



Headway Bristol News

Summer 2009

Office: (0117) 9753771 Care Manager: (0117) 9753772

Support line: (0117) 9753771

Email: info@headwaybristol.org Website: www.headwaybristol.org

A Company Limited by Guarantee Registered in England No. 2659120. Registered Charity No. 1007207.

Affiliated to Headway the brain injury association, a Registered Charity

CHAIRMAN'S MESSAGE

It was a pleasure to see so many people at the AGM in June and to hear from you how much you appreciated our speaker, John Holloway, talking on the subject of "Recent Developments in Memory". I know a number of you have requested copies of his presentation and John is happy for us to share the detail with you on an individual basis if you wish.

Although we felt that 2009 could be a difficult year for fundraising we have been heartened by the events which have taken place to raise money for Headway this year. Chrissie Formby yet again supported us by running in the Bristol 10K, Ian Burgess cycled 97 miles from Hyde Park Corner to Yatton Keynell and Oliver Grayer cycled from Land's End to John O'Groats. Between them they raised over £4000 for Headway and we are so grateful for their efforts and the amounts raised through their supporters. All the money came to us through the Justgiving website which is a great way of raising money online.

We hope you all enjoy the rest of the summer.

Gillian Solly
Chair

MESSAGE FROM CHIEF EXECUTIVE

We had a very busy time at the start of the summer with the AGM followed by the Summer Fayre at Bridge House. I still don't know how, in the midst of all the rain, we managed to pick a day of sunshine. It seems to be a tradition and long may it continue. It is such a lovely location and we were delighted to raise funds for Headway while enjoying the day.

We have also been fortunate to have a number of people holding events to raise funds for us throughout the summer with an afternoon and evening of food and entertainment at the Swan Inn at Winterbourne, followed the next day by Pat Brookbanks Open Garden and Roger Wilshire is again holding his "Party on the Corner" on Sunday 30th August. We are so grateful that people are prepared to make such efforts for us and we welcome any ideas you may have for further fundraising.

Jane Andrews
CEO



HEADWAY UK 30TH ANNIVERSARY AWARDS 2009

Headway 30th anniversary awards 2009 take place on Thursday 10th December at the Dorchester Hotel in London. Tickets are priced at £120 each or £1100 for a table of ten.

The nomination process for the awards has now begun so if you know of a person who deserves wider recognition for the work they do for Headway perhaps you might like to take five minutes to complete a form and put their name forward to win an award.

There are five separate categories for nominations this year namely the 30th Anniversary Lifetime Achievement Awards, Carer, Volunteer, Achiever and Campaigner of the Year Awards.

The awardees in each category will receive a complimentary ticket to join us for this glittering occasion at The Dorchester in London. There will be a Champagne reception, a four course meal with wine and each finalist will receive an award from one of Headway's supporters. Headway will even take care of the travelling arrangements. It could be the day of a lifetime for someone special to you, so please take five minutes to complete a form and nominate someone who deserves a big thank you.

Deadline for entries is Friday 28th August and forms can be obtained from Headway Bristol's offices.

NEW HEADWAY FACTSHEET

A new factsheet has been produced giving advice to adults discharged from accident and emergency departments following minor head injuries. The factsheet, developed with support from members of the College of Emergency Medicine, is intended to replace the current discharge advice, which varies widely between departments and is often minimal.

Approximately 1 million people annually attend A&E departments in the UK with a head injury and around 85% of these injuries are minor.

The Headway Factsheet provides a comprehensive list of these symptoms, as well as some 'dos' and 'donts' to aid recovery.

While most people make a good recovery very quickly, symptoms can last weeks or even months and information on this is largely absent from current discharge leaflets.

The Headway Factsheet lists these post concussion symptoms, including sleep problems, fatigue, headaches, difficulty concentrating, irritability and depression, which can all have a significant effect on quality of life.

The factsheet will shortly be piloted in Heartlands Hospital, Birmingham, and work is ongoing to encourage other hospitals to distribute the information.

To download the factsheet, visit the Headway UK website or contact Richard Morris info.officer@headway.org.uk; 0115 947 1915 for further information.

USE YOUR HEAD - WEAR A HELMET

Action for Brain Injury Week took place from 11 - 17 May with the important message 'Use your head - wear a helmet' transmitted to cyclists across the UK.

As many Headway service users will testify, cycle helmets can save lives and help prevent life-changing brain injuries. According to the Department for Transport, the number of cyclists killed or seriously injured on UK roads has increased 11% in the past three years and, worryingly, children account for a disproportionate number of the victims.

The aim of Action for Brain Injury Week was to encourage cyclists of all ages to wear helmets. However, with children particularly vulnerable when cycling on the roads due to not having the insight, balance, strength or experience of adults, Headway called upon the government to introduce a new law to make it compulsory for children under 16 to wear helmets.

Earlier in the year Headway - the brain injury association launched a petition which closed on 29th July, on the website of 10 Downing Street to call for a law change to make it compulsory for children under 16 to wear helmets while cycling.

When we have news of the outcome we will let you know more.

RESEARCH MATTERS

The ability to learn the way around a new place is an important skill, which many of us take for granted. It's also a skill that is often lost after brain injury and this can have a big effect on people's lives.

A new study by researchers at the University of Birmingham has looked at the effectiveness of errorless learning for teaching route finding.

The study, published in the journal *Neuropsychological Rehabilitation*, attempted to recreate a real-life situation by examining route finding in a virtual reality town.

Errorless learning works by presenting information in such a way that the learner is prevented from making errors, learning exclusively through repeated exposure to correct information.

This is in contrast to traditional trial-and-error learning and has been found to be particularly effective for treating people with brain injury. In the study 20 people with brain injury learnt two equally different routes around a virtual town.

For one route, full guidance was provided and the information was presented gradually in order to prevent errors. For the other, participants were allowed to make mistakes and learn by trial and error. The results showed that route recall following errorless learning was much more accurate than after trial and error learning.

This research provides encouraging evidence that such a crucial everyday skill as finding the way around a new town can be effectively rehabilitated after brain injury.

Reference: Lloyd, J. Riley, G. Powell, TE (2009) Errorless learning of novel routes through a virtual town in people with acquired brain injury, *Neuropsychological Rehabilitation*, 19 (1); 98 - 109

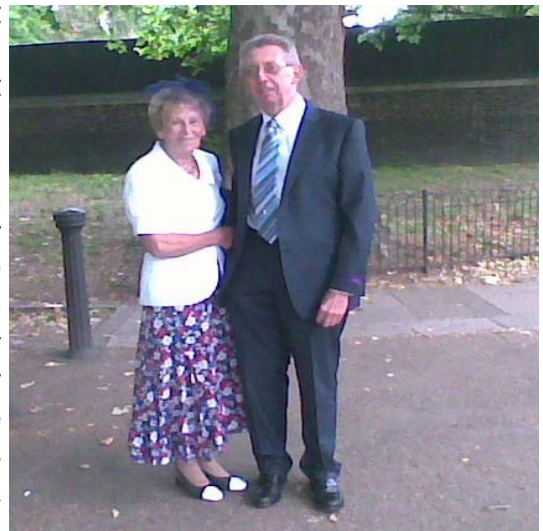
A DAY TO REMEMBER by Julie Baigent, Volunteer

After working as a Wednesday volunteer for Headway for over Fifteen years, I was delighted back in April when I received a letter from the office of the :Lord-Lieutenant of Gloucestershire's office, informing me that my name had been put forward to attend a Buckingham Palace Garden Party on Tuesday 21st July 2009. Later, in July, a formal invitation was received from the Lord Chamberlain.

There was then a period of hectic preparation to find an appropriate outfit for such a "once in a lifetime" occasion! Finally, I was satisfied with my wardrobe and my husband, who was to accompany me, was appropriately "suited and booted"!

When the day came the weather was atrocious, but the car organised to take us to the Palace arrived on time and a very accommodating driver helps us to load a collection of umbrellas and alternative top coats. The rain continued to cascade down throughout our journey to London, but as we arrived in The Mall, the rain virtually stopped. Final decisions were then taken on the choice of umbrellas and coats and we were off to join the queue to enter the Palace!

The queue to enter Buckingham Palace by the Front Gates was so long we were advised to walk around to the Grosvenor Gate at the rear and after a short wait we found ourselves presenting Passports, Driving Licences etc to a friendly policeman and we suddenly found ourselves standing in the Queen's back garden. Back garden is a slight under statement, because the garden covers nearly 40 acres and contains a lake, an arboretum, a rose garden, herbaceous borders among its immaculately kept features. Garden Parties offer the only opportunity to visit the Palace Garden and we grasped the moment by walking around as much as possible. Access was virtually unrestricted and a very relaxed atmosphere prevailed.



Around 3.30 pm we moved to the Tea Tent and were served with tea, sandwiches and cakes all presented in regal splendour. Some light intermittent rain showers continued, but did not stop us taking in the grand spectacle of the Palace rear steps and the beautiful garden thronged with the "Great and the Good" in all manner of immaculate dress. At 4.00 pm prompt, the Queen suddenly appeared on the terrace accompanied by the Duke of Edinburgh, Prince Charles with his wife Camilla and Princess Ann. The assembled crowd was delighted to see so many members of the Royal Family. The Royals then split into three groups and proceeded down the lanes created in the crowd by the Yeomen of the Guard. Various people were presented to the members of the Royal Family and we were able to stand within 6' of them. After several "Close encounters" with the Royals, we circulated through the crowds soaking up the atmosphere.

Two military bands played alternatively throughout the proceedings and at 6.00 pm, after the Royal Family had left the Royal Tea Tent, the National Anthem was played and the proceedings came to an end. We then walked up the steps to the Terrace and walked into the Palace to emerge out onto the inner courtyard and eventually

back out into the Mall. We then located our driver and we were very efficiently whisked past St James Palace into Piccadilly and on to the A4. After a very pleasant ride in good weather conditions we arrived home safely around 8.00 pm.

In conclusion, we are both grateful for the opportunity to experience such a unique experience, which we feel could only happen in a country like England. I am sure we will both treasure the experience for the rest of our lives.

HEADWAY FUNDRAISING AND RECENT EVENTS

REEBOK BRISTOL 10K RACE

Chrissie Formby, kindly took part in this year's 10K Race on Sunday 10th May on behalf of Headway Bristol. She's pictured right with her well deserved medal following the race which was in it's second year.

Well done and many thanks to Chrissie who was one of our first fundraisers to use the Justgiving website to raise sponsorship amongst her family and friends. We hope you enjoyed the race Chrissie and made a good recovery afterwards!

Chrissie's money will be added to our general funds to help support our work.



ACTION FOR BRAIN INJURY WEEK 11TH - 17TH MAY 09

Action for Brain Injury Week took place between 11th and 17th May, and our group were involved in various events with the aim of communicating the key message, that cycle helmets can save lives.

A table top sale held during the week raised £77.93p followed by the Hats 4 Headway day on Friday when our service users contributed £1 each to wear hats ranging from cycle helmets to straw boaters raising a total of £22!

On Sunday 17th, a team of volunteers manned the Headway Bristol information stall at Bitton Railway enduring driving wind and rain to talk to members of the public to get the cycle helmet message across. Unfortunately due to the abysmal weather not many people were out and about but grateful thanks to all those faithful supporters who turned up to man the stand and gather a further £12.27p bringing the total raised to £112.20p.

Top prize for effort though must surely have gone to Headway Chief Executive Peter McCabe who managed to wear a chicken hat on top of his cycle helmet before taking part in the 'Wheely Big Relay' around Richmond Park!

Around the UK several other groups and branches took the message to children in their area by visiting local schools during a busy and successful Action for Brain Injury Week.

HEADWAY BRISTOL SUMMER FAYRE, SUNDAY 14th JUNE

Many thanks to all the volunteers and visitors who turned out on sunny Sunday 14th to support us at our Annual Summer Fayre at Bridge House. We are delighted to inform you that the sum of **£629.37p** was raised towards funds as proceeds of this event.

Attractions this year were the mini railway, various stalls including second hand books, bric a brac, cakes made by the Carers Group, a raffle, tombola, face painting by Gloria Coppard and the popular Adopt a Teddy stall.

Thanks also to David and Jane Parnell who own Bridge House as well as their team of volunteers who help run the miniature railway. We are so grateful to David and Jane for their support over previous years in allowing Headway the use of their lovely garden to hold this popular summer event.

We hope to go ahead with the Fayre again next year; if any of our members would be interested in helping organise and man it we would be very pleased to hear from you with your ideas.

SWAN INN FUNDRAISER

Landlord Pete Sheppard with the support of his staff kindly organised a Garden Party event at his pub The Swan Inn, Winterbourne on 8th August in support of Headway Bristol's work.

Pete, who himself incurred a serious brain injury more than ten years ago decided it was something he really wanted to do, as at the time of injury he had received treatment from the brain injury clinics at Frenchay Hospital. Following his very good recovery he felt he wanted to put something back so the garden party idea was formed as Pete's way of thanking those concerned.

Thankfully, after the long run of bad weather in the lead up, Saturday dawned a hot sunny day, just right for a garden party enabling customers at The Swan to fully appreciate the array of entertainment organised by Pete including a barbeque, acrobat and two live bands which attracted many supporters and proved great fun for all attending.

Our grateful thanks go to Pete and his staff for their fundraising efforts in support of Headway Bristol.

PAT BROOKBANK'S OPEN GARDEN EVENT

Ex Trustee Pat Brookbanks held a second open day at her home in Thornbury on Sunday 9th August; visitors to her garden had the opportunity to view the large display of Fushsias and expanding collection of Bygone's, representing Pat's fascination with historical memorabilia.

As any keen gardener will be aware, this year has proved challenging, trying to maintain the healthy growth of annuals with the constant deluge of rain to contend with, it was with some

relief to Pat that the 9th of August was warm and sunny, enabling the event to go ahead without hitch or hindrance and was well supported by friends and neighbours. Cont....

A steady stream of visitors generously supported Pat and were able to sample the delights of delicious cakes and refreshments whilst sitting in a pretty English garden in high summer.

Pat has kindly donated the proceeds totalling **£237.50p** to Headway in support of our work, for which we are extremely grateful.

SPONSORED BIKE RIDE - HYDE PARK CORNER TO YATTON KEYNELL -
14TH JUNE 2009 BY IAN BURGESS

'The milestone says 97 miles to Hyde Park Corner but we did it the wrong way round, so we started in London, cycled through Reading, Newbury, Hungerford, Marlborough, Calne and then on to YK. This was a low key village organised ride, so in addition to cycling at least 87 miles more than I've ever cycled before, I had to mend my own punctures!

Why? My younger, fitter, ex-army type brother, goaded me into accepting the challenge! With only 6 weeks to go I hadn't even started training and he'd already done a 50 mile ride - my aim was to try and cycle a mile in training for every £1 raised in sponsorship.

The ride was a great opportunity to raise some money for a charity that some years ago offered real help to us after my brother in law suffered a very serious head injury.

Donating through Justgiving is quick, easy and totally secure. It's also the most efficient way to sponsor people: Headway Bristol the Brain Injury Association Limited gets your money faster and, if you're a UK taxpayer, Justgiving makes sure 25% in Gift Aid, plus a 3% supplement, are added to your donation.

So if anyone would like to add their sponsorship to the monies raised please log on to Justgiving - Thanks for your support.'

ROGER AND JUNE'S PARTY ON THE CORNER
SUNDAY 30TH AUGUST 2009

Roger and June Wilshire are kindly holding a further Party on The Corner at their home in Cann Lane, Oldland Common, between 2.00pm - 6.00 pm on Sunday 30th August and invite all Headway members to join them in this afternoon of fun and feasting!



Tickets are available now from the office priced at £10 per head which includes one free drink from the bar, barbeque and entertainment provided by 'Singing Dick', an excellent singer/Elvis impersonator.

The barbeque starts early so if you're going, make sure you get there fairly early to avoid missing out on the delicious food!

All proceeds from this event will be donated to Headway Bristol so please do go along and support Roger and June who themselves have been so loyal in supporting Headway's work.

Party on the Corner: 1 Meadow Edge, Cann Lane, Oldland Common. Bristol.
BS30 5NH. Telephone Headway for details on: 0117 975 3771.

REEBOK BRISTOL HALF MARATHON — SUNDAY 6th SEPTEMBER

Headway Bristol have three runners participating in this year's race which takes place on Sunday 6th September. Nick Taylor, Chiara Mitchell and Kelvin Reeves; good luck to all three of you. If any of our readers would like to collect sponsorship their behalf that would be much appreciated, we've enclosed a form for you if you can help out.

Chiara's story: "I have been working as a volunteer for Headway since the beginning of the year and I value this experience greatly because not only has it provided me with a better understanding of the trauma associated with neurobehavioral language impairments and the impact it can have but also because it has opened my eyes to the real world implications of a psychology degree which other students may know can at times seem void of meaning.



Therefore I feel that I owe something back and I happen to believe that helping what's local is more important and beneficial to changing society and any support you can offer me in my fundraising efforts will be much appreciated."

If readers know of anyone else looking for a charity to sponsor please ask them to consider Headway Bristol. We can help them with their forms and setting up on Justgiving and if you are going to the marathon on the 6th, please remember to give our runners a cheer as they go past!

HEADWAY DROP-IN/CARERS SUPPORT GROUP

Need some help or advice regarding brain injury? Like to speak to a member of our support team or meet others in a similar situation to yourself? Why not come to the friendly Drop in/Carer's Group Meetings on the first Tuesday of each month.

These meetings are attended and manned by a friendly group of people consisting of brain injured adults, family members, carers, volunteers and Headway staff.

At meetings you can access group support, Headway information, literature and our library, as well as gain access to some of our resources such as the IT suite and games room. If you need a friendly listening ear, you will be sure of a warm welcome and useful information. To discuss a particular matter, it may be best if you ring the offices first and we will make an appointment for you to speak to a member of the support team on the evening.

Please be advised of our drop in dates for the remainder of the year as follows:

September 1st	October 6th
November 3rd	December 1st Christmas Nibbles

For more information about the Carer's Group and details of special events at forthcoming meetings please call our offices or contact the Carer's Group Leader David Stokes on: 0117 9358238.

For an appointment to talk to a member of the support team at the drop in please ring the offices first and we'll arrange a time to suit you.

If you are not a regular visitor to meetings please ring on day to confirm that the session will take place.

Telephone: 0117 975 3771 between 9.30 am - 4.00 pm
Monday to Friday.



HOLIDAYS FOR THE DISABLED

Some information on holidays and travel recently received from the Disability Equality Network Co-ordinator at South Gloucestershire Council which may be of interest to our members as follows:

Rosemary Intyre 4 Pebblecombe, Adelaide Rd. Surbiton KT6 4LL (Ex DAG Newsletter March 2008)

Tregoose Farmhouse, Helston Tel. 01209 714314 (Ex DAG Newsletter March 2008)

Camping for the disabled (www.mis.org.uk) or call Jean Griffiths on 01743 340269 and don't forget to send sae for information. (Ex DAG Newsletter DAG March 2008)

Glamorgan Holiday Hotel The Square Porthcawl South Wales CF35 3BW
Tel: 01656 785375 Email: glamhotel@aol.com

CLIFFDEN HOTEL Dawlish Road Teignmouth South Devon TQ14 8TE
Tel: 01626 770052 Holidays run by Action for Blind People

Charities that can give help and advice:-

Tourism for all:- www.tourismforall.org.uk

Tel: 0845 124 9971

Provides information to those with disabilities and older people wanting accessible accommodation.

Holidays for all:- www.holidaysforall.org.uk

Tel: 0845 124 9973

Provides information on tour companies that arrange accessible holidays

3H Fund:- www.3fund.org.uk

Tel: 01892 547474

Provides information on people with carers and can also advise about grants for those on low incomes

Accessible Travel:- www.accessibletravel.co.uk

Tel: 01452 729739

Provides holidays aboard for those with mobility needs

Disaway:- www.disaway.co.uk (website only)

Organise group holiday for people with carers

Grooms Holidays:- www.johngrooms.org.uk Tel: 020 7452 2000

Provide information about special hotels and self-catering accommodation.

Enable Holidays:- www.enableholidays.com Tel: 0871 222 4939

Again provide a guide to accessible holidays abroad. Their guide will give you a very good idea how accessible each of the hotels is.

Haven Holidays:- www.haven.com Tel:- 0871 230 1912

Offer good value family holidays, particularly for families with a disabled member.

BREAK CHARITY www.break-charit.org Tel 01263 822161

Offer services including supported holidays for those who may be in need.



Headway Bristol Acknowledgements

Summer
2009

GRATEFUL THANKS TO THE FOLLOWING PEOPLE

Personal Donations or Sponsorship:

David & Jane Parnell J Aspinall Judith Barnes Graham Molton John Ewer H M Knight
Roland Griffin Stan Hurley Elizabeth Cran Kay Sims Philip Albery Chrissie Formby
Ian Burgess Mary Golledge & Friends Elsie Dodd Michael Morgan Pat Brookbanks

Donations were also received In memory from family members of:-

The late Dennis Westaway The late Royston Jones

From Clubs, Organisations & Charitable Trusts:

Mangotsfield URC Orpheus Lodge Victoria Jane Hairdressing Alder King
The Park Centre Over 50's Club Backfields Café Poplars Golf Society Subway Yate
Imperial Tobacco Group PLC Dame Violet Wills Will Trust Wessex Water
Bristol Brunel Lions Club Charity Trust Fund Renishaw Land Securities Burgess Salmon
St. Peter's Church Over 50's Club AXA Sarah Kenny Residential Lettings
Greggs of Treforest The Alchemy Foundation Coutts Charitable Trust
The Planning Inspectorate Rolls Royce Inner Wheel Club of Midsomer Norton & Radstock
Needham Cooper Charitable Trust Imperial Tobacco Ltd The Lynn Foundation
Hamer Charitable Trust Albert Hunt Trust Rotork Controls Sir Jules Thorn Charitable Trust
Irwin Mitchell The New Bristol Charity League Rotary Club of Bristol
Matthews Wrightson Charitable Trust

Dates For Your Diary 2009

- Drop in / Carer's Support Group Evening - First Tuesday of each Month @ 7.00pm
- Party on The Corner. Sunday 30th August. Tickets available from office.
- Reebok Bristol Half Marathon, Sunday 6th September. Headway Runner Nick Taylor.
- Headway UK Annual Awards Luncheon, Wednesday 10th December
- Christmas Carol Service, Frenchay Parish Church - 13th December @ 6.00pm

HEADWAY CENTRE BANK HOLIDAY CLOSURE DATES

Please note that Headway will be closed on August Bank Holiday Monday 31st to re-open on Tuesday 1st September.

For out of hours support please ring the office where a message with a support group member's name and contact phone number will be available. For enquiries of a non urgent nature please leave a short message on the answer phone: Tel: 0117 975 3771 and we will contact you on our return.

Printed by Headway Bristol, the brain injury association limited
A Company Limited by Guarantee Registered in England No 2659120 . Registered Charity No 1007207
Registered Office: Headway Centre, Frenchay Hospital, Frenchay Park Road, Bristol, BS16 1EH
www.headwaybristol.org - e-mail: info@headwaybristol.org