keith faced the daunting task of learning to walk again. That accident occurred 28 years ago, but the challenges Keith faced in the aftermath were just beginning.

The physical recovery was only one part of the journey. Keith's personal life began to unravel. His marriage broke down, he lost his home, and his relationship with his

children became strained. The emotional toll of his brain injury was immense, and the lack of understanding and support made it even harder to cope.

Despite these setbacks, Keith showed remarkable resilience and managed to re-build his career as a HGV driver. However, living with a brain injury meant he experienced episodic dyscontrol causing sudden, impulsive outbursts of anger or aggression. These episodes were affecting his behaviour and decision-making, leading him down a difficult path.

Keith's life took another turn when violence led to imprisonment. Counselling sessions provided insight into his behaviour and brought clarity for Keith, spurring him to use his experience to help others.

To share his journey and offer this encouragement, Keith has written a book *True* – an honest, vivid and emotionally powerful account of surviving a catastrophic crash, the aftermath of living with brain injury and the rippling impact on relationships and freedom.

Keith's book 'True' is available on Amazon.

BIKING FOR BRAIN INJURY



From iconic British routes to breathtaking international adventures, a charity bike ride offers the perfect opportunity to push your limits, explore new places, and make a meaningful difference for people affected by brain injury.

For fundraiser Anne-Marie Goldsmith, her cycling challenge was deeply personal and showed what's possible with determination and a little help from friends.

Anne-Marie, from Berkshire, sustained a brain haemorrhage in 1997 and has struggled with walking, balance, concentration and fatigue for decades.

She never thought she'd ride a bike again. But in 2024, with the encouragement from her friend Claire, she tried out a tandem bike and hasn't looked back.

So much so that last year she cycled tandem from London to Brighton - 55 miles! - in aid of Headway UK and Headway Thames Valley.

"The London to Brighton bike ride is a personal challenge I never thought possible," she said.

"The initial goal was to be able to cycle four miles to a local café and back, which Claire and I achieved on my third time on the tandem."

"Before I knew it, Claire had signed us up for the London to Brighton ride.

"And we did it! We cycled every inch of the route including the infamous Ditchling Beacon. I can't quite believe it!"

Feeling inspired by Anne-Marie?

Check out the below list of cycling fundraisers you could take on this year in aid of Headway UK:

June

London to Bruges

A four-day ride from London to the canals and cobbled streets of Bruges, the 'Venice of the North.'

Dates: June 6 – 9 and September 5 – 8.

July

London to Paris

A 311 mile challenging ride from London to Paris, cycling through countryside, market towns, and rolling French hills. The five-day journey ends in spectacular fashion at the Eiffel Tower.

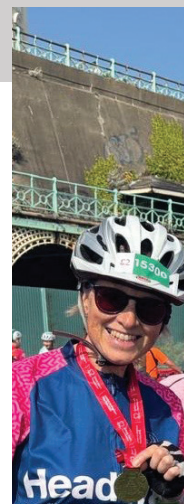
Dates: July 22 – 26, and September 9 - 13.

September

Lands End to John O'Groats

A 13-day journey from Land's End to John O'Groats- the furthest possible distance in the British Isles- covering over 1000 miles, while passing through stunning and remote countryside.

Dates: September 1 - 13.



Organising your own cycle...

London to Brighton

An iconic 55-mile challenge from Clapham Common to Brighton's seafront. Enjoy stunning countryside views as you pedal from city streets to the seaside.

Dates: September 13.

London to Amsterdam

Cycle through Kent, Bruges, and Breda before finishing in vibrant Amsterdam. That's over 300 miles through four countries over four days!

Dates: September 16 – 20.

November

Kenya

A 10-day 400km multi-day ride through Kenya's breathtaking highlands and wildlife conservations.

Dates: November 6 - 15.

For more information on the above cycles, visit: www.headway.org.uk/get-involved/for-individuals/fundraise-for-us/take-on-a-challenge/cycle-rides/

Perhaps you've already got a route mapped out and are looking to organise your own cycle in aid of Headway UK.

Whether it's a mountain climb, a multi-day epic, or a scenic loop with friends, we'd love to hear about it!

Share your plans and unlock support to make your ride unforgettable. Headway UK can help with:

Tips and advice - tailored for your plans.

Headway branded materials - to help you spread the word and proudly show you're part of something bigger.

Fundraising know-how that works - Our fundraising team loves helping supporters succeed! From clever ideas to confidence-boosting advice, we'll guide you toward your goal.

Your ride could start a chain reaction - Share your plans and motivate someone else to get on their bike for Headway.

We'd love to chat and help you plan your event. Just call 0115 855 0090 or email community@headway.org.uk to speak to the team about planning your charity bike ride.



Cycle Safety

Ride smart, get a helmet:

Headway is dedicated to promoting safe cycling and advocating for the compulsory use of cycle helmets.

Wearing a helmet can save lives and prevent people sustaining lifelong brain injuries.

We have a selection of helmets available to buy for £20 via our Vinted account. Your purchase will help us to raise the money we need to continue our frontline services to ensure that we can be there for brain injury survivors and their families.

Search @headwayukshop on Vinted to follow and shop. Not on Vinted? That's okay- email Vinted@headway.org.uk for more information.



Action For

Brain Injury Week 2026

18-24 May

'We see you'

This year, Action for Brain Injury Week will highlight the impact that isolation and loneliness can have on brain injury survivors, while also celebrating the power of connection found in communities where people truly understand what life after brain injury is like.

We know that life after a brain injury can be deeply isolating; an isolation that is often invisible to the outside world.

The anxiety, fatigue, memory issues, noise sensitivity and lost confidence can make even simple interactions feel overwhelming. Technology can create more barriers than solutions. The work, hobbies and routines that once held friendships together can fall away.

Even the closest of relationships can become strained.

Plans get cancelled, messages go unanswered, invitations stop coming and, slowly, isolation settles in. Often unnoticed. Often unseen. Often lonely.

But here at Headway, we see that isolation, that loneliness. And we see you.

We see the profound struggle you face – and we're here to help.

'We see you' will be a campaign built on empathy and understanding. We see the anxiety, the fatigue, the hesitation before leaving the house or answering the phone. We see the everyday reality of life after a brain injury.

Loneliness is too often a part of life after brain injury, but with understanding, support and community, it doesn't have to define it.

Our compassionate, expert support can help loosen the lonely grip. Whether a listening ear on our free, nurse-led helpline, or in safe, welcoming spaces across our network of regional support, new social circles can form, experiences can be shared and confidence can start to rebuild – surrounded by people who truly understand.

Commenting on this year's theme, Colin Morris, Director of Communications at Headway, said: "Loneliness after brain injury is often silent and unseen, but that doesn't mean it should be accepted.

"With this campaign we want every survivor to know: you are not alone, and you never have to face this journey unseen.

"One of the greatest sources of strength for survivors comes from connecting with people who truly understand, and this campaign is also about those moments of connection and the communities that help."

Keep an eye on our website and social media for more information about the campaign and how you can get involved!





the brain injury association



The **BIG** Headway **CUPPA**

Improving life after brain injury, one brew at a time!

Whether beating the winter blues with friends, or with colleagues for a coffee morning at work, one thing is for sure – you'll be making a **BIG** difference for those affected by brain injury this winter.



Scan the QR code to download your free fundraising pack or visit:
[headway.org.uk/bigheadwaycuppa](https://www.headway.org.uk/bigheadwaycuppa)



Bradbury House, 190 Bagnall Road, Old Basford, Nottingham, NG6 8SF. Tel. 0115 924 0800. Headway – the brain injury association is registered with the Charity Commission for England and Wales [Charity No. 1025852] and the Office of the Scottish Charity Regulator (Charity No. SC 039992). Headway – the brain injury association is a company limited by guarantee registered in England [No. 2346893].



Circular economy in action at Headway

From repairing to reusing, Headway is proving how putting a circular economy into practice can transform retail and reduce waste.

But what exactly is meant by a 'circular economy' and what role does Headway play?

What is it?

A circular economy is a framework for driving sustainability, reducing waste and making the most of resources. Simply put, it looks to use resources wisely by recycling, reusing and repairing.

As a society, we are used to taking natural resources, using them to make items, and then throwing them away at the end of their lifespan – an approach referred to as the 'take, make, dispose' model.

But this linear system means that products and materials are generally not used to their full potential, going from raw material to waste, leading to increased environmental pressure. The drive to a circular economy seeks to maximise the use of resources by emphasising 'repair, reuse and recycling'. A circular economy framework sees products and materials kept in circulation through processes like maintenance, reuse, refurbishment, remanufacture, recycling, and composting. Society is seeing a gradual shift to utilising this system, which is good for our planet and good for our pockets too.

The UK government set up a taskforce in November 2024 to look into different



ways they could support a circular economy in England. The Circular Economy Strategy was expected to be published in October 2025 but has been delayed until the Spring.

Why it matters:

The delay doesn't stop what's already happening in Headway's retail offering, with teams putting circularity into practice every day.

Charity shops remain one of the most visible parts of the circular economy and are central to sustainable retail across the UK.

David Byrne, Head of Retail at Headway UK, said: "Younger shoppers increasingly choose preloved fashion and repaired and upcycled items. This isn't a trend, it's the new normal.

"For us, embedding circular practices improves footfall, reduces waste, and keeps our mission visible locally."

How Headway is putting a circular economy into practice:

Headway shops continue to lead through practice with initiatives like Second-hand September, an annual campaign which encourages people to buy pre-loved clothing and other items to help reduce overconsumption and fast fashion.

David said: "Thanks to our amazing customers in 2025, Headway shops saved 1.75 million kg in CO2 - that's the equivalent to planting over 892,200 mature trees.

"We also saw a remarkable 303,294 donations handed in at our shop doors, ensuring more stock for our customers and less going to landfill."

Last year's Second-hand September sparked a 'shop window competition' across Headway shops. Retail teams were tasked with dressing their windows with donated treasures, amplifying the message of the annual campaign.

Teams got to work creating bold and inspiring window displays featuring donated items and key messaging using posters and painted pieces encouraging shoppers to shop second-hand.

Initiatives like Second-hand September prove that Headway can utilise creativity, unify stores around a sustainability theme, and make circularity visible to thousands of supporters.



Our role in the national picture:

Headway's continued practice outline exactly what the circular economy needs; practical action, community partnerships, and retail teams who understand that every

donated jumper, every reused window prop, and every pre-loved outfit on display helps build a fairer, more sustainable future.

What shops are doing:

Make 'repair and reuse' visible

Customers are responding to clear, themed visual messaging and buying repaired items in stores, or taking items home to upcycle themselves!

Prioritise quality sorting

Better presentation of items increases sales, helping to reinforce sustainable buying behaviours.

Strengthen local partnerships

Community groups, craft sessions, Big Headway Cuppa meets and a space for fundraisers to stop off

during their challenges are just some of the ways our shops can be used outside of the traditional sense. Partnerships amplify awareness of Headway, its cause and strengthen community links.

We hope to open our shop doors to more activities and initiatives in 2026.

Making summer breaks work after brain injury

Living with the effects of a brain injury often means coping with a level of fatigue that goes far beyond ordinary tiredness. It can arrive suddenly, derail plans and turn enjoyable moments into overwhelming ones.

While winter often gets the blame for low energy, summer brings its own challenges - from heat and bright light to noisy days out, busy airports and disrupted routines.

But with thoughtful planning and practical strategies, summer breaks and holidays can still be enjoyable without exhausting your energy reserves.

Why holidays can be so draining:

After a brain injury, your brain works harder to do things that used to be automatic - filtering noise, following conversations, coping with unpredictability. A holiday, with all its moving parts, can place extra pressure on these functions.

Fatigue can start building as early as the packing stage. Travel involves crowds, queues, noise, long days, and being outside your normal routine, all of which strain cognitive and sensory systems.

Spotting early warning signs

The earlier you recognise fatigue, the sooner you can manage it. Common early signs include; difficulty finding words, irritability or feeling suddenly overwhelmed, needing to withdraw from noise or people, or trouble making simple decisions.

Headway's *Fatigue after brain injury* guide offers further advice and can be downloaded at www.headway.org.uk/information-library

Plan your holiday with energy in mind

Instead of planning around what you think you "should" do, try planning around what you can comfortably do.

Choose the right destination

Think about what environments support your wellbeing. A quieter location, cooler climate, or selfcatering accommodation may help you control your rest, meals, and sensory load.

Pace the travel day

Travel can be the most exhausting part of the trip. Consider:

- Travelling off-peak
- Accepting airport or station assistance
- Allowing extra time so you're not rushing
- Building in rest before and after travelling

Even short breaks away from the crowds can prevent sensory overload.

Protect your 'rest zones'

Just as you might set up a quiet corner at home, identify a similar space on holiday. This could be a shady spot outside, a quiet bedroom, or simply a comfortable chair away from the activity.

Using that space early, not just when you're exhausted, can help prevent burnout.

Use your Headway Brain Injury ID Card!

The Brain Injury ID Card can make a huge difference when you need support. Whether in an airport, hotel, tourist attraction or restaurant, showing the card can help people to understand that you have a brain injury and make the right adjustments.

Pack your card before you travel, or apply at: www.headway.org.uk/idcard

Managing summer heat and sensory overload

Heat and bright light can intensify fatigue after brain injury.

Try:

- Planning main activities in the cooler mornings
- Resting during the midday heat
- Keeping hydrated throughout the day
- Choosing shaded routes and indoor attractions when possible

None of these ideas changes the holiday, they simply help to maintain your energy levels for the parts you most want to enjoy.

Expectations vs reality: giving yourself permission to do less

Summer often brings pressure to stay active and sociable, but doing more isn't always better. Shorter outings, quiet afternoons and slower days can still be fulfilling.

It's okay to; say no to plans, leave early, skip an activity, take a nap or spend time alone to reset.

Protecting your limited energy isn't selfish - it helps you stay well and often leads to better experiences for everyone.

Communicate your needs early

Tell your companions what fatigue looks like for you and what helps - whether that's quiet time, reduced noise, or regular breaks. They may notice signs of fatigue before you do.

Hotels, parks and attractions are often able to help if you ask ahead. A quick call or email might secure:

- Accessible routes
- Cooler or quieter seating areas
- Stepfree options
- Queuereduction support

Small adjustments can save a huge amount of energy later.

Contact the Headway helpline on 0808 800 2244 or helpline@headway.org.uk if you need a printed copy of the Fatigue after brain injury publication.

Using a fatigue diary

A diary can help you understand patterns before, during and after the holiday and help plan future trips.

You might notice:

- Heat making fatigue worse
- Travel days needing extra recovery
- Late evenings affecting the next day

After returning home, give yourself time to recover. Many people experience a "postholiday crash" as routines shift again. Ease back in gently and avoid big commitments in the first few days.

When to ask for more help

If your fatigue feels worse than usual, impacts daily life, or affects your mood, speak to your doctor, contact the Headway helpline, or speak to someone at your local Headway. Fatigue after brain injury is real and deserves proper support.

For more guidance, visit www.headway.org.uk/fatigue

Survivor's handcrafted perfume is a *'Love that defies Conventions'*



Endless to-do lists and a fast-paced corporate lifestyle were once London-based entrepreneur Arpit Kaushik's wheelhouse, until a life-changing accident forced him to slow down.

Arpit, 50, from Hampstead Garden Suburb in North West London, was busy working in the technology sector when he sustained a brain injury in a cycling accident in February 2022.

"Someone just opened the car door without looking and sent me flying", he said.

"I flew 5ft in the air and 25ft away and landed on my head."

Arpit had seizures at the scene and was taken to hospital by air ambulance. In hospital, he was diagnosed with bifrontal contusions, subarachnoid haemorrhage and subdural haematoma.

"Statistically speaking I shouldn't have survived, but I somehow managed to beat the odds", he added.

It was during his recovery and rediscovery of self, that a new passion - and career path - were added to the mix.

"For the first few months in recovery I was still trying to understand the full impact of living with a brain injury", Arpit said.

"When the accident happened, the neurologist told me, 'no alcohol'. Giving up drinking was easy for me but perfumes, which contain 70 - 90% ethanol, that was difficult as I have always loved perfume.

"In August 2024 I was looking at what to do next in my career and had this idea of making a non-alcoholic perfume.

"I was surprised by how limiting existing non-alcoholic options were, so I created my own."

What started 'initially as a side project' soon became Arpit's full-time job, as he got to work learning, trialling, testing and perfecting his fragrances.

"It became my full-time occupation, and it needed that time and attention," he said.

"It gave me a meaning, purpose and hope."

From here Dilli House was founded, and their debut fragrance duo Prem Rouge was born - a water-based, alcohol-free fragrance set, created with 100% natural ingredients and designed to be worn alone or layered together.

Arpit says that Dilli House is not only a homage to his roots of growing up in vibrant Delhi - fondly dubbed 'Dilli' by locals- but it is a reminder to slow down and experience the world at a gentler pace.

That's why the small-batch perfume set also contains an illustrated print by an artist and an album download code, inviting you to soak up the different medium as you smell the fragrances, enjoying quieter, more deliberate moments within everyday life.

"It's a sensory experience", Arpit said.

"I grew up in Delhi, surrounded by the vibrancy of Indian culture. Later, I fell in love with the understated elegance of Western design - and Prem Rouge captures both.

"Prem means love in Hindi and the French word rouge describes passion, so 'passionate love' or 'unconventional love' is the theme of the perfume.

"This perfume goes against conventions; most perfumes contain alcohol, this is alcohol-free; a lot of perfumes are made with synthetic ingredients, Prem Rouge is 100% natural ingredients; most perfumes

have a crimp neck bottle, ours has a screw top so that the bottle can be refilled, reused and recycled; most have a plastic spray pump, ours have an aluminium spray pump, again so it can be recycled. And unlike traditional perfume samples that arrive in small plastic or glass vials, ours come in fully biodegradable sachets.

"It's been named love and been made with a lot of love."

Arpit's health journey and neuro-rehab continues, and has led to him connecting with others at his local Headway charity, Headway North West London.

He said: "My main symptoms are around vestibular symptoms, changes in personality and fatigue. It can take me four or five times to do anything, so working on my perfume project has been demanding.

"When I was discharged from hospital, I was given a leaflet for Headway, and that's how I came to know about the charity.

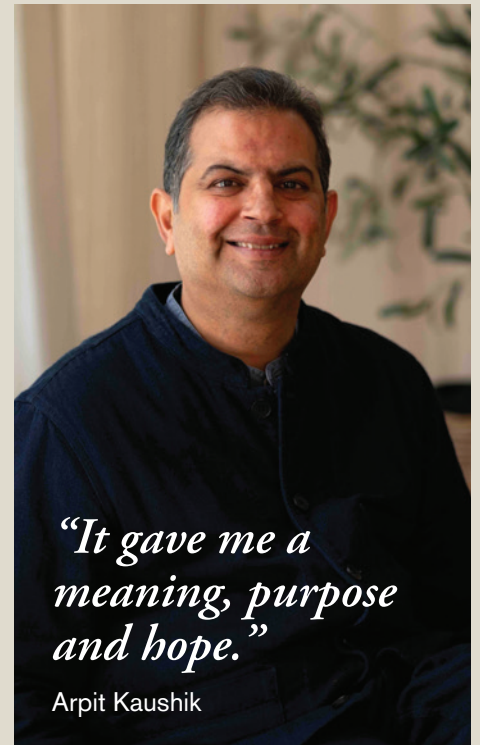
"Whenever someone would ask me about the accident I would tell them in a very matter of fact, cold way, but when I described it to others at Headway, that was the first time I broke down, because it was such a safe space with people who have gone through a similar journey, and who all understood.

"I have a Masters in Poetry and after the accident I had aphasia and word-finding was difficult, so I stopped writing. But then someone in Headway prompted me and I managed to write something.

"That led to me doing a poetry workshop for about 25 survivors at Headway North West; they produced poetry and it was really inspiring to see the transformation it caused.

"After my cycling accident, poetry became my way back to language, and I was so pleased to be able to share that with fellow survivors. I really have found my tribe at Headway!"

Visit www.dilli.house to explore more and shop Prem Rouge.



"It gave me a meaning, purpose and hope."

Arpit Kaushik



Former footballer's death linked to repetitive head impacts, coroner rules

Former Scotland, Leeds United and Manchester United defender Gordon McQueen died from disease linked to repeatedly heading footballs during his career, a coroner ruled.

McQueen died in 2023 aged 70. An inquest found his death was caused by pneumonia, vascular dementia and the brain disease chronic traumatic encephalopathy (CTE).

In a narrative verdict, senior coroner John Heath told the court: "It is likely that repetitive head impacts, sustained by heading the ball while playing football, contributed to the CTE."

The coroner's narrative verdict has echoes of the landmark 2002 verdict in the case of Jeff Astle, the first professional footballer whose death was legally attributed to industrial disease caused by heading a football.

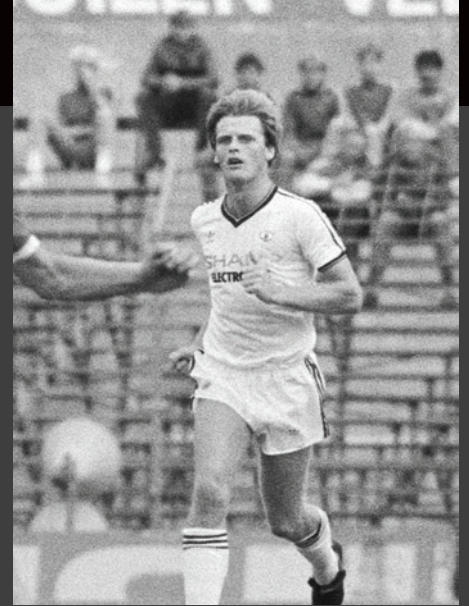
Two decades on, McQueen's inquest reinforces the urgent need for football to confront its legacy of brain injury and the potential risks facing today's players.

Luke Griggs, Chief Executive of Headway UK, said: "My first thoughts are with Gordon's family.

"They, like hundreds of other families across the country, deserved to know why the person they loved so dearly was taken from them – not just in death, but in the years following his retirement from football.

"Brain injury or degenerative neurological conditions such as CTE or dementia, can take so much from a person as well as their loved ones who can see them declining in front of their eyes.

"For the coroner to link the cause of Gordon's death to heading a football during his career is hugely important, not just for the family but also for contact sport in general."



In 2002, a similar ruling was made following the death of Jeff Astle. For more than two decades, Jeff's family have been campaigning for more support for families affected and for football to learn lessons.

"Football's reaction to Jeff Astle's verdict was shameful," said Luke. "We have come a long way since then and there's no doubt that awareness of brain injury has increased, but this will be a test of just how far we have come.

"We cannot afford for Gordon's verdict to be seen as a one-off situation. There will be hundreds, if not thousands of families seeking similar answers. They need help and support from the world's wealthiest sport.

"But we also need football – and all contact sports – to go much further in order to safeguard future generations.

"This includes further research into the risks of heading modern footballs, and the cumulative impact of head injuries in the likes of rugby, boxing and MMA.

"More needs to be done to instil an evolution of attitudes towards brain health in sport, particularly at grassroots level. This would be aided by the government launching a public health campaign, but it will also require sports governing bodies to stop fighting the evidence and fully commit to change.

"For Jeff, Gordon and so many others, sport simply has to act."



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

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Headway Training

Headway's professional training programme supports practitioners across health, social care, legal, and community settings to develop a deeper understanding of brain injury and its impact on everyday practice.

Training is delivered by experienced brain injury professionals and is informed by both evidence and real-world experience.

Key themes include cognition, emotional and behavioural difficulties, values-based goal setting, the impact of brain injury on family members, and real-world communication strategies to support frontline staff in practice.

Training is available online, in person, and through bespoke sessions tailored to organisational needs, with the programme continuing to evolve in response to emerging professional priorities.

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



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