

Headlines

Autumn 2018



Headway Hertfordshire
Supporting people affected by brain injury
0300 330 1455



Camino de Santiago Pilgrimage

Simon and Simona Twilley are walking the Camino de Santiago Christian Pilgrimage in September for 5 weeks to raise money a massive £5000 for Headway Hertfordshire.

In Simona's words,

"I've lost connection with some people down the line because of my brain injury. I get frustrated anxious and depressed and all I want is to be by myself. I don't get to see my friends and family when I want to. I don't drive due to the fact that I can't plan journeys without getting lost. I also can't do more than one task at once. I have a bus pass to get from A to B, but to get to unknown destinations I have to practice with my husband/carer, mapping, writing numbers, what side of road. I have been supported by Headway Hertfordshire. They are my extended family. I see them 1-2-3 times a week, swimming, cinema, coffee, lunch, outings.

<https://www.justgiving.com/fundraising/simona-twilley>

I've always liked to walk. Apart from being good exercise, this is giving me peace and time to relax my brain away from the chaos and to do lists.

I've chosen to do this pilgrimage walk for all the brain injury people in Hertfordshire."

The Camino Portugues is a 640km pilgrimage route from Lisbon in Portugal to Santiago de Compostela in Spain.

We wish Simona and Simon best wishes on their very long walk and look forward to hearing their adventures when they return.

Headshaving for Headway Hertfordshire



£5,120.00
raised of £10,000 target
by 115 supporters

They are half way there!
James and Marian shaved their heads to raise £10,000 for Headway Hertfordshire.

"We have chosen Headway Hertfordshire for our fundraising effort because this organisation is a charity in urgent need of financial support.

At the moment Headway Hertfordshire services are difficult to sustain financially. Our fund raising target will make a real difference. We are sure that with your help we can do it. And you don't want us to stay bald forever."

- https://www.justgiving.com/Marian-Ferguson2?utm_source=Sharethis&utm_medium=fundraisingpage&utm_content=Marian-Ferguson2&utm_campaign=pfpe-mail&utm_term=XBMJ7XAAe.



A huge thank you to Charlotte Sager for offering to run in the 2019 London Marathon for Headway Hertfordshire.

Headway Hertfordshire are only allotted one ticket for the London marathon every 5 years and this time that lucky person is Charlotte. Headway Hertfordshire were lucky enough to have three potential runners that were all willing to run for us. We had to use the Headway Hertfordshire Random Generator and it chose Charlotte. Please support Charlotte, she hopes to raise £2000, her Virgin Giving link is below.

www.virginmoneygiving.com/charlottesager



Lucy's Bikeathon



Lucy would like to say A HUGE THANK YOU for your very generous support for her Bikeathon that she completed in May. . Lucy managed to cycle just over 17 miles in five days and now that the monies have been collected and counted she has raised the magnificent amount of **£2317.68** for Headway Hertfordshire.

You can donate money to Headway Hertfordshire in a variety of ways. All money raised by you will go to help our clients return to leading fulfilled lives. Text **HEAD18** followed by the amount you wish to donate to **70070** and make a difference today. For example to donate £5 you would write **HEAD18 £5**. There is no additional charge for this service.



If you would like to organise a team to run, walk, swim to raise money for us at Headway Hertfordshire we would be delighted to hear from you - John Archer CEO



The government debate on acquired brain injury (ABI) took place at the House of Commons on Monday 18 June, it was jointly called by MPs Chris Bryant and John Hayes, who is himself a brain injury survivor.

The house heard impassioned speeches from MPs from all parties expressing their support for the issues associated with ABI as well as retelling heart-breaking experiences – many of them personal and others from their constituents. There were pleas for more co-ordinated health and social care, wider use of rehabilitation prescriptions and benefit assessments to make the system fairer for everyone as well as mandatory training for educators.

<https://www.ukabif.org.uk/campaigns/>

Welcome to our Trustees. All these people have genuine interest in helping people with brain injuries and use their expertise both professionally and personally to add value to our charity.



Jean Booth is a recently retired lecturer in social work with many years working in the community dealing with the Head Injury service and

rehabilitation programmes. Jean is keen to continue helping people with with brain injury and feels that she has valuable experience which enables her to make a positive contribution to Headway Hertfordshire.



Keith Sharp was introduced to Headway Hertfordshire when he suffered a serious brain injury in June 2009.

Keith joined the Board in September 2010 and is valuable addition to the team as he understands the needs of service users first hand.



Fahim Anwar is a consultant in Rehabilitation and clinical lead for trauma injuries in Addenbrookes Hospital.

Whilst he was working with patients with severe traumatic head injury Fahim got to know Headway Hertfordshire and knows how Headway Hertfordshire plays a vital role in supporting individuals and families following brain injury.



Bruce St. Leger has been in the service industry for over 20 years, and understands the challenges that change brings and how it impacts upon organisations.

Headway Hertfordshire is a very important charity that makes a significant and positive difference to those impacted by life changing head injuries – I believe it will be tremendously rewarding to be able to make a positive contribution towards the services Headway Hertfordshire offer.



Andrew Zajac is a solicitor in Cambridge and specialises in personal injury work for clients who have sustained serious and

life-changing brain injuries. Andrews involvement with Headway Hertfordshire started back in 2004 and he has helped to organise balls and social visits, coordinating social events as well as providing training to Headway Hertfordshire staff in relation to compensation claims.



Vincent Molloy has had a long career in financial services in The City. He is keen to use his vast experience to the benefit of Headway

Hertfordshire to provide the opportunity to help ensure that the organisation has a clear financial and regulatory focus.

The Headway Hertfordshire AGM will take place on October 2nd 2018



Jasmeet Khangura is a Project Manager for the rail industry and joined Hertfordshire Headway in November 2017. Her father was involved in a

serious road traffic accident resulting in a head injury and Jas has been involved in her father's recovery and rehabilitation. She has first-hand experience and understands the effects this has on individuals who care for head injury survivors.



Chris Williamson had a brain tumour removed nine years ago and although the operation was a success it left him paralysed with many

other complications. Chris was a Headway Hertfordshire user in 2010 but when he was given the opportunity to help Headway Hertfordshire by becoming a trustee he said 'yes' and has been adding a bit of service user insight into board meetings since.



Dr Linda Crawford - advisor to the board has been with the Brain Injury Rehabilitation Trust for 10 years,

her current role being Clinical Lead at Fen House, a 25 bed specialist residential rehabilitation unit for adults with an acquired or traumatic brain injury. Her special interest is in the area of service delivery and programme development for adults with acquired and traumatic brain injury, and evidence-based rehabilitation.

We needn't be 100% happy about our own worlds to have a positive influence for the greater good. Headway Hertfordshire has offered me the opportunity to express this idea in reality rather than the philosophical seed that it was. CW

**The Headway Hertfordshire
2018 AGM**
will take place on October
2nd 2018
From 10.00 to 13.00
at The Welwyn Sports and
Social Club,
Ottway Walk, Welwyn Garden
City, AL6 9AT.

Personal Independence Payment

Personal Independence Payment (PIP) is a benefit that is replacing Disability Living Allowance (DLA).

DLA claimants are currently being transitioned onto PIP. If you are currently on DLA you do not need to do anything unless the Department of Work and Pensions contacts you.

PIP is for people between the ages of 16 and 64 who need support with personal care or mobility due to a health reason that is expected to be long term (twelve months or longer). For many people, a brain injury can cause long-term or even permanent effects, so it is important to make this clear to anyone conducting a PIP assessment, as the 'hidden' effects might not be apparent.

Components of PIP

PIP is non-means tested. It is also not considered as income for means tested benefits; rather it can increase the amount of means tested benefits payable. There are two 'components' of PIP:

- 1) daily living component
- 2) mobility component

You will be assessed on both of these components to see how much PIP you are eligible for depending on your needs.

Daily living

This component assesses how capable you are of independently carrying out day to day activities such as cooking, cleaning or bathing yourself.

Mobility

This component assesses how able you are to travel independently outside of the house. Brain injury can affect various physical aspects of mobility, such as causing dizziness and balance problems.

The mobility component of PIP is also at two rates, standard and enhanced. Being on the enhanced rate of the mobility component enables you to access a scheme called Motability, which allows individuals to exchange their mobility component payment for a car, wheelchair accessible vehicle or powered scooter. You do not have to be the driver of the vehicle; up to two other people can be named as drivers for you.

For more information about the Motability scheme, visit www.motability.co.uk or ring 0845 456 4566.

Applying for PIP

You can apply for PIP by either ringing the PIP claims line on 0800 917 2222, or by writing and requesting a *How your disability affects you* form to be sent to you by post.

To request a form, write to:

Personal Independence Payment New Claims,
Post Handling Site B,
Wolverhampton,
WV99 1AH

You should send your completed form back to the DWP within one month of receiving it. If you need help filling in the form, you could ask someone to help you fill it in. Do remember that you can ring the DWP on the above phone number if you are struggling to understand any of the questions or would like clarity on the kind of information to include on the form.

You can also consider contacting Headway Hertfordshire as they might be able to offer support with this or could signpost you onto useful local services that could offer assistance.

For support with making a claim for PIP, you can contact your local Jobcentre, Citizen's Advice or ring the PIP Enquiry Line on 0345 850 3322.

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You shop. Amazon gives.

Did you know that AmazonSmile is run by Amazon but the difference is that when you shop on AmazonSmile, Amazon will donate 0.5% of the net purchase price to your chosen charity. **You can use your existing [amazon.co.uk](https://www.amazon.co.uk) account on smile.amazon.co.uk.**

We have registered Headway Hertfordshire at smile.amazon.co.uk. Check it out!



New Leaf College provides a range of courses and workshops to enable you to take better control of your wellbeing, learn some practical skills and provides an opportunity for reflection on your own situation and how you can build on your strengths to achieve better wellbeing.

All our courses and workshops are provided in line with the following principles:

- **Hope** – instilling hope for the future despite life's challenges.
- **Opportunity** – hearing experiences of others to help you learn and be inspired.
- **Control** – equipping you with the knowledge and skills to make the changes that are right for you.

Our courses are **free of charge** and available to anyone aged over 18 living Hertfordshire. Courses are offered from various campuses across Hertfordshire. We understand that there may be a range of accessibility needs so please do discuss these with us so that we can support your access to the college.

info@newleafcollege.co.uk

Got a story to tell? We would love to hear from you. Carers or Brain Injured, Volunteer or Board member. Contact John at john@headway-herts.org.uk

For further details of how you can contribute to both raising awareness of brain injury and supporting Headway Hertfordshire
Phone 0300 330 1455
Or email enquiries
@headway-herts.org.uk



We now have a Broxbourne Lottery page!

Support local causes and win prizes of up to £25,000!

50% of all tickets sold from our page go to us!

PLUS 10% goes to other good causes in Broxbourne!

Tickets only cost £1 per week!

Support us and win prizes - WIN WIN!

We have set a target of a 50 ticket goal. For only £1 a week you can support us AND have a chance to win £25,000

Check our website <http://www.headway-herts.org.uk/> for more ways on how to support us. The Broxbourne Lottery is just one way of donating money to us.



Please support Headway Hertfordshire by buying a £1 Broxbourne Lottery Ticket each week. For each £1 raised 50p will come to us. Visit www.broxbournelottery.co.uk