

Headlines

Summer 2018



Headway Hertfordshire
Supporting people affected by brain injury
0300 330 1455



Here we are celebrating the 'Hats for Headway' campaign that Headway UK was running.

Hats for Headway Day took place during Action for Brain Injury Week on **Friday 18 May 2018** and was a simple, fun, and easy way to raise money and awareness for brain injury survivors around the UK.

The picture is of the Habit Group in Hemel Hempstead.



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.



Welcome

We are pleased to announce that Headway Hertfordshire has appointed a new chair of trustees.

Adrian Laycock is a recently retired Banker with extensive experience in business growth, functional board level responsibilities, risk management, governance and regulation. He has also served as a non-Executive Director with a community interest company and a charity that aligns enduring business success with economic, social and environmental factors. It is this alignment of business and social factors and a keen desire to contribute in his local environment that represent principal drivers for Adrian. He has lived in Hertfordshire for over 30 years and is currently involved in a small number of charitable roles. He holds an MBA from Warwick University.



Well done to the students at Sir John Lawes School in Harpenden. This group won an award at their Dragons Den Challenge and presented Headway Hertfordshire with £1686.72 at Hatfield University.



Half marathon for Team HPFT

Look out for the determined #TeamHPFT who are all preparing to run the St Albans half marathon and raising money for Headway Hertfordshire. The team is made up of 13 HPFT health and social care staff who decided that after completing our Trusts very own 5k run, wanted to set themselves another challenge whilst raising money for a fantastic cause.

This crack team was put together by Robert Standen, Quadrant Manager for older people's services and Jo Farrow, Clinical Director at HPFT. Rob said they decided to choose Headway Hertfordshire because 'In 2017, a valued colleague of ours was involved in a road traffic accident and underwent a lot of treatment in hospital. Although he was not in touch with Headway Hertfordshire directly, we want to do something for a charity that supports people with a brain injury. Naturally we chose our local one Headway Hertfordshire, they are an invaluable resource for people and do amazing work.'

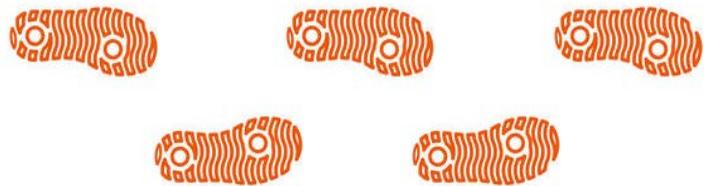
Rob told us 'I'm really looking forward to it. The team have been training individually so far so I'm looking forward to seeing them together.'

John Archer, Chief Executive at Headway Hertfordshire said ***"I'm thrilled the team at HPFT chose us. Our charity supports those affected by an acquired brain injury (ABI) and their carers too. We rely heavily on community donations to ensure we can continue the work we do across Hertfordshire. The marathon effort will help fund vital long term community work we do with people who have had a life changing***

Half marathon cont.

brain injury and need help and support to get their lives back on track"

Good luck to all the team members taking part - You can visit their fundraising page at <http://VirginMoneyGiving.Com/Team/TeamHPFT>



Sarah's Story

On August 14th 2016 I was hit hard on the back of the head with a leather covered football whilst playing with my younger brother and sisters at the local park. This resulted in a concussion.

But concussions aren't a big deal right?! It's just a little bump on the head, you just rest for a few days and then are absolutely fine, right?! Wrong. You could be one of the unlucky 15% whose symptoms linger and develop for a number of weeks, months or even years after the injury which left them with a concussion, also known as a TBI (Traumatic Brain Injury). I am one of those unlucky 15%.

Maybe it's because of my family history of migraines, or maybe it's because I'd suffered whiplash injuries in the years preceding that left me susceptible. Either way, it's now been a long time since my actual injury and I've been diagnosed as suffering from Post Concussion Syndrome. A disability which most people (including some GPs!) have never heard of - I certainly hadn't before I found myself living with it! But I'd like to help change that, I want the world to understand how serious a concussion can be and what living with a brain injury means, and the limitations it puts on someone's life.

Post Concussion Syndrome cont.

Because having a brain injury is so much more than just having headaches (though the severity and frequency of those alone would be bad enough!) It's paranoia, anxiety, depression, isolation, loneliness, irritability, brain fog, extreme sensitivity to noise and light, feeling detached - as if you're not really connected to what you're doing almost as if there's a force field between you and the world, fatigue, hearing things that aren't there (or repeats of sounds you have heard, playing on a 'loop'), struggling with crowds, loss of independence, relationships and friendships.

It's feeling completely overwhelmed from too much happening around you (flooding) or something upsetting you to the point that you're overwhelmed from that and then your brain just shuts down and stops working. COMPLETELY.

It's either struggling to make really basic decisions, or being really impulsive. It's becoming distracted by the slightest thing and difficulty in multi-tasking, following a conversation, or even thinking of things to say. Or even just struggling to remember new information or how to follow basic instructions. It's memory problems like asking the same questions repeatedly because you don't remember there ever having been an answer or a whole conversation just getting lost in your head. Sometimes it's just struggling to stand because your balance is so out of whack that you're falling backwards or forwards for no good reason. Or your spatial awareness and co-ordination isn't working properly - no cooking with boiling water or using a sharp knife in case you have an accident (I painfully learnt that quite early on!)

It's managing to (on a VERY good day) join your friends at a restaurant for a few hours because it's the only opportunity to see people in the

'real world' and having to allow for the fact that you'll consequently be wiped out with neuro-fatigue and migraines for the next 3+ days, unable to do anything.

Safe to say, concussion needs to stop being minimised. by Sarah G

Dave's Railway



Dave had a stroke in December 2015 which affected several areas including his speech, memory and concentration. At that time both Dave and his wife were running their own falconry business

but following the stroke Dave and Mandy closed their business and sold off their beautiful birds of prey. However Dave was looking for a hobby. He has always enjoyed making things and never one to shy away from a challenge decided to build a fully working railway model. Dave has made and painted all the buildings on the railway including installing electric lights. Every detail has been included. There are flowers in the window boxes and passengers in the trains. The model town is beautiful and is a true labour of love. He now plans to extend the railway track - almost doubling the size it is already and invite other railway enthusiasts to view it. Any donations would go directly to Headway Hertfordshire.

Dave is a man of many talents and has knitted over 45 Hats for Headway Day.



Headway Hertfordshire Film

Julian, one of our Habit clients, is a talented filmmaker who has been working closely with Headway Hertfordshire to help us produce a short promotional film. Our aim was to produce a film that shows how Headway Hertfordshire can help people that have suffered a brain injury. We also focused on a few individual clients, who very kindly let us film their own stories. They told us a little about what happened to them, how they heard about Headway Hertfordshire and all the ways they have benefited from being part of Headway Hertfordshire. Some have even gone on to become volunteers for Headway Hertfordshire. We hope very much that this film will help to inform people better about who we are as a charity and what we can offer to those that have had a brain injury, from initial support through to our rehabilitation programmes.

We are very grateful to Julian for his skills and time taken to produce this short film. We are also grateful to Richard Madeley, our Patron, who very kindly offered his time to provide the commentary for our film.

The film can be viewed on our website and also on our Facebook page. Feel free to share this film to help inform others.

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



A Hair Raising £10,000

James is on his long road to recovery following a catastrophic cycling accident in 2015. James' stamina and motivation is second to none but without the total commitment of Headway Hertfordshire who have worked so hard with him, he would not have got this far. We are indebted to all, but we have chosen Headway Hertfordshire for our fundraising effort, because this organisation is a charity. James attended their HABIT programme for a year. As a result he will soon be able to do some voluntary work and he has a social network which he enjoys. I attended the course for carers, and I had support from a counsellor. This pulled me through some tough times. We want other people to benefit as much as we have and to adapt to a different life, and to be helped to make it liveable again.

However, at the moment Headway Hertfordshire's services are difficult to sustain financially, and some are at risk of being discontinued. Our fund raising target of ten thousand pounds 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. Thank you all.

James and Marian

- https://www.justgiving.com/Marian-Ferguson2?utm_source=Sharethis&utm_medium=fundraising_page&utm_content=Marian-Ferguson2&utm_campaign=pfp-email&utm_term=XBMJ7XAAe.



Walking for Claire

In May 2015 my girlfriend Claire suffered a brain aneurysm. She was one of the lucky ones who survived and initially spent 3 months in hospitals including a week in an induced coma and a rehabilitation centre. The complications have left her disabled with cognitive difficulties such as an inability to find appropriate words as well as paralysis down her right side. She is still relearning how to walk and use her arm. Her recovery can be frustrating and will be ongoing for the foreseeable future. It challenges is both every day. Headway Hertfordshire have been a blessing. They stepped when we needed them most. They have assisted Claire with her needs both socially in meeting others who have suffered similar circumstances and in helping her to cope with her changed situation and regain her independence. They have helped me as a carer to deal with the cards we were dealt in providing support for our relationship. This charity has given so much to us that I decided that I would combine my love of walking with fundraising so they can continue to help others in similar situations. When I mentioned my plan to my best friend Victoria she jumped at the chance to join me on this adventure. I ended up walking 50 of the 84 miles with infected blisters on my bottom of my feet right at the base of my toes. If it hadn't have been for Victoria I don't think I would've completed it. We managed to raised **£1650.00!!**



It was hard work but the views were amazing! I plan to visit the wall again once my feet have recovered and not all 84 miles again. You can see our journey here

<https://www.facebook.com/GrannysHadrainsHeadwayHike/> Debbie

You are not too late to contribute to Debbie's Just Giving page.

SING ROCK



At the Coach and Horses Pub in Old Stevenage we raised £152 for Headway Hertfordshire. Thanks to everyone who took part and donated on the night. It was

Look out for...
 Volunteers Awards
 Lunch 5/6/18 Hitchin
 Community Fair
 13/6/18
 St Albans



April 2
Music gig
Raised £900
Lucy's Lucky
Lotto

Thankyou and well done to Lucy who raised a fantastic £900 from Lucy's Lucky Lotto in April.



Congratulations to Alison Eales who raised a fantastic £320 from the two music concerts she organised in March and April at May. Alison has already raised over £5000 for Headway Hertfordshire.



amazonsmile

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 account on smile.amazon.co.uk.**

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

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