

Autumn 2026

Headway News



The magazine of Headway - the brain injury association

Taste and smell after brain injury

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Xmas Card
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winners
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Second Hand
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cycling challenge
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SCAN ME

Welcome

One of the things that continually strikes me about the Headway community

is the willingness of people to share their time, talent and experiences to help others. Whether through volunteering, supporting local groups, fundraising, campaigning or simply sharing their story, the collective contribution of people affected by brain injury is what makes our movement so powerful.

This edition of *Headway News* celebrates many of those contributions and the difference they make.

On page 6, we look back at our Volunteers' Week celebration events, which brought together volunteers from across the UK to recognise the dedication, compassion and community spirit that make such a difference to life after brain injury.

Appreciation is also a theme on page 12, where we share the results of our Carers Week Poetry Competition. Brain injury survivors put pen to paper to express their gratitude to the carers who support them every day, producing a collection of poems that are heartfelt, moving and deeply personal.



Colin Morris

Elsewhere in this issue, we explore some of the less visible effects of brain injury. On page 14, we look at how brain injury can affect the senses of taste and smell, and the impact this can have on everyday experiences that many of us take for granted.

We also celebrate the creativity that exists throughout the Headway community. On page 18, you'll find the winning designs from our 2026 Christmas Card Competition. Once again, entrants have produced artwork that is imaginative, inspiring and full of festive spirit.

I hope you enjoy this edition and, as always, thank you for being part of the Headway community. Through shared experiences and mutual support, we continue to make a real difference to people affected by brain injury.

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.

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Volunteer!

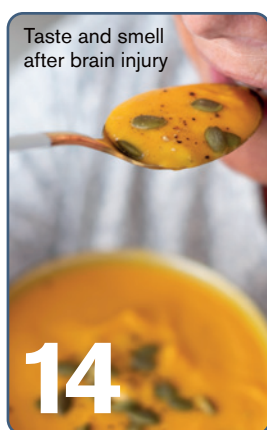
Would you like to help us improve lives after brain injury? You can join us today in our shops or at our events as a Headway Volunteer. Read more about volunteering on our website: www.headway.org.uk/donate/volunteer

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Small change, big difference

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

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

Headway UK has 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 UK!

You can donate your leftover currency online or by post.

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

Donations of foreign coins and notes, however small, 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 more or visit www.headway.org.uk/get-involved/for-individuals/ways-to-give/leftover-currency/

**leftover
currency**



Your views

"I'm learning to get used to this new, slower way of life, and finding joy in the little things. Self-compassion is also key. Offer yourself the same level of compassion as you'd offer to a stranger or loved one."

"With fight and determination, I managed to walk and talk again after my injury- two everyday actions we often take for granted. My balance is never going to be the same, but for every day I'm upright, I'm truly thankful."

A brain injury can change many things, including how we see ourselves.

Along the way, some people discover strengths they didn't know they had. Others find new priorities, hobbies and interests, perspectives, or ways of coping.

We asked our supporters 'What's something you've discovered about yourself since your brain injury?'

Below are just a few of the incredible discoveries our community shared with us.

"I've focused on the things I can do instead of the things I can't or I'm restricted with. In the past three years, I've learnt to play the guitar and sing, as well as playing padel tennis and also basic Spanish. It sounds quite a lot and can be hard at times, as it's probably taken me longer than someone else could, but I'm proud of myself."

"Physio gave me more confidence than I ever expected. I'd encourage others to give yourself time to process what you've been through."

"I've learned I can do more than I think but I need more rest if I do - and don't feel guilty about it."

"I've learnt to advocate for myself and that it is okay to question or make suggestions to improve accessibility. I have learnt to take each day at a time and make the best of it. It's also okay not to be okay some days- give yourself time. Most of all, be kind to yourself."

"Because my brain doesn't have the ability to retain a longer thought process, I've learned to truly live in the moment."



Five events. One shared purpose.

To mark Volunteers' Week 2026, Headway brought volunteers together from across the UK for celebration events recognising the dedication, compassion and community spirit that make such a difference to life after brain injury.

Volunteer Celebration Events were hosted in Leeds, Newcastle, Edinburgh, North Wales (Conwy) and Manchester.

Dozens of volunteers and supporters got together to connect, share experiences and take part in activities, including the popular human bingo- a social icebreaker game where players must mingle and find someone who matches each square on their bingo card to win the game!

Volunteers shared how much they *"enjoyed meeting people from other branches and charities"* and described the day as *"uplifting"*, *"an excellent and warm welcome"* and feeling *"valued and appreciated."*

All of the celebrations served as a reminder that volunteers are at the heart of Headway's work. Whether offering practical support, organising local groups, fundraising or simply providing a friendly face, their generosity and enthusiasm make a lasting difference to the lives of so many people.

Headway is incredibly grateful for their commitment, kindness and enthusiasm.



Edinburgh



Seven volunteers from five Headway branches and charities attended a celebration at the Irwin Mitchell office in Edinburgh on June 2. Attendees took part in bingo games, shared stories and experiences and received certificates, with one volunteer having volunteered for an incredible 20 years!

Their continued support is at the heart of everything we do, and events like these are a wonderful opportunity to say a heartfelt thank you for all they contribute.

Here's a glimpse into each celebration:



Newcastle volunteer David presented with a certificate



North Wales



On June 5, Headway volunteers from across North Wales came together in Conwy for a special Volunteer Celebration Event to recognise and thank those who give their time, skills and compassion to support people affected by brain injury.

The event was attended by 15 people, including 12 dedicated volunteers, and provided an opportunity to celebrate achievements, share experiences and enjoy time together in a relaxed setting. Volunteers from different branches connected with one another, reflecting on the positive impact they make within their local communities and the difference they bring to the lives of members and their families.



Headway UK CEO Luke Griggs presents volunteer Chris with a certificate



Leeds



Our Volunteer Celebration Event in Leeds was a truly uplifting and heartfelt occasion, dedicated to recognising and celebrating the incredible contribution of our Headway volunteers and committee members across Yorkshire and Humber.

With 20 volunteers in attendance, the afternoon was filled with warmth, laughter and a genuine sense of appreciation. It was wonderful to see so many people who generously give their time and energy come together to relax, connect and celebrate their achievements. The opportunity to network with other branches was especially valued, with volunteers sharing ideas, learning about each other's activities, and celebrating funding successes.

We were delighted to enjoy a lovely lunch in a fantastic setting, kindly provided by Leigh Day Solicitors. The room and facilities created a welcoming, comfortable environment with a lovely buzz throughout the afternoon. It was clear that everyone felt at ease, engaged and truly able to enjoy the occasion.

Above all, the most valued aspect of the day was the opportunity to meet new people, share experiences and have meaningful conversations about how different branches support their service users.



Newcastle



On 5 June, 19 volunteers from six local branches and small charities in the North East came together at One Strawberry Place in Newcastle to celebrate the importance of volunteering.

A lovely lunch was provided while volunteers played human bingo and shared their experiences of volunteering; and then took part in a game of Headway bingo and a quiz, with some prizes for the winners. Certificates were given to all volunteers, with some having volunteered for over 18 years!



Manchester



As part of Volunteers' Week 2026, Headway staff and 20 volunteers came together in Manchester on June 2 to celebrate the incredible contribution volunteers make to improving life after brain injury.

The event provided a wonderful opportunity to recognise the dedication, compassion and commitment of volunteers from across the Headway network. Throughout the day, attendees shared experiences, celebrated achievements and strengthened connections with others who are passionate about supporting brain injury survivors and their families.

Impact of volunteering

At our celebration events we asked volunteers what volunteering meant to them. Here's what a few volunteers said:

- "It means I can help and support others, and in turn it helps my own mental health."
- "A sense of helping others, getting to know new people. Knowledge and understanding about different disabilities."
- "Volunteering is very rewarding. It helps me to share my skills with others and meet new people."

- "It is enabling me to understand the impact brain injury has on survivors and their families. It has also allowed me to make some inspirational friends."
- "I find it enjoyable to help people in a similar situation to me."
- "It's part of my self-identity."

For volunteering opportunities visit: www.headway.org.uk/get-involved/volunteer-with-us/

Growing with Headway

Heather's story

Heather Frankland has been a member of Headway Lancaster and Morecambe Bay since 2015, after a brain aneurysm left her facing major life changes.

Symptoms left her struggling daily, but with Headway's support she was able to build up her confidence and explore a wealth of activities she might not have tried before her injury.

Heather said: "I was at the end of my tether; there was no focus in my life until I joined Headway Lancaster and Morecambe Bay.

"When I found Headway, I found a focus and purpose in my life. Headway helped with my vocabulary, and I have learnt to smile again."

"I enjoy working on the allotment and cooking with what we've grown. I am currently enjoying watering the plants which I can now do independently without anyone having to hold my shoulder. I like growing things and the smells of being outside.

"I've made nice friends and we go on walks and talk.

"I have enjoyed lots of fun in places like 315 Gym, Chester and Blackpool Zoo, Albert Docks, Calvert Trust, horse riding, rock climbing, zip line, canoeing, swimming and choir!

"Thanks to the support and guidance of Headway Lancaster and Morecambe Bay I really have achieved so much."



Creativity after brain injury

Kathryn's story



Headway Harrogate & District member Kathryn Kilty is passionate about using art as therapy following brain injury.

The self-taught artist's life changed suddenly in 2015 after a ruptured brain aneurysm. She now gives back by sharing her skills, teaching others and selling artwork to raise funds for her local Headway branch.

Kathryn lives with PTSD, partial sight, a speech impediment and anxiety. She has also faced further health challenges, including 11 operations and a cancer diagnosis earlier this year.

But creativity is where she truly shines. Her work includes colourful Christmas baubles and coasters, intricately painted bird boxes and knitted items such as a snake-shaped draught excluder.

Kathryn said: "I mainly do decorative art painting, based on the basic strokes of folk art. It's teachable at beginner level because it's about technique rather than talent.

"I know survivors may have lost part of themselves or hobbies following injury or trauma. But I believe everyone has creative ability and developing it can really enhance their lives.

"Some members have also learnt to machine sew gifts and create knitted items.

"Lots of people are unaware they can produce art. When I show them the basic strokes and how to turn them into something, they soon begin to achieve. There are so many mediums to explore and I want to encourage other Headway members to give it a go."

RESOUNDING SUCCESS

At ABI Games™ Roadshow in Hertfordshire

The Headway Worcestershire ABI Games™ Roadshow has been hailed a resounding success following a vibrant and inclusive event hosted by Headway Hertfordshire at Hatfield Sports Village on June 2.

2026 is Hertfordshire's Year of Disability Sports and the ABI Games showcased just how important both physical and mental challenges are to recovery after a brain injury.

Bringing together individuals living with acquired brain injury (ABI), alongside volunteers, staff, and supporters from across the Headway network, the Roadshow delivered a day of activity, connection, and celebration. The event showcased the core ethos of the ABI Games™, championing ability over disability through a range of accessible sporting and creative activities designed to engage participants of all abilities.

The event was attended by over 100 participants, 12 professional sports coaches, 30 volunteers (including 17 from Irwin Mitchell!) and several Headway charities and branches, including Headway Worcestershire, Headway Hertfordshire, Headway South Bucks, Headway Bedford and a team of three all the way from Fife in Scotland!

John Archer, CEO of Headway Hertfordshire, said: "It was a privilege to host the Headway Worcestershire ABI Games™ Roadshow in Hertfordshire.

"The energy, positivity and determination shown by participants has been truly inspiring.

"Events like this highlight the power of community and the importance of creating inclusive opportunities for people living with brain injury to thrive."

The success of the Hertfordshire Roadshow builds momentum towards the next national Headway Worcestershire ABI Games™, set



to take place in August 2027 at the University of Worcester Arena.

This flagship event will bring together hundreds of participants from across the UK, continuing to raise awareness of ABI while celebrating the achievements and potential of those affected.

HEADWAY BERWICK'S 20TH ANNIVERSARY

Headway Berwick celebrated 20 years of supporting those affected by brain injury with a fun-filled party.

The volunteer-led branch welcomed 75 supporters to Northern View in Berwick to enjoy the celebrations.

Party-goers were entertained by a local band, the Dodgy Jammers, and some of their volunteers, who are also musicians. A delicious buffet was supplied by Phil Elliott.

Headway Berwick was set up by Christine and Tom Hammill in 2006 after Tom sustained a brain injury and they found there was no support locally.

Lesley Stephenson has been with the branch since the beginning, acting as treasurer and arranging monthly meetings and a regular programme of day trips and outings.

She said: "Over the 20 years as a volunteer, I have seen how after experiencing a brain injury, our members become so strong and far more confident through being part of this branch."

Danielle Duggan, Network Support Coordinator, attended the celebration on behalf of Headway UK and praised the work of Headway Berwick.

She said: "The time, care and commitment that Lesley, Keith, the

committee and volunteers give to the branch makes a huge difference to the lives of brain injury survivors and their families in North Northumberland and the Borders.

"Twenty years is an incredible achievement, and we are all so grateful to them for growing Headway Berwick into the supportive, creative and caring branch it is today."

Photos taken by Headway Berwick member Sarah Douglas.



Timms Review: PIP is not fit for purpose

The UK Government's Minister for Social Security and Disability Sir Stephen Timms has described Personal Independence Payment (PIP) as not fit for purpose, with the interim findings of his review highlighting concerns that many claimants find the assessment process dehumanising.

For brain injury survivors, this conclusion will come as no surprise. Headway has long campaigned for improvements to the PIP assessment process, consistently highlighting how the hidden, complex and fluctuating effects of brain injury are often poorly understood by assessors and not fully reflected in assessment criteria.

Luke Griggs, Headway UK's Chief Executive, said: "Brain injury survivors have repeatedly told us that the PIP assessment process is degrading, immensely stressful and inconsistent

with poor levels of understanding of brain injury amongst assessors.

"While it is positive that the government has finally accepted that the system is broken, the key question is what the government plans to do to fix it."

In our submission to the Timms Review, we called for mandatory brain injury training for all benefits assessors, greater recognition of fluctuating and non-visible disabilities, and reforms that help ensure decisions are right first time.

Government's ABI Action Plan delayed to after summer

The UK Government's long-awaited plan to improve lives and support for brain injury survivors in England is being delayed yet again.

Originally announced by the previous government in November 2021, plans for a brain injury strategy were repeatedly delayed and never published. The current government subsequently committed to publishing an Acquired Brain Injury Action Plan in 2025, but publication has also faced delays.

Last December, the then Minister responsible for ABI, Ashley Dalton, committed to publishing the plan by the end of June 2026. That deadline has now passed, with the All-Party Parliamentary Group for Acquired Brain Injury confirming at a parliamentary

reception in early July that the plan likely now won't be published until after summer.

Headway UK's Director of Communications, Colin Morris, said:

"Another missed deadline means more uncertainty for brain injury survivors and their families, and further pressure on services already at breaking point.

"Local Headway charities are under immense strain, with seven forced to close in the past three years alone. These are frontline services people rely on, yet too many are being pushed to the brink while they wait for support that never quite arrives.

"The government must now treat this as a priority, because every delay has real consequences, and survivors need support now."



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Carers Week Competition 2026

We're delighted to share the results of the Headway Carers Week Poetry Competition 2026 – a powerful collection of poems written by brain injury survivors to express appreciation for their carers.

Every entry was moving, personal, and unique.

This year's poems were judged by Stef Harvey, Bruce Powell, and Lesley Stephenson. Between them, they bring lived experience and a passion for storytelling, using poetry as a way to connect and give voice to experiences that can be hard to say out loud.

Special Carer - More than a carer to me

by Dawn Allard (Headway Worcestershire)

More than a carer to me
How you have cared and watched me weep
The life you give back to me at times I'm weak
The socks, clothes, bath- all I struggle to do
You have been there
And are more than a carer to me.

More than a carer to me
Your sweat, blood and tears and poured into me
No ifs, ands or buts- you do it in a blink
No questions or second guessing
I am your number one focus
More than a carer to me

More than a carer to me
If the world was a heart that's how big yours would be
If sand was time, that's what you have put into me
If water was love, that's what you have poured into me
All these reasons why
You are more than a carer to me.

The judges said: "Carers do not simply provide tasks or support. They become companions, protectors, interpreters, advocates. That is why the repetition of 'More than a carer to me' works. By the end of the poem, the line no longer feels simply descriptive, it feels more like gratitude struggling to find the words to express what a gift carers are."



It's Now Eleven Years

By Ste Jones
(Headway Sheffield)

It is now 11 years since my injury,
Although it feels like three to me,
A huge chunk of my life just
disappeared,
All because of my memory.

I know I've since made progress,
Yet I still feel hungry for more,
I'll never be the person I used to be,
That's something I just can't ignore.

People tell me how much I've improved,
But I have no recollection of this,
I'm just grateful that time is now in the past,
Focusing on the future takes practice.

I've had to make cutthroat decisions,
Removing the people who've caused me harm,
When getting better, you don't need hassle,
It's an uphill quest to find inner calm.

I know I'm not the person I used to be,
It's surprisingly good in some ways,
I just now have people who help me,
In my world of long sleeps and short days.

Pauline in Sheffield has been valued support,
A similar help in Worcester was Clare,
They've both made me laugh and helped me along,
In a time of my how's, whys and where's?

My mum is the one who's been there throughout,
Handling all of my ups and downs,
In a time when I've found out who cares about me,
She is the lady who wears that crown.

The judges said: "The writer expresses his courage in facing up to his new reality but maintains a sense of optimism through his ability to recognise his achievements along the way. Sharing difficult truths of loss, frustration, and the sense of becoming someone different, balanced with strength, determination, and acceptance that contrast gives the poem real emotional depth and makes it very impactful."



Who cares?

By Louise Trehane
(Neuro Connect
Carmarthen)

Uncared for carers. Cared for cries.
Unseen dry silent tears. Wet face
river tears. My carer cries.

2014 question asked. Is Louise my wife dying?
Neurologist doesn't know.

Ataxia not a taxi, Karlos told. Neurologists speak jargon.

Caring husband's heart blue, not in harmony, lacks rhythm.
Met in 2023, now 2026. Brain ataxia stuff progressive.

Cognition impaired and invisible. Soul crushing the dismissive,
cruel lack of understanding. Carer knows and willing to learn.
21 years not believed by psychiatrists.

My brain nurse training saved my life. Maybe or maybe not, but
got myself out of psychiatric system to neurology. Unseen and
unknown mystery tour.

Not drunk repeats my caring husband. Brain stuff with ataxia
wobbles. Clumsy lack of coordination. I might fall. Powerless
and hopeless uncared for carers.

No sense of working time but can read clocks but can't spend
my life looking at clock face.

Planning, organising, became a lost world. Carer frustration
I fully understand. Lost my full stops exhausting. I am aware,
feeling ashamed. This is a disability others don't grasp.

Exhausted my husband and carer. My heart will surely break. In
the gutter my dignity.

Husband dares to care. Care takes courage. We are both only
human.

Carer and cared for fatigue. Burnt out or worn-out, needs help.

Husband, carer, friend or companion, what next a scary reality
for us both.

Your carer celebrated for eternity. I speak up for carers, my
forever voice. You courageously dared to care. If it's time to

The judges said: "Powerful, raw and deeply moving. This poem invites the reader into the reality of communication difficulties and emotional strain, expressing both love and heartbreak. The honesty and vulnerability within such a small space make it unforgettable."



Taste and smell after brain injury

Autumn is a time traditionally associated with smells and tastes... the harvest festival celebrates the food on our plates, kitchens begin to simmer up soups and stews for the colder months, and everywhere is bathed in the scents of cinnamon, spiced apples and pumpkins.

Unfortunately, these seasonal flavours of autumn can be altered, weakened or even lost altogether for some brain injury survivors. The senses of taste and smell are strongly linked, and either or both can be affected by brain injury.

In this feature, we discuss how brain injury can affect the senses of taste and smell.



What's the science behind taste and smell?

The brain has a key role to play in identifying smells and tastes. Information about smells and tastes is processed as chemical messages by the taste buds on our tongue and odour receptors in our nose. These messages get changed to electrical signals and sent to our brain, where different areas are responsible for processing, recognising and reacting to the tastes and smells received. In essence, it is the brain that does the 'tasting' and 'smelling'!

Did you know...

Areas of the brain involved in processing smells are very close to areas involved in processing memory. This is why familiar scents are often strongly associated with memories.



Injury to parts of the brain involved in these processes can affect the quality of smells and tastes perceived in a range of ways.

- Taste/smell can be **completely** lost
- Taste/smell can be **partially** lost
- Taste/smell can be **altered** – for instance taste/smell can either become more sensitive or changed
- Tastes or smells that **aren't actually there** may be perceived.

Why do these changes matter?

These changes can be very confusing, alarming or upsetting once realised, and can affect people's quality of life.

One survivor told us: *"I can't smell or taste now- which causes issues when I go out for dinner, and I don't find any joy doing that anymore."*

While we may associate taste and smell with enjoyment of food or products like perfumes and candles, they are actually incredibly important for our safety too.

For instance, being able to taste if food has spoiled, or if there is a gas leak.

They also help us feel connected to the world around us – in autumn, many people are accustomed to smelling the scent of the crisp air, or smoke from distant bonfires, as part of a seasonal stroll. The world as they know it can be changed for many survivors with a loss of taste and smell, and this can be very difficult to accept and cope with.

So how can people cope with these changes?

It is possible to naturally recover from changes in taste and smell after brain injury. However, some people may have ongoing issues and may need to learn ways to cope in order to keep themselves safe and regain a sense of quality of life.

Another survivor said: *"My sense of smell is never going to be what it was but it's definitely better than directly post-accident. It took some time and it was quite a frustrating process, but practice makes better, not perfect."*

Some suggestions are as follows...

Food



- Try to identify exactly what types of tastes or smells are lost or unpleasant to you. There may be specific things that, once taken away, improve a meal or scent.
- Try to concentrate on different features of food such as texture, temperature and colour to make them more enjoyable.
- Experiment with adding stronger flavours to meals such as garlic, chilli flakes and parmesan.
- Avoid adding too much salt to food and try to maintain a healthy, balanced diet.

Safety



- Make sure you have a smoke alarm and gas detector fitted, and have electrical appliances regularly serviced.
- Clear out food by its 'use by' date.
- Be careful and follow manufacturer's instructions when using products such as paint, cleaning products and solvents.

Hygiene



- Ask family or friends to help empty rubbish bins and keep toilets and kitchen appliances clean to avoid health risks.
- Be aware of the need to wash yourself, your clothes and bed linen regularly.
- Brush your teeth and tongue regularly. Use mouthwash and dental floss. Pay regular visits to the dentist.

Professional support



- If appropriate, speak to your GP about getting a referral to a professional such as an ENT specialist or dietitian.
- Get support for your mental health if your loss of taste and smell is affecting your mood.
- Research whether there are any smell and taste hospital clinics in your local area that can help.

For more guidance on this topic, watch our webinar on taste and smell disorders by scanning the QR code.



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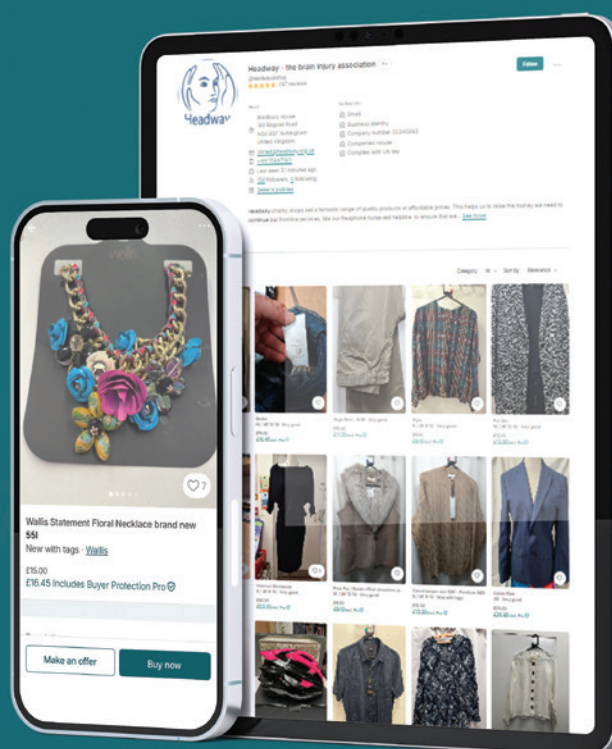
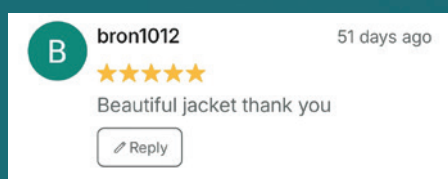
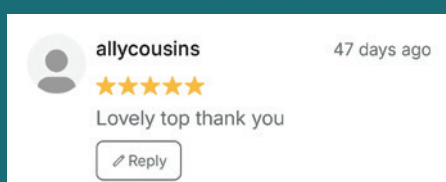
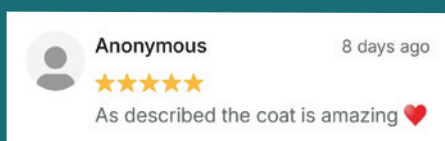
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Headway on Vinted



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, box sets and more, there's something for every taste and every treasure-hunter.

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.

How to visit Headway's Vinted store:

Download the Vinted app

Available on iOS, Android or visit www.vinted.co.uk.

Search for our page

Type HeadwayUKShop into the search bar to find our online store.

Browse our listings

Explore our range of quality second hand clothing and accessories.

Make a purchase

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.

Meet Headway UK's Christmas Card Competition winners 2026!

Headway's 2026 Christmas Card Competition has once again showcased the incredible creativity within our community.

This year's winners have produced three distinctive designs, each reflecting both festive cheer and the personal experiences behind their artwork.

Thank you to Irwin Mitchell who sponsored this year's Christmas Card

competition and helped select our winners, who you can read about below.

IM irwinmitchell

Let's meet our winners!



Natalie Parr painted this fun, creative and inclusive design featuring her favourite animal... penguins!

Her snowy Christmas scene sees four penguins wrapped up in hats and scarves exchanging presents around the Christmas tree.

Amazingly, Natalie had never painted before her brain injury.

Penguin-lover Natalie said of her design: "I am a permanent power chair user. I thought once what would happen if a penguin can't walk? Then I thought I would design a chair for them."

"I wanted to show in my design how we are all unique, all beautiful and whatever our differences, because of our brain injuries, we are all who we are."

"And I wanted my card to celebrate that... through penguins!"

Natalie was supported by Headway in hospital and previously attended Headway Coventry and Warwickshire before it closed. She is an ID Card holder and has used Headway UK's helpline, website and publications.

She added: "Headway has given me so much support, confidence, friends; they have given me hope."



Stephen Hunter, from Headway Birmingham and Solihull, designed this cheerful busy railway station scene using coloured pencils. Stephen's design features British steam locomotive 'GWR 56XX 6695', with Santa welcoming travellers in the foreground.

Stephen said of his design: "I enjoy drawing and painting railways and engines."

"The engine in this picture is the GWR 56XX 6695 which was at the Swanage Railway in Dorset."

"The design is a pencil drawing coloured with coloured pencils. I have used a black fine line pen to aid details."

When he was a baby, Stephen had a brain haemorrhage and developed hydrocephalus- a condition that causes a build-up of fluid in the brain.

The train-enthusiast attends Headway Birmingham and Solihull twice a week, where he enjoys various activities and socialising.

He said: "Headway understands the challenges I have. Because of their support, I am able to go out and about and lead a full life and socialise with lots of different people and take part in many activities."



Sallyann Lindsay created this poignant Christmas bauble design in a stunning return to art post-injury.

Red, green and gold baubles are adorned with words such as 'joy', 'overwhelm', 'hope', 'tears' and others- words which Sallyann says describe the feelings she has experienced since she had an aneurysm in 2023, and the positive impact Headway Hertfordshire has had on her life.

She said: "I have always loved arts and crafts, and this is my first attempt at getting back to it since my brain injury."

"I used watercolours for the first time for this picture. Since my brain injury, I find many things overwhelming and wanted to keep my design simple but impactful."

Sallyann says Headway Hertfordshire has helped her navigate her brain injury and given her a greater understanding of the difficulties she faces.

"I often say they 'saved me' at a time when I was feeling completely lost and alone," she said.

"They have given me so much hope and introduced me to a like-minded community and support network. They have encouraged me to try things and to accept that it is okay for things not to be perfect!"

Headway UK's Christmas Cards 2026!

Support Headway UK this Christmas and improve life after brain injury.



Grandma's Tree



Festive Penguins



Rejoice Rejoice



Perching Fluffy

Good to know

Headway UK Christmas Cards are all sold in recyclable cellophane bags.



Santa's Train

£3.75
per pack
of 10!

Square cards are 15 x 15cm
& rectangular 12 x 17cm

All cards include the same greeting inside: 'Merry Christmas and a Happy New Year'.

Where to buy

Visit shop.headway.org.uk or scan the QR code to order online.

You can also call the Fundraising department on **0115 855 0090** to order!



SCAN ME!

Do you live near a Headway UK shop? Find our Christmas cards in the following outlets!

North

- Alsager
- Altrincham
- Lymm
- Poynton
- Whitchurch

East

- Barnsley
- Huddersfield

North West

- Cheadle
- Sale
- Winsford
- Northwich



Christmas Baubles

Q&A

with Lawson Falshaw

Research matters...

At Headway UK, we are proud to support researchers who give valuable insight into the experiences of those affected by brain injury. Research matters, because such pieces of work allow us to better understand the whys of brain injury.

In this article, we talk to researcher and clinical psychologist Lawson Falshaw on one of the whys of relationships being affected by brain injury.





Hi Lawson! Can you start by telling us a little bit about yourself?

Of course. I'm a Highly Specialist Clinical Psychologist working in neuropsychology within the NHS. Alongside my clinical work with people who have had a brain injury, I have a particular research interest in how brain injury affects family relationships – especially the social and emotional skills we rely on to stay connected with the people we love.

You've recently published a research article looking at how social cognition affects relationship satisfaction and continuity after brain injury. Can you briefly describe what social cognition is?

The article is based on a study I carried out with my colleague, Dr Nigel King, looking at how social cognition can influence couples' relationships after brain injury. Social cognition is really just an umbrella term for all the mental skills we use to understand and get along with other people. That includes recognising facial expressions and tone of voice, working out what someone else might be thinking or feeling, and using that understanding to respond appropriately in conversation. Brain injury can affect any of these skills, even when someone's memory, language and physical abilities have recovered well, which is why it's sometimes described as a 'hidden' difficulty.

And why is social cognition relevant to relationships?

Good relationships depend on picking up on subtle social cues, empathising with a partner, and responding sensitively, day to day. When brain injury affects these skills, partners can start to feel misunderstood, unsupported or emotionally distant, even if the physical and practical sides of the relationship are unaffected. Previous research has suggested that these kinds of social cognition changes are among the strongest predictors of whether

a couple's relationship stays on solid ground after a brain injury, so we wanted to look at this more closely.

What did your research find?

We asked 64 people, each with a partner who had experienced a brain injury, to complete questionnaires about their partner's social cognition, their own relationship satisfaction before and after the injury, and how connected they still felt to their partner. On average, relationship satisfaction dropped from a healthy level before injury to a much lower level afterwards, moving into a range associated with real dissatisfaction. Crucially, the size of that drop was closely linked to social cognition: lower social cognition scores were linked to the biggest declines in relationship satisfaction, while couples where social cognition was better preserved reported much smaller changes.

What can people do if they feel that social cognition is an issue after brain injury?

If you or your partner notice changes in empathy, reading social situations, or picking up on emotional cues after brain injury, it's worth raising this with your GP, brain injury team or rehabilitation service, and asking about a referral to clinical neuropsychology services. A clinical neuropsychologist can properly assess social cognition and offer strategies, and where appropriate couples-based support, to help both partners understand what has changed and find new ways of communicating and connecting.

Do you have any plans to do further research in this area?

Yes, this is very much the start rather than the end for me. I'd like to explore what kind of support genuinely helps couples navigate these changes together, and I'm also involved in research looking at social cognition and communication in other groups affected by brain injury. It's an area with huge potential to improve day-to-day support for survivors and the people closest to them.



Remembering

RIK MAYALL

and making a difference!



An event featuring exclusive never-been-seen material by comedy legend Rik Mayall helped to raise money to support brain injury survivors.

'Working With Rik and Other Grim Tales' took centre stage at Norbury Theatre in Droitwich Spa as part of the Rik Mayall Comedy Festival, helping to raise funds for Headway UK.

A pioneer of British alternative comedy, Mayall found fame in the 1980s in the BBC series *The Young Ones* and became one of the best-known comic actors of his generation.

Renowned for his outrageous and high-energy characters, Mayall's career spanned TV, film, stage, and voice work, earning a BAFTA, a British Comedy Award and an Emmy.

In 1998, Mayall survived an almost-fatal quad bike accident, which left him in a coma for several days. He largely recovered but was left with epilepsy, for which he had to take daily medication.

The Rik Mayall Comedy Festival was launched in 2025 to celebrate the legacy of Mayall, who died in 2014 at the age of 56. After his passing, thousands of fans rallied to raise money for Headway UK in his memory.

"We wanted to do the same in his honour," said producer and hostess of the event, Elene Hadjidaniel. 'Working With Rik and Other Grim Tales' was a Q&A session with director Bob Baldwin.

Baldwin was Mayall's close friend who collaborated with the late comedian on the 'Grim Tales' children's series, 'Horse Opera', 'Violent Nation' and 'Tales of Uplift and Moral Improvement', along with other projects.

The event featured unheard and unseen content from the pair's collaborations over the years, including stories from Bob about their productions and friendship, and also photographs and artwork from Baldwin's personal archive.

Elene said: "Thank you to everyone who attended such a momentous event!"

"We wanted to support the wonderful Headway UK and managed to raise £200 in memory of the legend that is Rik Mayall.

"This was a phenomenal experience and included some exclusive material that has never been seen before.

"It was very fitting to share it for the very first time in the venue where Rik

first began performing, so in a way we managed to bring it back 'home' for him.

"Members of Rik's family were in the audience too, which was an amazing surprise and an absolute honour to have them with us!"

"A huge thank you to Bob Baldwin, to the Norbury Theatre tech team, to the incredible Rik Mayall Comedy Festival organisers and volunteers, and to everyone who has given support along the way and who came to the event - a truly unforgettable adventure for me."

Thank you to photographer Andy Hollingworth for supplying the accompanying images.
(www.andyhollingworth.com)



Headway UK's impact - 2025 in numbers



10,294 enquiries through the helpline



34,603 factsheets and e-booklets downloaded



403,199 website visits



1,171 live webinar attendees and **9,022** webinar viewings



618 grants from the Emergency Fund given to **211** families and individuals



65 Headway UK Approved Providers operating in 2025



1,714 new Brain Injury Identity Cards issued with a further **455** reissued



68 training sessions delivered to over **897** attendees



Supporting the UK-wide network of **66** Headway charities and **49** volunteer-led branches

Second Hand
September

WATCHING OUR WARDROBE WATER IMPACT

one drop at a time

September often brings a 'New Year' feeling as we wind down from long days enjoyed in the summer sunshine.

Buckets and spades are packed away, schools return, routine makes a reappearance, and wardrobe staples are swapped out as we make way for a new season.

For many, a new season marks a fresh start- and perhaps that includes a closet clear out or a style refresh.

Second Hand September is the perfect time to help recirculate clothes. Donating, rewearing and restyling all help to take a stand against fast fashion and reduce environmental impact.

But what exactly is meant by 'environmental impact' when it comes to fashion, and how can we help make a difference?

Alongside landfill waste, chemical pollution and carbon emissions, the fashion industry has an enormous water footprint.

Water is used at every stage of production, from cotton cultivation to washing, dyeing and finishing of garments.

It puts a significant drain on water resources in countries where clothes are produced, straining communities struggling to gain access to clean water.

Did you know that a single cotton t-shirt requires 2,700 litres of water - or 5,400 standard 500ml bottles of water- to produce? That's enough for one person to drink for 900 days!

The water footprint required to produce a pair of jeans is a whopping 8,000 litres, or approximately 16,000 bottles of water.

Choosing a preloved pair of jeans and a t-shirt could, therefore, save enough water to fill around 20,000 drinking-water bottles.

If every one of the UK's 69.5 million people bought a preloved pair of jeans and t-shirt instead of new, the UK could save about 743 billion litres of water per year- that's enough to fill Lake Windermere (England's largest natural lake) almost twice over.

Saving 743 billion litres of water in a single country from just two clothing items shows how significant shopping second hand can be as a climate action.

This Second Hand September, we're asking our readers to consider the water impact of their wardrobe.

Could you shop second hand this September - and beyond? Could you donate your seasonal items to Headway, giving pre-loved pieces a fresh purpose? Scan the QR code or visit www.headway.org.uk/supporting-you/in-your-area/charity-shops/ to find your nearest shop!

Don't live near a Headway shop but still want to support us?

Shop our online Vinted account to find cosy knitwear, 'fall favourites', and one-of-a-kind treasures at: **@HeadwayUKShop**



Did you know?



A second hand t-shirt can save around 5,400 bottles of water.



A second hand pair of jeans can save around 16,000 bottles of water.



Buying both second hand instead of new can save around 20,000 bottles of water.



Brewing support for brain injury survivors

Headway UK shops across the country opened their doors to host a Big Headway Cuppa - inviting customers, neighbours and friends to come together over drinks and plenty of delicious homemade cake and biscuits.

A simple cuppa became an opportunity to raise awareness, connect with others and generate valuable support for people living with brain injury.

The fundraising events also helped highlight that Headway UK's shops are more than places to donate and shop; they are community hubs. They bring people together, help combat isolation, create volunteering opportunities and provide a visible local connection to Headway's work.

Every cup of tea served, every slice of cake enjoyed, and every conversation held helped spread awareness of life after brain injury and the support Headway provides to survivors, families and carers across the UK.

David Byrne, Head of Retail at Headway UK, said: "A huge well done to all the teams, volunteers and supporters who got involved. The creativity and enthusiasm for hosting a Big Headway Cuppa event demonstrated exactly what Headway Retail is all about: people coming together to make a positive difference.

"Thank you for helping us raise awareness, strengthen community connections and support Headway's mission."

"Together, you continue to show that small acts of kindness can have a lasting impact."

Fancy hosting your own Big Headway Cuppa? Whether it's a coffee morning at work, or a catch-up with friends, you'll be helping to make a BIG difference for people affected by brain injury.



Scan the QR code below to download your free fundraising pack for everything you'll need to pull off a great event - BIG or small.



The BIG  Headway
CUPPA

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

ONE RIDE. ONE GOOD CAUSE. ONE INCREDIBLE ACHIEVEMENT.

A survivor who sustained multiple brain injuries following a serious cycling incident in 2021 has completed an extraordinary challenge of cycling the length of mainland Britain.

Glen Hickman cycled over 1,000 miles from Land's End, on the tip of Cornwall, through to John O'Groats, at the very top of mainland Scotland, raising over £1,800 for Headway UK.

This is a brief account of his incredible 'LEJOG' challenge:



DAY 1

Arrival at Land's End

After four trains, three changes and a "fair amount of travelling anxiety", Glen arrived at Land's End, ready for his ride to begin the following day.



DAY 2

Land's End to Truro

"A nice gentle introductory ride today at 64km distance and an ascent of 900m. It was gentle from a distance perspective, but the weather was less gentle with quite high winds. Some of the climbs were quite tough!"

"We stopped at *The Merry Maidens Stone Circle*, which legends says 19 maidens were turned to stone as punishment for dancing on a Sunday.

"First day's riding done and only 18 more to go, but who is counting?"



DAYS 3-6

Truro, Launceston, Tiverton, Cheddar and Chipstow

On day 3, Glen fuelled up for an 88km ride with a full vegan English fry up!

Day 4 saw him leave Cornwall, while day 5 brought strong winds and 100km of riding.

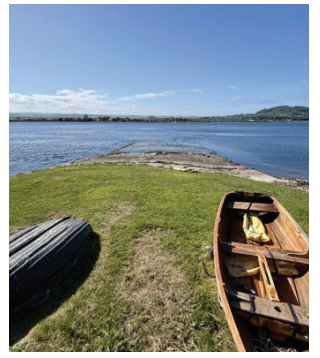
Glen left England and crossed into Wales on day 6, with the day starting with a 300m climb.

DAY 7

Chipstow to Hereford

"It was nice to have a relatively gentle day, but we had to take a diversion due to a fallen tree that added several kilometres.

"The hailstones, rain and headwinds detracted from an otherwise lovely ride through some beautiful scenery.



DAYS 8-9

Hereford, Ironbridge, Hartford

On day 8 of the challenge, Glen was feeling mentally fatigued but pushed on and said he felt better once out on the road.

Day 9 saw the longest ride so far at 102km, with some out-of-the-saddle steep parts!

DAY 10

Hartford to Mellor

"We stopped off at the *Anderton Boat Lift* this morning. It wasn't lifting anything today but would normally use hydraulic power to lift/ lower boats- incredible engineering.

"It rained really, really heavily just before lunch and rain, spray from traffic and splashes from water on the road made an exciting 360° water torrent!

"When we stopped for lunch, the sun came out and we saw some Canada Geese and two baby goslings."

DAYS 11-14

Mellor, Casterton, Hallbankgate, Peebles and Kinross

On day 11 Glen was faced with a climb of 1092m- a kilometre climb!

Day 12 saw him struggle with a headache, highlighting the reality of living with a brain injury while undertaking an extraordinary challenge.

And on day 13, Glen arrived into Scotland and enjoyed a beer and a nice meal.

Day 14 was a rest day – or laundry day as Glen dubbed it- and saw him rest his legs before getting back on his bike for the final week of cycling.

DAYS 15-17

Peebles, Kinross, Bridge of Cally and Tomitoul

Day 15 "Here we go again! Final week of cycling.

"The weather has taken a turn for the better. Only one layer today, and a short-sleeve layer as well.



"The ride today went through Edinburgh. It really is a beautiful city. The Forth Bridge really is a thing to behold."

Day 16 brought a relaxed ride in the sunshine while day 17 was a struggle, with Glen saying he felt worn out but pleased he managed to ride the whole way.

Day 17 also marked 80% of the total distance completed!

DAYS 18-19

Tomintoul, Inverness and Lairg

Day 18 saw Glen and the group visit Balnuran of Clava, a 4,000-year-old Bronze Age cemetery near Inverness. They also went under/ past the Nairn Viaduct, an amazing piece of engineering that is over 100 years old.

Day 19 was a beautiful route in warm weather where we spotted Mallards, Oyster Catchers, Shelducks and some Gulls.

DAY 20

Lairg to Bettyhill

"A really lovely, penultimate ride today in the sunshine.

"We had coffee in The Crask Inn, Scotland's most remote pub. I had a huge slice of chocolate brownie!

"Tomorrow, we ride to John O'Groats and the end of our cycling labours. At the start of this ride, I was really looking forward to the end of the ride but now it's almost here, I'm not so sure anymore!"

DAY 21

Bettyhill to John O'Groats

"And done!

"The ride was planned to be 80km but it was suggested to cycle to Dunnet Head, the most Northerly point of the UK mainland. So, that's what four of us did, making it 95km. It was well worth the extra cycling.

"1,633km distance and nearly 19km of climbing, over 80 hours in 19 days. It has been challenging, enjoyable, emotive, educational and reassuring.

"To have accomplished this means so very much, on many levels. For one, it shows the truth in a phrase heard on a TV show: 'Scars show us where we've been, not where we're going.'

"I've lost some things as a result of my incident, but this trip has shown that I have also gained a lot."



WHO STARTS RUNNING AT 50?!



Those were the words engineering consultant Steve Denniss thought to himself 16 years ago during a personal crossroad with his health.

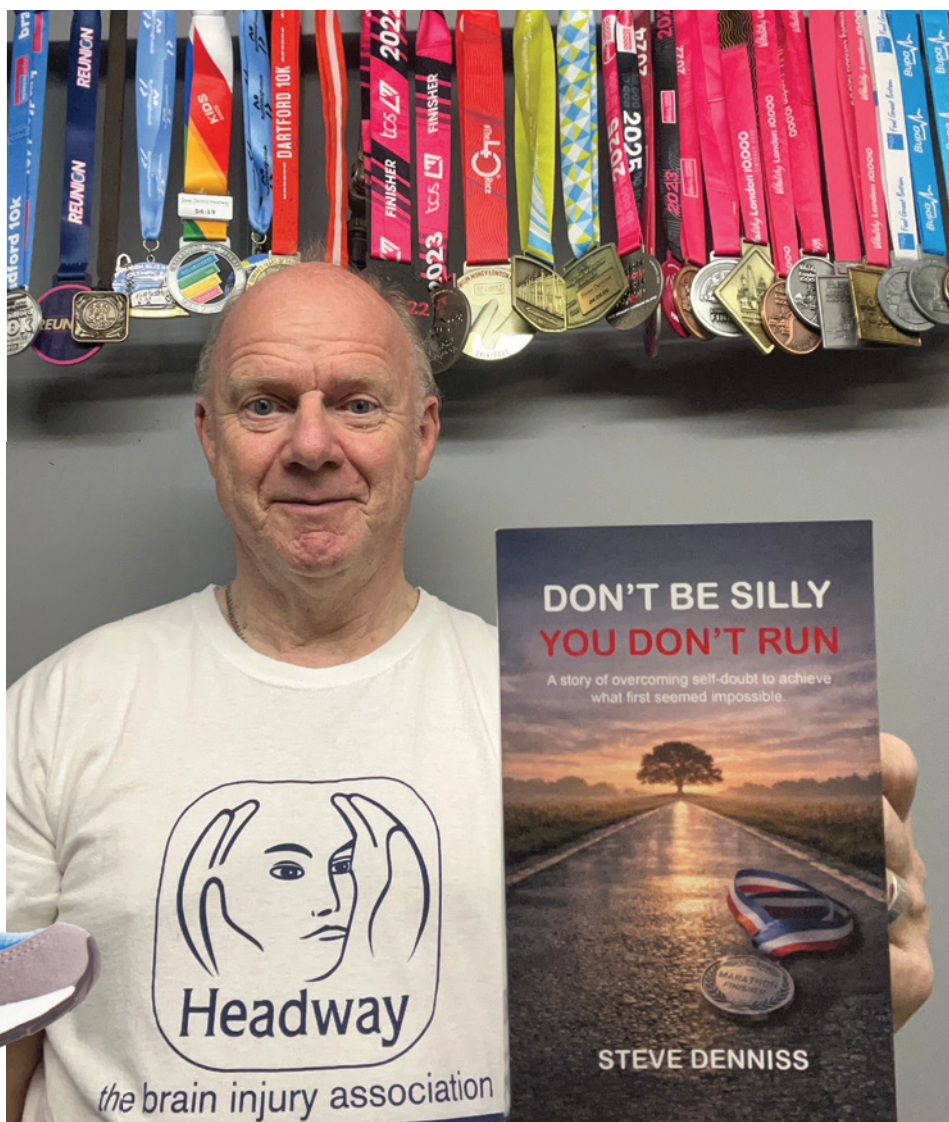
Now 66, Steve, from Halifax, has gone on to run five marathons, multiple 10kms and most recently written a book *'Don't Be Silly You Don't Run'*, detailing his experience of going from a self-proclaimed couch potato to marathon runner.

'Don't Be Silly You Don't Run' weaves in humorous tales of the lessons running has taught him, as well as highlighting brain injury and the work of Headway, in loving memory of his second cousin Amy Haskew.

Amy sadly passed away from a brain injury following a tragic cycling accident while abroad in 2016.

The graduate and talented musician was on a gap year having completed a degree and a Masters in Psychology, and had taken time out from working towards a Doctorate to explore Asia and Australia.

Steve said: "Amy was like a niece to me. She was just bubbly and wonderful. She was the larger-than-life character in the family gatherings."



"Amy was in hospital in Australia for a few weeks before doctors determined that she wasn't going to survive.

"But in that time, Amy's loved ones researched what they would do if she survived, and Headway came up. Unfortunately, she didn't survive. But Amy's parents Richard and Liz wanted to keep her memory alive, and adopted Headway UK as a way of doing that."

Amy's legacy has seen an incredible £26,588 donated to Headway in her name, with family and friends taking on marathons, 10km runs and fundraising activities in her honour.

Richard and Liz said: "We so clearly remember the absolute shock and devastation of those early days and weeks.

"We were so fortunate to have the most amazing support around us.

"It was really important to us that we were raising money in Amy's memory to help parents who found themselves in our situation.

"Headway provide, literally, a lifeline for those affected by brain injury and if we could help other parents in their desolate days then we wanted to do that.

"It continues to be an absolute blessing to us that friends and family still wish to raise money for Headway in her memory.

"Amy would absolutely have done the same for anyone she knew. Knowing her, she'd have signed up for a marathon and only worried about whether she was fit enough further down the line! She would have finished though; if she set herself a challenge, she would always see it through if she possibly could."

Steve has paid homage to Amy in his book by dedicating a chapter to her, with the release also coinciding with the 10th anniversary of Amy's passing.

'Don't Be Silly You Don't Run' reminds readers that progress is rarely linear. Knowing when to slow down and respecting rest, leaning into your support community and showing kindness- both to yourself and to others- are all topics covered in his book.



Steve said: "My story intersects with Amy's death and running in her memory.

"I got to the age of 50, I was a couch potato and not into exercise, and then my son invited me to the gym and I just thought 'I've got to do this for my health'.

"But at the time I was thinking 'who starts running at 50?!'

"I'm now 67 this year and I'm still running.

"The title of the book comes from my mum. She had asked me what I was up to one day and I replied, 'I think I'm going to do some running'. She said to me 'Stephen, don't be silly, you don't run'. And that stayed with me.

"My response to that was one of defiance, where I thought 'do you know what? I can and I do'. In a lot of ways, the book talks about overcoming doubt, overcoming things people tell you, you can't do.

"I try to use humour in the book too. I have one anecdote where I'm running in the park and I collapse on the ground because my app has said 'you've done your distance' and people come running over; one guy was calling an ambulance saying, 'there's an elderly gentleman on

the ground'- so I've tried to write about my running experiences in a humorous way!"

Steve has gone on to run five marathons, including running a virtual marathon for Headway in 2020 during the Covid pandemic and completing the 2022 London Marathon for the charity.

He said: "When you run for a charity, it's a whole different experience because it's just so powerful. It multiplies the feeling immensely.

"I've solved so many work problems when I've been out running, and learned so many lessons.

"Running, to me, is parallel to things in life.

"There were lots of setbacks, but I took control of it. I owned my own progress.

"It held up a mirror to me to say, how can I be a better person? I can do it in running; therefore, I can do it in other things."

'Don't Be Silly You Don't Run' is available from Amazon and Authorhouse. If you're interested in a signed copy of Steve's book, you can email him at steve.denniss.sd@gmail.com for more details.

Headway Annual Awards 2026

The countdown is well and truly on to the Headway Annual Awards 2026, sponsored by Charles Stanley.

This year, we're delighted that Dom Hurley BEM will be joining Sam Peters to co-host the Awards on 10 December, held at the Royal Lancaster Hotel in London.

As a brain injury survivor and former Achiever of the Year winner, Dom understands first-hand the importance of celebrating the achievements of people across the Headway community.

Dom was awarded a British Empire Medal (BEM) earlier this year in recognition of his exceptional commitment to community fundraising and his longstanding support for those affected by brain injury.

Dom said: "Headway has always held a very special place in my heart, so it's a real honour to be co-hosting this year's Annual Awards.

"Winning Headway's Achiever of the Year Award back in 2010 was a moment I'll never forget. At a time when I was rebuilding my life after brain injury, that recognition gave me confidence, hope and a real sense of belief in what was possible."

"To now return as co-host, and to celebrate the incredible achievements of others who have shown such courage, resilience and determination, and hard work feels like coming full circle.

"Every person recognised at these awards has a story worth celebrating, and I feel incredibly proud and privileged to be part of such a special day."



A reminder of this year's Awards categories:

- **Alex Richardson Achiever of the Year Award** - Sponsored by Slater & Gordon Lawyers
- **Carer of the Year Award** - Sponsored by EMG Solicitors
- **Stephen McAleese Volunteer of the Year Award** - Sponsored by Anthony Gold Solicitors LLP
- **Extra Mile Award** - Sponsored by Irwin Mitchell
- **Pro Bono Impact Award** - Sponsored by Quilter Cheviot
- **Brain Injury Inclusive Award** - (Sponsorship opportunity available)



Thank you to Charles Stanley for sponsoring the Headway Annual Awards 2026. Read all about this year's finalists in the next issue of Headway News!

**CHARLES
STANLEY**

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 UK'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



PRINCE EVANS
S O L I C I T O R S L L P

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