Summer 2026

Headway News

The magazine of **Headway - the brain injury association**



Action for Brain Injury Week 2026

18-24 May



Loneliness after brain injury

Read all about this years ABI Week campaign

p14 - 17

We see you.



Headway
the brain injury association

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Welcome


Colin Morris

Welcome to the summer edition of Headway News. As always, this issue brings together the stories, achievements and voices that make the Headway community so special, and this season, there is certainly plenty to celebrate.

We begin with the return of *Hats for Headway*, one of our most creative and uplifting fundraising moments of the year. Once again, supporters across the UK pulled out all the stops, creating imaginative and colourful designs to raise awareness of brain injury and vital funds too, and you can see the winning designs on page 8.

There is also much to look forward to with the Headway Annual Awards (page 9), with nominations now open ahead of what promises to be another inspiring celebration of courage, compassion and achievement. The awards are a chance to recognise remarkable individuals and this year we have two new corporate awards to recognise organisations who support brain injury survivors too.

This edition also reflects on a powerful Action for Brain Injury Week. Our 'We see you' campaign shone a spotlight on the often-unseen reality of loneliness and isolation after brain injury, while activity in Parliament ensured that lived experience was heard at the highest levels.

As ever, our supporters continue to inspire. From our incredible Marathon Heroes featured on page 18, to the extraordinary fundraising efforts of David 'Jacko' Jackson (page 24) whose 'Mission IN-possible' challenge is pushing the limits of endurance.

Finally, we are delighted to introduce our new Headway ambassadors on page 30, whose passion and personal commitment will help amplify our message even further.

Thank you, as always, for your continued support.

Colin Morris
Director of Communications

Headway
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.

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Subscribe to our monthly Headway News Bitesize email at:
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Advertising:
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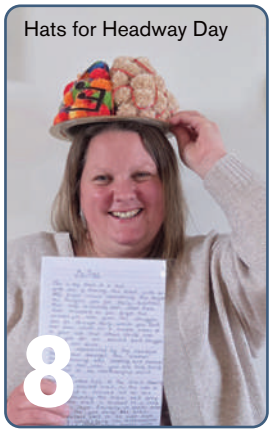
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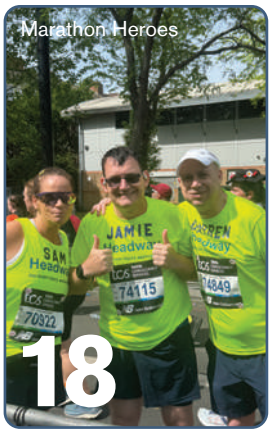
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Contents

Get up to date

7 BRAW- Save the date
8 Hats for Headway Day
10 ABI Week in Parliament
30 Meet our new Ambassadors







Fundraising news

9 Annual Awards nominations open
18 Marathon Heroes
24 Mission IN-possible
26 Leftover Currency

Features

12 Retirement life as a carer
23 Survivor's TEDx Talk
27 Hard Hat Awareness Week
28 Sun, sea and solo travels

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

Throughout this year's Action for Brain Injury (ABI) Week, many of you shared your experience of isolation and loneliness after brain injury in line with our campaign *We see you*.

We know that feeling lonely or disconnected can be incredibly difficult, but hearing from people who truly understand can make a real difference.

We asked our community: **What would you say to someone else with a brain injury who is feeling lonely or isolated?**

Below are just a few of the many pieces of advice that survivors gave.

Turn to Page 14 to read more about this year's ABI Week campaign, We See You.

"I felt so lonely after my operation; you have the op and are sent on your way. No one prepares you for after, so I looked on Facebook for brain aneurysm groups and someone on there suggested Headway. Headway were amazing through lockdown."

"I would say find your people, those who are in the same boat. Whether it be an in-person brain injury support group in your area or a Facebook group that you can connect through Zoom calls or Messenger. The only way through is together."

"I would definitely agree once you find 'your tribe' the journey gets easier. It's lonely trying to navigate it alone but, having been involved in the brain tumour community for over 11 years now, seeing the difference it makes when someone finds others 'who totally get it' is a game changer. Having a brain tumour diagnosis is like throwing a pebble into water and watching the ripples it makes as a result .... the ripples affect so many others. Sometimes I think it's easier for those of us with the actual diagnosis than it is for our nearest and dearest- they also need support and to meet others 'who totally get it'. I also cannot praise support groups enough - who can offer peer support, counselling, Zoom sessions, and help with benefit and financial advice to name but a few resources. Together we can make a difference."

"You need people around you who you're comfortable with and have some respect for how you have been affected."

"It's big relief at first to speak to someone who has been through similar. Peer support groups can help you feel less isolated of conditions and life changes, and being unable to socialise as before. Zoom calls are a good idea to assist in difficulties of transport."



Network News

LAN Weekend



Over 100 attendees descended upon the picturesque Calvert Kielder in Northumberland to enjoy the 15th Look Ahead North (LAN) event.

The weekend was yet another success as 111 attendees joined together to socialise and take part in activities they may not otherwise have access to following a brain injury.

Those in attendance included brain injury survivors, family members, carers, and staff and volunteers from 10 Headway charities and branches across the North East and Cumbria: Headway Tyneside, Headway Wearside, Headway County Durham, Headway Berwick, Headway Darlington And District, Headway Northumberland, Headway Teesside, Headway Forces Support Group and Headway South Cumbria.

Across the weekend, people took part in a wide range of activities including climbing, zipwires, high ropes, shooting, archery, axe throwing, willow weaving and use of the hydrotherapy pool. There were also a number of therapies available, such as massage, reiki and mindfulness.

Attendees were also treated to a visit from the Birds of Prey centre, introducing guests to some adorable owls!

In the evenings, everyone came together for the Stephen M cAleese memorial quiz, as well as a raffle, live music and karaoke.

A heartfelt thank you goes to EMG Solicitors for sponsoring the event and helping to make it possible, as well as everyone who attended and supported the weekend- we hope you had a ball!

Volunteers' Week

A big thank you!

June 1 – 7 marked Volunteers' Week- an annual celebration and a chance to recognise the incredible people freely giving their time to enrich the lives of those around them.

Across our network, hundreds of volunteers give their time and skillsets every week- helping keep shops and branches open, welcoming retail customers and members, supporting events and raising vital funds to help people affected by brain injury.

Volunteering at Headway helps people build confidence, reduce isolation, gain experience and feel part of their community.

From the bottom of our hearts, thank you to every volunteer- past and present- for your commitment and generosity to support our work to improve life after brain injury.

Your time really does change lives.

We couldn't do what we do without you!





Headway member's remarkable pencil drawings

Intricately detailed pencil drawings of trams, buildings and vehicles have become both a creative outlet and a lifeline for Headway Blackpool member John White.

After sustaining a lifechanging brain injury at work in 2003, John turned to art therapy as part of his recovery.

John was in and out of hospital for months after a crane he was operating tipped, causing him to fall and hit his head.

He needed rehabilitation and had to relearn to walk, with the accident also affecting his short-term memory.

The former long-distance lorry driver began to take up art therapy and quickly found that drawing helps him to relax, lower his blood pressure, and distracts him from the pain he has in his back and legs.

John's drawings have previously been displayed in The Grundy Art Gallery in Blackpool and The Blackpool Tower. And his artwork has also seen him partner up with Blackpool Transport to create a series of Christmas cards featuring John's drawings of Blackpool trams.

John said: "Drawing means everything to me. I draw HGVs, vehicles, trains, houses, buildings and occasionally animals- and they're all pencil drawings.

"Without Headway I'd be lost, everyone in here is my friend and we're all equal."

Samantha Ashcroft, Headway Blackpool Network Coordinator, said: "John's drawings are phenomenal.

"He really is so talented and we're always eager to see what his latest drawing is of!"



BRAW - Save the date!

Headway members, loved ones and carers across Scotland are reminded to save the date for this year's annual BRAW residential weekend in September.

It's time to mark your calendars as this year's 'Best Relaxation and Activities Weekend' (BRAW) takes place at Inverclyde National Sports Training Centre in Largs, Scotland, from Friday, September 25 to Sunday, September 27.

BRAW is all about offering new experiences that can support recovery and help reduce social isolation following an acquired brain injury.

The shared dream of the BRAW committee was to create an event that promotes independence, helps individuals relearn lost social skills, builds confidence and selfbelief, and offers practical strategies for day-to-day living- as well as fun and connection!

Brain injury survivors, alongside family members, carers and volunteers, come together for a fun-filled and supportive weekend jam-packed with a range of activities.

Activities include, mindfulness, team building, music workshops, arts & crafts, orienteering, all abilities cycling, and a bushcraft / survival session where participants find ways to collect water, learn how to build a shelter and make hot chocolate on storm kettles!

Also on the bill this year are taster sessions in New Age Kurling, Boccia and walking football.

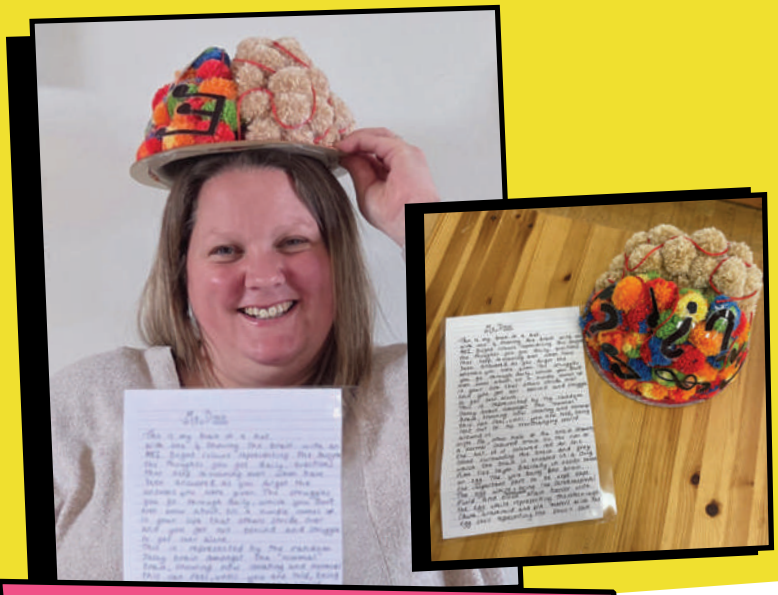
And there's always space for fun and creativity too, with highlights like karaoke, live entertainment and The BRAW Factor – the much loved talent show – adding to the sense of excitement and connection.

For more information and to sign up for BRAW, please email Maria Burnett, Headway Scotland's Co-ordinator, at maria.burnett@headway.org.uk.



Could your company help sponsor BRAW? Find the right sponsorship package to support this special weekend by contacting Maria Burnett (email as above) for more details.

HATS FOR HEADWAY DAY



INDIVIDUAL WINNER
Becky Hogan, from Headway Somerset

Hats for Headway was back on May 15 and we thoroughly enjoyed seeing all the wacky and wonderful hats supporters wore to help raise awareness and funds for people affected by brain injury.

Below you'll find our individual and corporate winners for this year's competition. Thank you to everyone who took part in 2026- and a heartfelt thank you to Fortnum and Mason for providing our individual winner with a luxury hamper!



CORPORATE WINNER
Unite Professionals

Our corporate winner this year is Unite Professionals, an independent case management company in the UK, who provide specialist support for individuals who have sustained serious or catastrophic injuries.

The Unite Professionals team wore all types of hats from traditional fedoras, beanies and cowboy hats to playful, handmade and novelty designs including fluffy bird cone party hats, colourful sombreros and ocean creatures including a shark and crab!

This year's individual winning hat is the incredible creation of Becky Hogan from Headway Somerset.

Becky's hat showcased a brain made of fluffy pompoms, with one half highlighting a 'normal' brain and the other half showing a brain with an acquired brain injury (ABI).

She said the bright colours represent busy, recurring thoughts and questions, as well as the struggles which survivors face on a daily basis, including feeling isolated from 'the everchanging world around us'.

The other half shows a 'normal' brain, which Becky likened to an egg.

She said: "The yolk is the brain, the important part to be kept safe. The egg white being the cerebrospinal fluid and blood brain barrier membrane, with the egg white representing the three meninges (dura, arachnoid and pia mater). The eggshell represents the skull and skin, the final protective layer to the outside world. These layers protect the brain."

What inspired you to enter this amazing hat?

"I struggle to put how I feel into words and find it easier to express myself through arts and crafts. I wanted to be a part of Hats for Headway to raise awareness about the group I attend and the hidden impacts of ABI."

How do you feel about winning the best hat for Hats for Headway?

"Pleased because I beat our Service Manager, Donna's entry! But also, surprised because there were so many good hats. I am very happy to win."

What does Headway Somerset mean to you?

"Family, support and togetherness."

Any advice for anyone wanting to take part next year?

"Give it a go and do your best!"

They said: "We're delighted that Unite Professionals has been recognised as a Hats for Headway winner. We loved coming together outside of work to get creative - it really brought out our teamwork and sense of fun, which reflects how we support each other every day. Collaboration is at the heart of effective rehabilitation and is central to both Unite Professionals and Headway, as we work to support individuals who have sustained brain injuries."

Headway Annual Awards 2026

The Headway Annual Awards are back - and nominations are open!

Do you know someone who has defied their brain injury to achieve a great milestone this year? Or perhaps you know someone that often goes above and beyond when caring for someone with a brain injury? Or maybe you know of a long-standing Headway volunteer who is overdue public recognition and thanks?

Now is your chance to put someone special forward to be recognised for their incredible achievements and dedication to improving life after brain injury.

This year, we've also launched two exciting new awards to recognise companies that have made a notable impact in the field of brain injury. You can read more about The Pro Bono Impact Award and Brain Injury Inclusive Award below.

This December, we are returning to the elegant 5-star Royal Lancaster Hotel in London on Thursday, December 10, 2026.

Headway Annual Awards 2026

The categories this year are:

Alex Richardson Achiever of the Year
Sponsored by Quilter Cheviot

An award to celebrate the courage of brain injury survivors whose achievements in the face of adversity serve as a shining example to us all.

Carer of the Year
Sponsored by EMG Solicitors

This award celebrates the exceptional dedication, compassion, and strength of individuals who care for brain injury survivors.

Stephen McAleese Volunteer of the Year
Sponsored by Anthony Gold Solicitors LLP

This award recognises outstanding volunteers who dedicate their time to supporting brain injury survivors in the community.

Extra Mile Award
Sponsored by Irwin Mitchell

This award is a chance to recognise staff at local Headway charities that consistently go above-and-beyond to support brain injury survivors, families and carers.

The Pro Bono Impact Award
This award recognises a company that has provided exceptional pro bono support, legal or otherwise to people affected by brain injury. The support will have made a tangible, positive difference to their quality of life.

Brain Injury Inclusive Award
This award recognises a company that places the wellbeing of brain injury survivors and their loved ones at the heart of its work. It celebrates organisations that consistently demonstrate excellent professional judgement, inclusive practice and thoughtful decision making when working with people affected by brain injury.

Rachel Hodson-Hubbard, Director of Fundraising at Headway UK, said: "We're so excited to be returning to the Royal Lancaster Hotel to once again see incredible individuals celebrated for their achievements and dedication to improving life after brain injury.

"If there's someone in your community who you think is deserving of recognition for all that they do, we'd encourage you to put them forward for an Award!

"We're also delighted to introduce two new awards for companies that do great work at championing brain injury survivors and their loved ones at crucial stages in their journeys."

The closing date for nominations is Friday, July 31.

Nominate someone special now! Head to https://www.headway.org.uk/about-headway-uk/our-organisation/events-and-conferences/headway-annual-awards/ or scan the QR code.

SCAN ME

Brain injury survivors and carers share their experiences in parliament for ABI Week



On Tuesday 19 May, MPs and members of the House of Lords met in parliament for an All-Party Parliamentary Group (APPG) for Acquired Brain Injury meeting.

Parliamentary attendees from different political parties, as well as other brain injury charities, heard directly from members of Headway Meirionnydd and from Headway UK.

'We see you': ABI Week 2026 in parliament

Our '*We see you*' campaign raised awareness of the impact isolation and loneliness following a brain injury can have on survivors and their families. It explored how the symptoms of brain injury can affect the ability and desire to see friends and family.

Mother and daughter Avril and Sophie were two of those who told their stories in parliament.

After Sophie's brain injury, Avril gave up her own activities to care for her, leaving both of them feeling isolated. Their story reflects a wider reality, but with Headway's support, they've rebuilt connections and feel less alone.

Speaking after the meeting, Avril said: "*It was a great day - what an experience! It's such a busy place, and Sophie and I just loved being part of it all.*"

Chair of Headway Meirionnydd, Pat, who also attended, said: *"Brain injury is devastating not only for the brain-injured but also for the whole family. Both Avril and I were stunned as we were all asked to introduce ourselves to around 30 people in the room.*





"My husband Peter sustained his brain injury back in 2009 and when Sophie first started coming to Headway Meirionnydd they struck up a good friendship. Sophie mentioned that it was good to come to our Headway meetings as all the people there are like-minded, and know exactly what others are going through."

Headway UK's Director of Communications, Colin Morris, presented the findings from our latest report following our survey of brain injury survivors and carers.

ABI Action Plan update

Attendees at the APPG also received an update on the UK Government's ABI Action Plan for England.

Headway UK has been making the case to the Department for Health and Social Care for urgent interventions to address the challenges facing community-based rehabilitation, reablement and support services since the plan was first announced.

Turn to Page 14 to read more about We see you and Avril and Sophie's story.



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A glimpse into retirement life as a carer



Retirement life for retail store manager Ashley Clements looks different to how he initially envisioned as he took on the full-time role of caring for his wife-of-50-years, Lyn.

But the Somerset native is keen to let others know that there is life after brain injury and carers can and should enjoy downtime.

Ashley shared his story as part of Carer's Week 2026, which ran from June 8 -14. The annual campaign celebrates and recognises the vital contributions of unpaid carers.

Ashley's wife Lyn sustained a hypoxic brain injury in 2014 following a respiratory arrest in hospital.

She has lived with several health challenges for many years, including scoliosis, chronic back pain, asthma and undergoing knee replacements some years after a childhood accident.

Ashley, 71, said: "About 13 years ago she started having chest infections. She had a really severe one in 2014 and had to be put into an induced coma. While she was in that coma, she had a respiratory arrest and there was oxygen starvation to the brain, so she sustained a hypoxic brain injury.

"She was in hospital for 10 weeks and came out with cortical blindness. Although she has vision in both eyes, her brain doesn't see anything out of the left eye."

Ashley says Lyn's brain's switching process is impaired, so what she perceives as her right side is actually her left.

She also experiences short-term memory difficulties and struggles with processing sequences, such as recalling the correct order of the days of the week.

Three months after Lyn's injury, Ashley made the decision to retire and become her sole carer.

The couple were subsequently allocated respite time for Ashley with Headway outreach workers visiting twice a week.

Headway's visits allow Ashley time to purse his hobbies, particularly his love of steam trains.

"I enjoy the noise, smells and everything that goes with it", he said.

"I have a train set in my garage and a simulator on the computer. I also love heritage railways.

"My other pleasure is live music- particularly Queen, Status Quo and Rod Stewart. I saw Queen with Adam Lambert in 2015, 2017 and 2023. I saw Rod Stewart and the Faces back in the 1970s so it was a great night out some 45 years later to see him doing his Great Hits tour in 2016.

"These respite days out are a welcome break from my caring duties."

Between Headway, Lyn's close friend and their two grown up children, Ashley was afforded some time to pursue part-time work. He secured a job working at Haynes International Motor Museum in reception and retail, overseeing visitor admissions and the day-to-day operation of the gift shop.

Ashley said: "I want to let others in a similar situation know that when things go wrong in your life, or your life changes, you can adapt to it and make the most of it. You can't change it; you've just got to work with it.

"There are avenues like volunteering, working part time or getting a bit more involved with certain hobbies.

"Regardless of your partner's health, there is still life after brain injury, work and / or being a carer.

"Life is for living while it's there."



Give more with Headway e-cards

Whether you're celebrating a birthday, saying thank you, or simply wanting to put a smile on someone's face, our Headway e-cards are an easy, thoughtful, and ecofriendly way to stay connected.

Choose your design, personalise your message, and donate the cost of cards and stamps to Headway UK in just a few clicks!

With every e-card purchased, you're helping us provide vital services to support those affected by brain injury.

To explore our full range of Headway e-cards, simply scan the QR code below, or visit our online shop at: www.headway.org.uk/get-involved/shop-with-headway-uk/



SCAN ME

Action for Brain Injury Week 2026

18-24 May

We see you.

The impact of brain injury can be devastating for both survivors and their loved ones. It leaves lives upturned, futures more uncertain, and once-familiar relationships changed. It reshapes how you fit into the world and how close you feel to the people in it.

Anxiety, fatigue, memory issues, noise sensitivity and lost confidence can make even simple interactions feel overwhelming. The work, hobbies and routines that once held friendships together can fall away. Even the closest of relationships can become strained.

For many, 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.

Our compassionate, expert support can help loosen the grip of loneliness.

Whether that's with 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.

Throughout Action for Brain Injury (ABI) Week, Headway shared real-life stories from brain injury survivors and loved ones, talking candidly about what loneliness after brain injury looks like as part of our campaign We See You.

Below, Warren, Symra, Avril and Sophie share their experiences.

Warren

Warren has sustained two brain injuries in his lifetime; the first when he was 29-years-old and the second in 2012 when he was hit by a lorry in a hit and run.

Describing his experience as "the loneliest, scariest place to be", Warren said he was simply trying to survive each day as they came.

But that was before Headway - and before taking the courageous step to meet with fellow survivors; a day which, he says, saved his life.



Warren
Brain injury survivor

Warren said: "When you see families enjoying normal life on days like

Christmas, New Year or anniversaries, you think to yourself 'that was all taken away from me'.

"You're just trying to get through every day; you're just trying to survive. It was a very lonely place.

"I remember coming to Headway West London for the first time and I broke down outside. I couldn't even come inside I was so scared, I didn't know what to expect.

"And then I went inside and that day saved my life.

"You're just welcomed with open arms. I felt no-one was judging me and that it was a safe place. For the first time I didn't feel alone, and I felt like I would actually make friends.

"They're the most incredible, courageous, bravest people I've ever met in my life. And I wouldn't have met them if it weren't for Headway. They're all so inspiring."



Symra

Law graduate Symra was diagnosed with a brain tumour in 2020 during her post-graduate studies.

Although Symra's tumour is now removed, she's been left with symptoms which have changed her ability to socialise, leading to feelings of isolation and loneliness.

She said: "I don't speak to a lot of friends who I used to speak to- that is partly because they have their own lives and partly because we don't meet each other as much either.

"I was diagnosed during COVID and my immune system was weak, so I didn't go out much.

"I have gradually gone out and done things over the years, but I have to make sure that someone is available to stay with me at all times, so I've lost that independence; just being able to step outside my front door by myself.

"You do feel like you're being a bit of a burden on everyone."

Symra attended Headway North Staffordshire, where she says she settled in quickly, and made friends.



"We talk about our injuries, our past lives and how things have changed", she said.

"Everyone understands what you're going through because they've all had a brain injury and got similar symptoms to you.

"I thought my life stopped and I couldn't do anything anymore when I was diagnosed, but I finished and graduated from university, and I'm currently volunteering with Citizen Advice Bureau and learning to drive!"

Avril



Following emergency brain surgery at the age of just 19, Sophie's life would never be the same again. And neither would her mum's.

Avril dropped everything to care for Sophie. But without her regular walking clubs and social groups, she began to feel isolated and alone.

With all the attention on the brain injury survivors, their carers can often get overlooked. But we see you. And we're here to support you too.

Avril said: "When Sophie had surgery, she couldn't do anything- she couldn't eat or speak. It was just horrendous seeing her in that condition.

"Then further into her recovery, she'd forget things, like leave taps running or cookers on. I couldn't go out because I knew I needed to be there for her.

"I had to give up all the groups that I did. I used to go walking up mountains with the dogs and be out with friends and exercise groups- it was just so much fun. And then it just all came to a sudden standstill."

Avril suggested to Sophie they attend their local Headway, Headway Meirionnydd, to meet others affected by brain injury.

"From that first meeting, it's just been amazing how her life has changed," Avril said.

"She shines when she comes in the room. She's a happier person, especially when we do activities like paper making with flowers or her favourite activity, Boccia. The competitiveness comes out in her, it's hilarious to see!







"Her personality just comes out, and I think Headway did that for Sophie.

"It's lovely to see it back again."

Warren, Symra, Avril and Sophie are just some of the many people who have experienced loneliness, as results from Headway UK's research show that a staggering 87% of brain injury survivors and 85% of carers feel lonely after brain injury despite never having felt lonely before the injury.

Earlier this year, Headway launched two surveys: one for individuals with a brain injury and one for carers to share what loneliness and isolation after brain injury looks like.

Key findings from the surveys also highlighted that:

- **Isolation is commonly experienced:** 83% of brain injury survivors and 69% of carers feel isolated from friends after brain injury.
- **Social activity participation changes after brain injury:** Almost two thirds of survivors (63%) and just under half of carers (45%) are unable to participate in the same social activities as they did pre-injury.

  32% of survivors and 24% of carers are no longer invited to social events, and around a third (38% of survivors and 31% of carers) are no longer contacted by others. 37% of survivors can no longer travel to social events. Being unable to work is a significant barrier to socialising for many brain injury survivors (41%).
- **Headway is here to help:** 72% of survivors and 71% of carers who attended a local Headway charity or volunteer led branch felt that attending helped them to feel less lonely. They said how Headway helped them to connect with others, giving them space to be themselves, directing them to services they otherwise may not have found and giving them a sense of purpose and direction. 63% of survivors and 56% of carers who attended their local Headway felt that attending improved their confidence.

Colin Morris, Director of Communications at Headway, said: "Loneliness and isolation extend far beyond being alone.







"We see you focuses on the many forms this can take - from social loneliness and physical isolation to digital and financial disconnection.

"We see you also highlights the profound impact a brain injury has on loved ones and carers. A brain injury doesn't just affect the individual - it can bring life-altering changes to routines, relationships and the dynamics of entire families and friendship circles.

"Across the Headway network, we also see the power of mutual support, where survivors and carers support one another through shared understanding, connection and community in local Headway charities and volunteer led branches. This year's campaign looks to encourage these open conversations about emotional well-being, helping survivors and their loved ones feel seen and heard."

You can see more from this year's campaign, including the full survey results, on the website: headway.org.uk/we-see-you or scan the QR code.

SCAN ME

MARATHON HEROES

A busy marathon season saw our outstanding fundraisers lace up their trainers to put in the miles in support of those affected by brain injury.

From London Landmarks Half Marathon, Manchester, Brighton and London Marathons, dozens of supporters donned on their Headway race-day tops and gave it their all.

Each runner's grit and determination, alongside the generosity of donators, will go a long way in helping brain injury survivors and their loves ones. Thank you to each and every participant who took on a running endeavour in 2026– we're so incredibly grateful.

Below is just a snapshot of the powerful reasons keeping runners going during those tough miles:



ADAM BILIC



Former police officer Adam Bilic, 33, from Coventry, survived a freak accident in 2022 when a large tree branch snapped off and smashed through the windscreen of the car he was travelling in, hitting him in the head.

He sustained two bleeds on the brain, a fractured eye socket, a fractured jaw and was placed in a medically induced coma for eight days.

Adam had to leave his police career and retire from playing football semi-professionally.

He said: "Everything changed in my life. In many ways, I am not the same person I was before, but I'm incredibly fortunate to have recovered in the way that I have

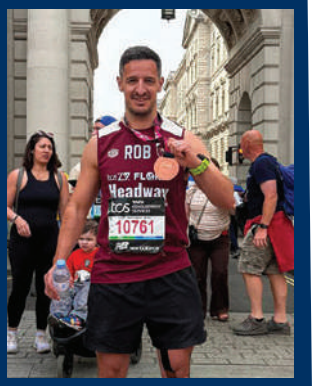
"I came to the realisation of do I go another three, four, five years of dwelling on what I can't change? Or do I change my approach and do something positive with it?

"And that's why I ran the Manchester Marathon; I'm determined to raise awareness around recovery and life with the challenges after a brain injury."

Alongside Headway UK, Adam was also fundraising for Andy's Man Club, to raise awareness of mental health too.

Adam added: "These charities are very personal to me. I've learned that things don't always go to plan, and that's okay. Sometimes you find another way, and sometimes you realise the path you imagined wasn't the one meant for you."

ROB BELT



Primary school teacher Rob Belt has survived two open heart surgeries and a stroke. He ran the London Marathon to raise funds and awareness of brain injury.

Rob, originally from the East Midlands but now living in Northern Ireland with his wife and two sons, was just 24 years old when he had a stroke in December 2017.

He was driving home from work when unbeknownst to him, he experienced symptoms of a stroke. He said: "I had pulled over to go post a parcel, and as I leant across to grab the parcel, I was suddenly overwhelmed with dizziness, double vision, nausea and heat."

A CT scan revealed Rob - who was born with an atrial septal defect in his heart and had his first open heart surgery when he was 18 months old - had had a large stroke in the cerebellum region of his brain.

Doctors discovered the patch that was fitted in his heart as a baby had lifted slightly, which they believe could have caused or contributed to the stroke.

After a failed keyhole surgery in December in 2018, Rob underwent his second open heart surgery in March 2019, four months before his wedding!

He said: "Nearly nine years on, I'm incredibly grateful to be able to run again and grateful that Headway UK gave me the opportunity to run for them in the London Marathon.

"Brain injury is often a hidden illness or disability. I think it's so important to educate the public on how brain injury can affect people in different ways, and how people can have a brain injury and live 'normally', like I am, but there are elements of their daily life that it can affect."

FREYJA SENDALL

In an emotional tribute to her mum Max, Freyja Sendall, from Berkshire, ran the London Marathon in her late mum's trainers.

Mum-of-three Max collapsed at home following a subarachnoid brain haemorrhage two years ago. After three days in hospital, she sadly passed away, aged 56, on 14 January 2024 - Freyja's 24th birthday.

Running was a 'huge part' of Max's life, with Freyja saying she was 'happiest out on trails and ultramarathons'. Max had even secured a ballot place for the London Marathon in 2022 but had to defer due to an injury and later moving house.

Freyja said: "My mum bought a brand-new pair of trainers to run the marathon in, but the trainers never made it out of the box.

"When we were sorting through mum's belongings after she died, we found the trainers still sitting there, unworn.

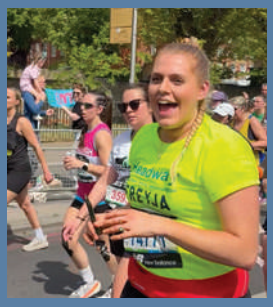
"Miraculously they fit me. It was a bit of a Cinderella moment- 'the shoe fits!'

"So I ran the 2026 London Marathon in mum's trainers, finally getting them around the route she never had the chance to run."

Freyja was keen to raise money for Headway UK after learning of the charity through a family friend, who had been supported by the charity following a stroke.

"I realised if my mum had survived, she would have needed support from Headway, like my family friend needed Headway," she said.

"I wanted to raise money to help those who do survive in my mum's memory."

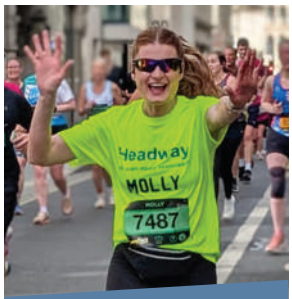




Sarah Kendall
London Landmakrs Half Marathon



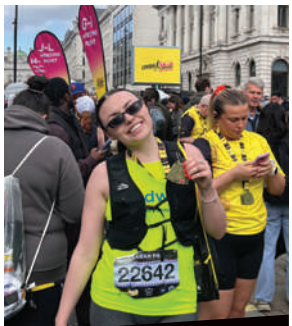
Natalie Bacon
London Marathon



Molly Hahn
London Landmakrs Half Marathon



Sam, Jamie & Darren
London Marathon



Sarah Fawkes
London Landmakrs Half Marathon

THANK YOU TO ALL OF OUR MARATHON HEROES!

Inspired and want to get involved? To sign up for future marathons, visit www.headway.org.uk/get-involved/for-individuals/ or email our team at: events@headway.org.uk

Summer outfits

Vote for your favourite!

SCAN ME

Headway's charity shops and online Vinted account are full of in-season summer clothes, perfect for your next holiday abroad or enjoying the sunshine at home.

To give you some inspiration, our retail teams were tasked with piecing together a summer outfit for under £30.

And we want your help to vote for your favourite!

Once you've agreed on your favourite summer look, scan the QR code to vote. The winning outfit will be featured in the next edition of Headway News.

Pop into your local Headway shop this summer (find your local shop at www.headway.org.uk/charity-shops/) or visit us online via Vinted at: @headwayukshop



Outfit 1: Hilary from Headway Poynton is wearing Whistles jeans, Paul Green white trainers, M&S blue/white striped jersey t-shirt, MNG beige jacket and sunglasses.



Outfit 2: Helen from Headway Poynton is wearing a brand-new-with-tags Zara beach wear sheer kimono, a Mango silk skirt and Primark vest and hat. Helen has opted to go barefoot for the beach!

Outfit 3: Margaret, from Headway Poynton, is wearing navy blue M&S lightweight elasticated waist trousers, New Look kami top, Reiker bronze trainers, Wallis pale blue jacket and scarf, with a simple pair of red sunglasses.

Outfit 4: Judith from Headway Poynton has on a brand-new-with-tags belted yellow and blue flowered sundress made in Italy, Primark gold and beige sandals, pashmina and hat from Accessorize.



Outfit 5: Headway Alsager paired together a full floral-designed pink dress outfit – complete with hat, silver peep-toe shoes, a floral jewelled bag and beaded necklace.



Outfit 6: This blue and red outfit from Headway Alsager looks Race Day ready! The complete look compiles of: a blue, white and red lace-style dress, blue hat with orange ascents, blue peep-toe heels and a red clutch to match.



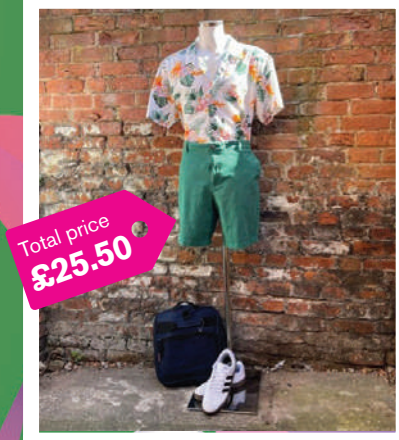
Outfit 7: Headway Huddersfield have created this summer dress look including a pink and coral coloured dress by Yours, pink wedge heels from Primark, a cream hat by Debut, a basket bag by RHS, a necklace, and two bracelets!

Outfit 8: Also by Headway Huddersfield, this mens look includes a Malala pineapple ukelele in a Gator case! The outfit itself consists of: a t-shirt by Boohoo Man, shorts by Marous, Converse trainers, a hat by Accessorize and a bracelet. (Total price with ukelele £55.50).

Outfit 9: This final look from Headway Huddersfield consists of: a top by Tu, floaty floral trousers by Betty Basics, New Look sandals, a tartan bag by Boots, a hat from River Island, a necklace and two bracelets.



Outfit 10: Headway Whitchurch have pieced together this gorgeous women's daytime outfit, consisting of: a long-sleeved floral blouse with pops of orange and green, orange kick flare trousers, white trainers, a leather handbag and chunky green beaded necklace.



Outfit 11: Our final outfit, also from Headway Whitchurch, is a fun and bright daytime mens look: a white, green, pink and orange Hawaiian-style shirt, green shorts, Adidas trainers and a blue rucksack.



Headway UK's YouTube account

Whether you're looking to learn more about acquired brain injury, understand or manage symptoms, or hear from others with lived experience, Headway UK's YouTube channel offers a wealth of engaging and supportive content at your fingertips.

From educational webinars and annual campaign videos like Action for Brain Injury (ABI) Week to stories from survivors and Q&As with supporters, Headway UK's YouTube is packed with videos.

Our curated playlist option allows you to seamlessly find videos within a topic of your choosing; whether that's real-life stories or campaigns including *We see you* and *On a good day*.

Our series of webinars covers a range of topics in support of rebuilding the lives of brain injury survivors. Topics include;

- Managing sleep and fatigue after brain injury
- Diet and nutrition after brain injury
- Disability discrimination
- Understanding personality change after brain injury
- Understanding and responding to behaviours that challenge following acquired brain injury

Subscribing to our YouTube channel not only supports our work, but helps grow our audience, ensuring brain injury remains visible.

Scan the QR code or visit www.youtube.com/@headwayuk

YouTube

SCAN ME

'FALLING FORWARD':

Survivor's TEDx Talk message of rebuilding identity

When Alastair Wallace missed a single step on the stairs at Oxford Circus Station, he thought he'd simply stumbled. Instead, he woke up days later in intensive care, with half his skull removed and his life dramatically altered.



The 51-year-old, from North West London, sustained a brain haemorrhage and skull fracture and, after being in an induced coma, spent two weeks in hospital where he had to wear a BMX helmet to protect his brain.

"I missed one step that day in 2019 and the next thing I woke up in hospital with half my head missing," he said.

"I feel like I was really lucky, but it's been a journey."

The years that followed put Alastair, CEO of a leadership training and consultancy company, on an unexpected path toward rebuilding his identity.

He subsequently experienced a cerebrospinal fluid (CSF) leak and came up with the ingenious idea of wearing a swimming cap to contain the leak, which his neurosurgeon thought was both practical and inspired.

Alastair said: "Sometimes you have to be part of the solution. We think medicine is so advanced and doctors have all the answers but a lot of the time they're solving quite practical problems.

"I went on a fourth date while wearing the swimming cap, which must have looked a bit odd. Fortunately, my date was able to see past all of that and see the person underneath, and we got engaged in January last year!"

After a year of wearing a tight and uncomfortable swimming cap, Alastair's neurosurgeon looked at a longer-term solution via having a ventriculoperitoneal (VP) shunt inserted; a medical device that drains excess CSF from the brain to the abdomen.

During the operation, surgeons accidentally damaged a nerve that controls Alastair's right eyebrow.

Another symptom of Alastair's brain injury was losing his sense of smell.

But, just like with the swimming cap, he was keen to find a solution and taught himself to smell again.

"It took some time and it was quite a frustrating process, but practice makes better, not perfect," he said.

Alastair was introduced to Headway in his neurosurgeon's waiting room and after accepting that first leaflet, he found his local Headway, Headway West London, where he attended events and met other survivors- lots with similar stories to him.

He said: "One of the reasons I was drawn to Headway is unless you've had a brain injury, nobody really understands what it's like."

Alastair's experience with brain injury and the on-going recovery process led him to achieving a personal goal - delivering an inspiring TEDx Talk.



'Falling Forward: How Catastrophe Forged Connection' details Alastair's accident, finding solutions and finding yourself again when tragedy or trauma changes your life in an instant.

He said: "I started that day in 2019 with a clear identity and thought I knew who I was.

"But who was I now, with a smashed in skull and a fuzzy brain?"

"This journey taught me that we're not our polished social media profiles or our job descriptions; we're who we become when things fall apart a bit."

Watch Alastair's TEDx Talk, by scanning the QR code below.

SCAN ME

MISSION IN-POSSIBLE

Former rugby pro to attempt world record **100 ultramarathons in 100 days** across the UK

Former professional rugby player David 'Jacko' Jackson kicked off his world-record-breaking endurance challenge of running 100 ultramarathons in 100 consecutive days.

Jacko, who lives near Caernarfon, Gwynedd, hopes to raise £1 million for brain injury charities Headway UK and Head for Change with his challenge, titled 'Mission IN-possible'.

Mission IN-possible started on May 29 and will see the 44-year-old run an ultramarathon (50km) every day for 100 consecutive days until September 5.

The attempt is expected to break the current men's world record for consecutive ultra-marathons, but for Jacko, this challenge is about more than records.

In 2013, his professional rugby career was abruptly ended by a traumatic brain injury. The road to recovery was uncertain, and at times, simply returning to normal life felt impossible.

"Everyone thinks this challenge is impossible," he said.

"But I believe in IN-possible. That belief runs deep - and it's something my recovery taught me."

It took seven years after his brain injury for Jacko, who now works as a breath coach with his company Pro Breathwork, to run his first-ever marathon.

Now he is attempting 100 ultramarathons in 100 days - a journey he describes as both physical and spiritual.



The challenge draws inspiration from the Marathon Monks of Japan, whose legendary endurance practice traditionally takes seven years to build toward, culminating in a final year of extreme distance running.

"This feels like my own spiritual journey," he said.

"My injury took something from me - but recovery taught me how to turn something bad into something good."

A huge part of Jacko's recovery involved running and breathwork, tools that helped him rebuild both body and mind. But he is acutely aware that not everyone affected by brain injury has the same access to recovery, rehabilitation, or long-term support.

"I've experienced first-hand what recovery can look like - and I've also seen what happens when people don't get that chance," he said.

"That's why this challenge is for Headway UK and Head for Change - and for the people whose lives are changed forever by brain injury."

The route has been deliberately designed to bring people together across the country. Jacko will run at 25 locations throughout the UK, spending four days at each site, completing the daily distance through 5km and 10km loops.

The loop format allows anyone - runners, walkers, first-timers or experienced athletes - to join him, whether for 5km or further, and take on their own version of the 'IN-possible'.

Jacko said: "This isn't just about supporting from the sidelines. It's about being involved; running your own IN-possible.

"Whether it's your first 5km or something much bigger - this is about believing in yourself again. And drawing on the support of each other, as I've experienced strength is multiplied when shared."



Helen Craig, Fundraising Manager at Headway UK, said: "Jacko has firsthand experience of the challenges that come from living with a brain injury. His determination to turn such a difficult period of his life into something so positive is truly inspiring.

"We're incredibly grateful to Jacko for taking on this extraordinary challenge. His efforts will help us to continue supporting people rebuilding their lives after brain injury, as well as raise crucial awareness of the reality of brain injury, all while bringing communities together across the UK.

"Everyone at Headway UK is incredibly proud of Jacko, who we'll be cheering on every step of the way!"

Alix Popham, founder of Head for Change, said: "This is an unbelievable challenge, and full credit to Jacko for taking it on.

"Both charities are here to support people affected by brain injury, and that's what it's all about.

"We're really looking forward to joining him for the final couple of days around Newport alongside friends and family.

"Wishing him the very best of luck as he completes this incredible journey."

Follow Jacko's 'Mission IN-possible' on Instagram at **@thebreathrunningcoach**

CHALLENGE STATS AT A GLANCE

CHALLENGE:
Mission IN-possible – 100 ultramarathons in 100 days

DATES:
29 May – 5 September 2026

FORMAT:
Complete an ultramarathon (50km) per day for 100 consecutive days

ROUTE:
25 UK locations, loop-based for public participation

CHARITIES:
Headway UK & Head for Change

FUNDRAISING TARGET:
£1,000,000

GOAL:
World record and awareness for brain injury recovery



Small change, big difference



Do you have foreign coins and notes tucked away after a trip abroad?

Now you can donate it to Headway, turning unused holiday money into support for people affected by brain injury.

Headway has now partnered with Leftover Currency - trusted specialists in exchanging foreign coins and notes for charity.

Leftover Currency will exchange any coins or notes from any country and donate 100% of the exchange value plus an extra 5% to Headway!

They even accept old, discontinued or damaged currency, meaning no currency is off-limits or goes to waste.

The new income stream is all thanks to one big-thinking supporter, who got creative with ways her team could support survivors and their loved ones.

Angela Taylor, Resource Planner at Intact Insurance, came up with the idea last year as she tried to think of a new and creative way colleagues could support Headway.

Angela said: "There's not a lot of places that take foreign currency or do anything with it, so we thought it was a great idea to be able to donate leftover money and know that it all goes towards helping those affected by brain injury.

"We knew we wanted to support Headway in this way, so I contacted the fundraising team to get the ball rolling, and they were more than happy to help.

"Colleagues have loved the idea and really gotten behind supporting it. A few have had foreign money just sitting in a drawer at home for years because they don't know what to do with it or didn't have an avenue to do something with it- and now they do, and it's for a great cause!"

Helen Craig, Community Fundraising Manager at Headway UK, said: "We're so grateful to Angela for spearheading this initiative and to all her wonderful colleagues at Intact Insurance for getting on board.

"We're now gearing up to roll Leftover Currency out across our retail shops as well, meaning supporters all around the country will soon be able to donate their leftover currency in store, online, by post or by dropping off donations with Leftover Currency direct.

"It really does feel like one of those 'small acorns' moments, so we're indebted to Angela for bringing it to our attention.

"Every cent, euro, dollar, baht, and everything in between all help contribute to the support we provide for people rebuilding their lives after brain injury and really can change someone's future."

Scan the QR code below to find out how to donate your leftover currency or visit www.headway.org.uk/get-involved/for-individuals/ways-to -give/leftover-currency/

SCAN ME

HARD HAT AWARENESS WEEK 2026



A former military medic whose head became trapped under a dumper truck wheel while on a construction job says wearing a hard hat saved his life.



Jez Stevens, from Bexhill in East Sussex, sustained a traumatic brain injury and was left in a coma for three months after the 'one in a million' accident in September 2018.

The dad-of-four bravely shared his story to mark Hard Hat Awareness Week; an annual campaign which seeks to raise awareness of industrial brain injuries.

Now it's sixth year, the campaign, which took place from June 8 - 14, aims to educate on the impact of head injuries, the importance of wearing hard hats and promoting best practices around safety equipment.

Jez, 51, was based with Joint Helicopter Command at RAF Benson in Oxfordshire and worked with Puma and Chinook helicopters as well as being a crash team medic for Apache helicopter.

While on leave from the Middle East, he took on extra work with a builder constructing a swimming pool to help pay for increasing bills.

Jez was driving a mechanical dumper full of materials down a slope into the empty pool when a loose rock caused the wheel to go over the edge.



Jez said: "The dumper slipped off the slope, I went under it and because I was wearing my seatbelt, I was squashed underneath the dumper.

"My head basically became the break; I was trapped."

Jez said he ironically found himself becoming 'the casualty' as he was airlifted by Air Ambulance Charity Kent Surrey Sussex (KSS) to Kings College Trauma Centre.

He had a Glasgow Coma Scale (GCS) of three- the lowest possible score, indicating severe neurological impairment– and had a number of injuries to his brain, the most significant being a subdural haemorrhage, a bleed around the edge of the brain.

The Health and Safety Executive (H.S.E) carried out an inquiry and their final assessment found that all safety precautions had been taken, and it was a one in a million chance of the incident ever happening.

Jez said: "The health and safety on the job was so stringent- I was wearing a hard hat and had my seatbelt on.

"I was so adamant about doing everything by the book - I think that stems from my military background – but thank goodness I did, because I'm still here today.

"It could have been so much worse. "I would stress how important it is to those working on building sites to follow the safety rules and always wear your hard hat.

"Wearing a hard hat and following the rules saves lives. If I didn't do that, I wouldn't be here to share my story."

Jez is now determined to raise awareness of brain injury and the impact of recovery.

"At the time it was horrendous," he said, "to be honest, I didn't want to carry on.

"But now, I've connected with so many brain injury and serious trauma survivors, as well as veterans – and now I think I'm really lucky.

"I've been given a chance to try and make a difference- that's why I dedicate time and do as much as I can do with volunteering and raising awareness."

OLLY'S STORY:
Sun, sea and solo travels

Olly Mitchard's life changed in an instant when he was knocked down by a motorcycle as he walked across a Zebra crossing in March 2012.

He had to relearn to walk and now lives with epilepsy, sleep apnoea and PTSD since sustaining a traumatic brain injury (TBI), but remarkably his health conditions haven't put him off exploring the world.

What's more inspiring is that Olly often jets off solo, soaking up experiences in far-flung places like Kenya, Borneo and Australia.

Olly, from Bristol, can't remember much of his accident and describes the first few months as "an absolute blur".

He said: "I was constantly in pain and didn't really have an understanding of what had happened. I had to go to the Head Injury Therapy Unit and relearn my vocabulary and how to walk.

"I've got epilepsy and sleep apnoea now, and it can be frustrating. I also struggle with PTSD since my injury, and in the past I have been very stressed and anxious.

"My accident happened outside a primary school on a Monday morning. I always think if it had to happen, thank God it happened to me- a grown man – and not a child. Of course, I wish it didn't happen at all, but I wouldn't want it to happen to anybody else."

Olly's recovery has come a long way in the 14 years since his accident. He is working part-time and saves up for his next adventure.

Olly has experienced six weeks solo backpacking around Australia, visiting Sydney Opera House, the Australian Grand Prix, and popular filming locations for TV shows Neighbours (Ramsay Street) and Home and Away (Summer Bay).

He has also enjoyed trips to Barbados, Borneo and Kenya, and mostly recently Uganda in May this year, where he volunteered at a monkey sanctuary he previously visited as a tourist.

He said: "Going to Borneo was mind-blowing to me, to be able to see the monkeys in the wild.

"I volunteered at a monkey sanctuary in May this year. I helped to feed the monkeys and prepare their food; it was another amazing experience.

"To me, I've been given another chance at life.

"I ask myself, 'do you sit at home longing to go to Australia or Borneo but don't because of the fear factor', or do you think 'come on, look at what you've achieved since your injury'.

"Whenever I'm abroad, I always talk about my brain injury and raise awareness of it.

"I appreciate a lot of people will be scared or nervous of solo-travelling and every person's injury is different.

"But you know how to manage your symptoms and it's about giving yourself that self-confidence to go. And to not be afraid to ask for help when you are travelling; ask for directions, help with your bags, whatever it may be.

"Holidays can also do your mental wellbeing a world of good!"







Olly's travel top tips:

Create a check list

"Always write everything down! Even if you think it's minor or something silly, write it down. There may be things you need to action ahead of your trip; for example, I need a letter from my doctor for my CPAP machine for my sleep apnoea, so that it can medically go through."

Take out travel insurance

"I always take out travel insurance before I go on my trips. It helps with my peace of mind to know I'm insured and covered and can enjoy my holiday."

Pack your Brain Injury ID Card

"I've got my ID Card that I carry with me every day. I often find that because I can walk, talk and I seem okay on the outside that people don't think I have a disability. We know that not every disability is visible, so having my ID Card helps explain my injury. My ID Card helps with my independence."

Take photos

"I still take 'old school' camera photographs and have them developed. I've got photo albums full of my trips, and whenever I feel a bit low or nostalgic, I'll flip through my album and reminisce about my trip, as well as remind myself 'look what I did!' It's important to remind myself of how far I've come."

Ask for Airport Assistance

"I always ask for one-on-one airport assistance to help me get through security and up to the gate. Rather than having to queue and get all flustered, somebody will meet you at the airport when you arrive, help you check in, right the way through to departure gate, and on to the plane if you need it. I also organise having someone meet me at the other side when I land. If you're using a travel agent when booking your holiday, they will be able to organise airport assistance for you."











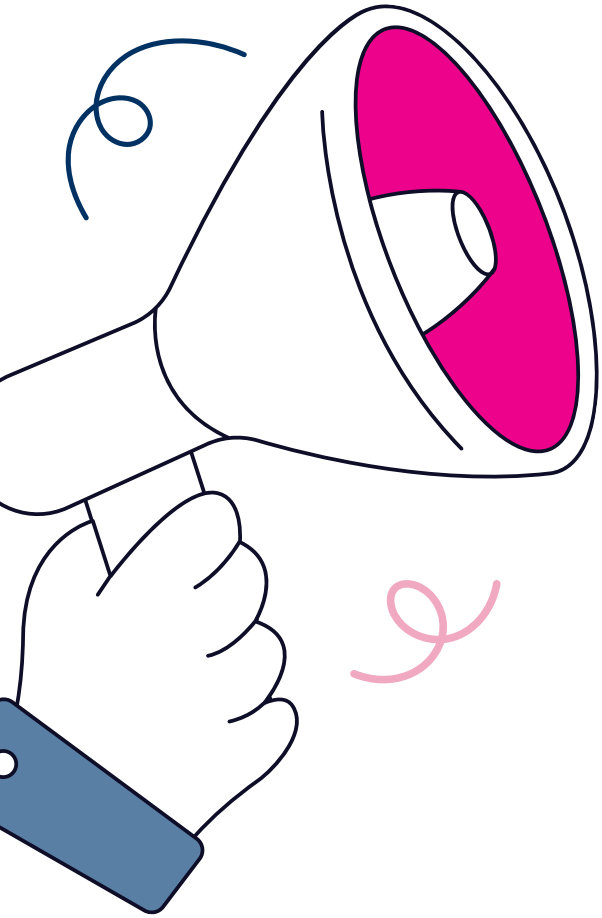


Meet our new Ambassadors

Headway UK are privileged to have the support of a group of incredible ambassadors, who are passionate about doing all they can to help raise awareness of brain injury.

Our ambassadors support us by sharing their lived experience of brain injury, joining fundraising events, and helping spread the word about our work.

We're delighted to welcome two new ambassadors for 2026: Sam King and Bruce Powell.





Sam King

Sam is an ultrarunner and fundraiser who took on an extraordinary endurance challenge for Headway UK after his mum, Penny, sustained a life-changing brain injury in January 2025.

In her honour, Sam launched "Project 74" – running 74 ultramarathons in 74 consecutive days, one for every year of his mum's life before she became ill. What began as an ambitious goal became something even bigger, with Sam ultimately completing 80 ultramarathons back-to-back and setting a Guinness World Record for the most consecutive ultramarathons run by a man.

Sam's challenge captured widespread public attention, with coverage across various podcasts, radio and national TV, including appearances on Good Morning Britain, as well as BBC and ITV News. By sharing his journey and determination, he inspired thousands of people to follow his progress and support Headway.

Through Project 74, Sam raised more than £86,000 to support people affected by brain injury.

As a Headway UK ambassador, Sam continues to raise awareness of brain injury and champion the charity's vital work supporting survivors and their families.



Bruce Powell

A survivor and former doctor, Bruce's first-hand experience of brain injury, coupled with his esteemed medical career, give him a unique perspective on brain injury and recovery.

Bruce enjoyed a distinguished medical career before a life-threatening cycling accident saw him wake up in intensive care with a brain injury.

He was Australia's longest-serving State Director of Organ and Tissue Donation, a highly experienced anaesthetist, and Head of Department in the Intensive Care Unit at Rockingham Hospital, Western Australia, which he helped establish.

In 2018, he took part in a charity bike ride and hit a lamppost at 65km/hr, sustaining a traumatic brain injury, alongside neck, spine, facial and limb fractures.

Bruce now dedicates his life to advocating for brain injury patients and organ donation throughout Australia. He regularly supports Headway UK and has been a guest speaker at our annual Golf Day fundraiser, as well as taking part in wider advocacy discussions and judging this year's Headway Network's Carer's Week Poetry Competition.

Meet our ambassadors at: www.headway.org.uk/about-headway-uk/working-with-us/headway-uk-ambassadors/

Boyes Turner

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

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.

For courses and dates, visit **www.headway.org.uk/training**



Putting your life back on track

It's what we do



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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