New Carers Support Service
has had remarkable results!

When someone suffers a brain injury there are many other people who’s lives are also affected. Carers and family members need support at various times throughout the rehabilitation pathway.

Whilst we have been providing carer support for many years on an ad hoc basis – thanks to two legacies left to us - we have been able to allocate dedicated resources and staff time since July 2013. The immediate results and impact can be demonstrated by the graph below which shows a significant increase in the number of support contacts we have had. In 2012 we had a total of 356 contacts, in 2013 this rose to 768 (with the project commencing in July) and so far to the end of April 2014, we have already had 555 contacts (which equates to approximately 35 per week!

In addition we have seen significant increases in enquiries and referrals into our core services such as centre based cognitive and social rehabilitation and one-to-one outreach.

Development Worker, Mari Gray, has over 10 years experience working in the brain injury field and now works full time supporting families and carers, raising awareness of brain injury and its effects and helping smooth the rehabilitation pathway for brain injury survivors and their families – from point of crisis, on hospital wards, through discharge, rehab and back home.

We provide a wide range of services from crisis advice & support, signposting, one to one support, drop-ins and groups. We also liaise with hospital staff and others as appropriate and can provide presentations and training.

The impact this dedicated carers support service is clear to see and the positive effect and benefit to the families cannot be underestimated.

“Fantastic support from you Mari, we couldn’t have done it without you. K is doing really well and we are very positive about her recovery. Thanks again. What a journey in just 5 weeks Mari, I can’t thank you enough for your brilliant support & resources. I so appreciated knowing you were there for us. I actually miss you. I will most certainly keep in touch & let you know how she is doing.” (Sister of a brain injury survivor)

The legacy funding for these resources is only until the end of 2014 and so we are actively seeking funds in order to continue providing these much needed services.
Staff and Volunteer News

Staff
After completing a year’s Administration apprenticeship with us, Brian Taylor left in February. Brian was hugely popular with colleagues – and had a mischievous sense of humour – and we all miss him.

In March we welcomed Ruth Davis in the role of Support Outreach Worker. Ruth is a qualified and experienced Physiotherapist and her positive and professional approach - as well as her sense of humour - have made her a popular member of the team.

As our centre-based and outreach services continue to expand, we are once again looking to recruit additional Support Outreach Workers to join the Headway Bristol team.

Volunteers
In January John Davis, a member of the Carers Support Group, became a Volunteer at our Withywood Centre - where we have been operating day services on a Thursday for the past four years. As the number of service users attending the Centre has grown, we have expanded services at this outpost. John will therefore be a very welcome addition to the South Bristol team.

Headway Bristol Calendar

May 2014

Monday 5th   Bank Holiday
Services Closed

12th - 18th   Action for Brain Injury Week
Monday 12th   Service User Sponsored Keep Fit
Wednesday 14th    Bag Pack at Asda Cribbs Causeway
Thursday 15th   Information Stall at Southmead Hospital
Friday 16th   Stan’s Sponsored Walk
Sunday 18th   Hats4Headway
               Headway Bristol Sky Dive

Monday 19th   HIYA! Social Group
               Bowling Cribbs Causeway

Monday 28th   Bank Holiday
Services Closed

June 2014

Tuesday 3rd   Carers Group & Drop In
               Music & Memories (Headway Centre)

Thursday 26th   Boules Tournament
               Sponsored by Metcalfes Solicitors

Saturday 28th   HIYA! Social Group
               Circomedia Workshop

July 2014

Tuesday 1st   Carers Group & Drop In
               BBQ (Headway Centre)

14th - 18th   Cricket Week and Tournament
               Tournament Sponsored by Metcalfes Solicitors

Monday 31st   HIYA! Social Group
               BBQ and Rounders

Join us on Facebook
Follow us on Twitter
@HeadwayBristol
A message from the Chief Executive

Our recent Barn Dance proved very popular and successful – and we hope to hold another one next year! We also had our first ever Wine Tasting Evening - hosted by Metcalfes Solicitors – which was very informative and the wine and canapés were extremely enjoyable too!

Preparations are in full swing for all the activities for the annual Action for Brain Injury Week from 12th to 18th May. These include a bag pack at Asda, Information stall at Southmead Hospital, Service User Sponsored Keep Fit, Hats for Headway day and a Sky Dive! We are keen to recruit volunteers and participants so please let us know if you’d like to do a sky dive - or for those less adventurous, maybe the bag pack or encourage your friends and colleagues to take part in Hats for Headway Day.

There are significant changes on the Frenchay Hospital site – with the hospital itself moving over to Southmead and closing from the 23rd May. We will remain on site in our current building until the end of the year – when we will then move to The Burden Centre (which will then become the Frenchay Beckspool Centre). Once the Architects plans and details have been approved – we will have these available for people to view. Watch this space for more information as and when we have it.

More information on all of the events and activities – both past and present – can be found in this newsletter. The coming months will no doubt be challenging – but we will continue to deliver our services to brain injury survivors and their carers/families and so the challenges also present opportunities to develop and expand our services too.

We are always keen to hear from people who may be interested in volunteering and supporting the charity so please do not hesitate to contact me or any member of the team to let us know if you would like to be involved.

Useful websites

Cotham Park Tennis Club is offering tennis ability sessions every Thursday at just £3 per session for disabled adults. See: www.cothamtennis.net

Hammer Out Brain Tumours recently changed its name to Brain Tumour Support, and is expanding its services. For more information see: www.braintumoursupport.co.uk

Quick Reads is a collection of condensed versions of popular books for those with concentration or memory difficulties. Some titles are held in Headway Centre library, but for a full list of books see: www.quickreads.org.uk

Action on Disability and Work UK runs an accessible drop-in Work Club in Bristol for disabled people to improve their IT skills and to search for jobs. See: www.adwuk.org

Rough Guides Ltd produces The Rough Guide to Accessible Britain in conjunction with Motability. The 2014 edition, packed with great ideas for hassle free days out, is available to download free at: www.accessibleguide.co.uk
There are sad times ahead as the demolition of the Frenchay hospital site draws closer. The Hospital move has been the subject of much discussion for some time. We recently attended an update meeting with NBT NHS.

The summary listed below outlines those discussions:
• The Trust took ownership of the Brunel building, Southmead Hospital on 27 March.
• The wards will move over a two week period starting 12 May.
• The A&E move has been planned for the early hours of Monday 19 May.
• The Redwood restaurant, Frenchay will close on 22nd May.
• All moves from Frenchay (people and services) will be completed by Saturday 24th May.
• The new Brunel Building at Southmead Hospital will be fully operational 28 May 2014.
• From June 2014 hoarding around the buildings to be demolished will go up.
• Surveying, decommissioning and demolition will commence from June 2014 and will last for approximately eleven months.

The people and services staying on the Frenchay site after May 2014 are as follows:

**Vacating by end of August 2014**
• Cleft Lip/Palate
• Nursery
• Occupational Health
• Pain Management

**Vacating by end of December 2014**
• HITU
• Headway Bristol
• SLT Research
• Employment Services
• Frenchay Park House

**Vacating in 2015**
• Neuropathology
• SSD
• Estates Maintenance

**Remaining beyond autumn 2015**
• Brain Injury Rehabilitation Centre

Burden Building (to be renamed Frenchay Beckspool Centre):
• HITU
• Headway Bristol
• Corporate Offices

5th May onwards – Entrance B (on the mini-roundabout) will be Exit only. Entrance to our building will be via the Beckspool Road, Frenchay Common (by CLIC cottage) entrance and traffic will be one way towards our building and the old Entrance B.

A map showing entrances and what services are remaining on site is available from our offices.

Parking – during May will remain the same, but will change over coming months – depending on where demolition works are taking place.
So far this year the HIYA! Social Group has warmly welcomed some new members, who have slotted into the group with ease and who have enjoyed socialising with their peers. The start of the year has seen HIYA! Social Group members attend a meal at TGI Fridays and a film night at the Headway Centre. Several HIYA! members also attended the Headway Barn Dance at the end of February, which they all really enjoyed. They all got stuck in and took part in several of the dances, with a lot of laughter involved as some of the dances were quite complicated and we ended up tying ourselves in knots a few times!

Members of the group have been given questionnaires to complete about their experience of being part of HIYA! The feedback has been really positive, with the members feeling a sense that they belong to a group where they can be themselves and meet others who have an understanding and appreciation of what they have been through. We will be producing a report on the results of this survey soon.

We attended the New Employment Service Specification Workshop meeting in February. The aim of this was to feedback some of the difficulties faced by people who have had a brain injury and the type of support that they may need to get back into work. This gave other professionals an insight into the difficulties faced by someone with a brain injury.

Another development the team is working on is trying to get more schools involved in the Hats for Headway day at the end of Brain Injury Awareness week. We aim to provide presentations for schools that take part with the objective being to raise awareness about brain injury and safety behaviour, such as; not drinking and driving and wearing/clipping up helmets amongst young people. We hope that this will make young people think twice before acting, improve understanding about brain injury and make sure they seek medical advice if they hit their head.

**SIMPLE FUNDRAISING IDEAS**
Mufti Days at schools, workplaces, colleges …
Mufti days or dress down days are an ideal way to raise funds for Headway Bristol. Please think of us and nominate us to your workplace, school or college.
Carers Support & Development

Headway Bristol are continuing to expand our services to carers. We now have a team of three that visit the neuro wards weekly with additional visits in between.

Our Library is being used regularly for support and we encourage individuals and families to call in so we can offer any advice and information they may need.

We are working with the NBT to ensure a smooth transition of our services when everything moves to Southmead. The date the neuro wards move across will be the week commencing the 19th May. Our service will commence from Southmead on the 26th May onwards.

We continue to hold our carers group on the first Tuesday of the month; we hold activities within these groups such as keep fit, informative talks and chocolate treats! We continue to encourage new members to join our group the next one being held on the 6th May 2014. The topic of conversation for the evening will be “what’s out there for carers”

In this newsletter we have gathered some up to date information that we feel may be beneficial to carers and those they care for:

Brain Injury Training

The 10 week Brain injury training has now rolled out to the first two groups of service users in Headway. The programme has been put together by the development team and is now into its third week. The comments and feedback so far have been extremely positive, some as follows.

“It has helped me understand my Brain Injury more”

“It’s good knowing you’re not alone and learning more with others that have been through a similar experience.”

“I found out things about my injury that I didn’t think applied to me”

“It will help me understand what my family are feeling more”

“Well done Headway”

We are still encouraging service users to sign up to the programme which will be continuously rolled out over the year; we will also be starting the course at the Withywood centre mid-June.

Once we have rolled out the programme to all our current service users, the Development team will be looking at setting up a similar programme aimed towards carers and families.
Carers Emergency Card

The Carers Emergency Card is a free service that can provide up to 72 hours of emergency support to the person cared for in the event of their carer having an accident or emergency. Carers carry a card which shows their name and a unique identification number. If they have an accident or are taken seriously ill, anyone who finds them can call the emergency phone number on the front of the card. The emergency response team will then react to ensure the person cared for continues to receive the care they need.

The service began in January 2007 and, since then, over 3500 cards have been issued. A small card offering huge ‘peace of mind’ to carers as they go about their daily lives.

South Gloucestershire & Bristol cards

The cards look slightly different but the response in an emergency situation is the same for both. Forms for South Gloucestershire cards are available here at Headway Bristol. Apply for this card if the person you care for pays council tax to South Gloucestershire Council.

Bristol cards are administered by Bristol City Council’s Care Direct Team and again you can get the forms from Headway Bristol. Apply for this card if the person you care for pays council tax to Bristol Council.

Are you a young Carer?

Young Carers is part of The Carers Support Centre, an independent local charity for carers. They support children and young people aged 8 to 18 in Bristol and South Gloucestershire who provide substantial care for a family member who is ill, disabled or misusing substances.

They work with a lot of different people and organisations. This means they can offer different kinds of support and activities to young carers. This includes:

- Time off and fun! Evening clubs, support groups, trips away, days out and holidays for young carers.
- Someone who will listen when needed
- Information and advice for the whole family. If the person they look after can find more help or benefits, that might mean more free time for them!
- One-to-one support.

For more information or support please contact The carers Support Centre.
http://www.carerssupportcentre.org.uk/are-you-a-young-carer/support-we-offer

Headway Bristol needs to raise approximately £100,000 per year to enable us to continue to support brain injury survivors and their carers/families. We are dependant on the generosity of our supporters.
Thank you to everyone who continues to financially support the work we do. We couldn’t do it without you!
Resource & Information Library (PDF leaflet available to download from our website).

The Library plays an essential role in our support provision and houses a wide range of information, literature and materials about other service providers as well as books, DVDs, Factsheets, reference books and Booklets for brain injured people, their parents/carers and other professionals. It also offers a quiet, relaxed and welcoming space that’s used to provide advice and support.

Factsheets – we have a wide range of useful factsheets and information about topics such as ‘Missed Diagnosis’ and ‘Basic Brain Information’. We also have an extensive range of factsheets about the effects of brain injury and practical and legal issues after a brain injury. A new factsheet entitled The Work Capability Assessment and completing the ESA50 form is now available. It provides advice on how to fill out a claim for the first time, or renew an existing claim.

Booklets – the new 2014 Head Injury Solicitors Directory list is now available.

Other Resource Information – Mobility Aids
We have a directory of organisations providing useful aids and resources for people with a disability such as: Assured Mobility: Solutions for Independent Living and The Mobility Aids Centre. Both organisations have an extensive range of aids which assist with all aspects of daily living and moving around, from kitchen equipment to furniture, as well as wheelchairs, frames and mobility scooters. The mobility aids centre also has an assessment centre which allows you to try out specialist equipment with the support of experienced mobility advisors. It is available on an appointment-only basis. More information can be found in our Library or on the organisations’ own websites.

10% off mobility equipment at Boots online

If you’re looking for mobility equipment or daily living aids then this is for you. Carers Enterprises, the national trading arm of Carers Trust, has launched a partnership with Boots which gives discounted pricing on mobility products and daily living aids. Carers can take advantage of an exclusive 10% discount on equipment purchased from Boots online. Use the promotional code ‘CARERS’ at the online check out.

Pictured above is the Homecraft Dycem Jar Opener. This item helps those with poor grip to open and close jars - currently priced at £4.59.

Also the new and innovative Uni Kettle Tipper - designed to help those with weakness - currently priced at £29.65.

Lastly the attractively designed cup and saucer is made from lightweight bone china. The cup has two handles, to assist those with shaky or frail hands - currently priced at £17.35.

Prices taken from Boots online at www.boots.com and were correct at time of writing.
Following the success of last year’s Barn Dance we made the unanimous decision to hold it again in 2014. People were thrilled to be able to have another opportunity to don their checked shirts and boots and dance the night away. Once again the lovely people at St Albans Hall welcomed Headway Bristol to host our event at Westbury Park, Bristol.

We were also very pleased to have the talented Brewery Band with us again to provide excellent live music AND coordinate everyone through the various dances and moves. Thank you once again to our returning volunteers - Gordon Hicks for being our chef for the evening and Sarah Kennedy for keeping everyone topped up with vital fluids from the bar!

We are extremely grateful to everyone who supported the event. We raised an fantastic £747.

Thank you to the following organisations for their grants and donations:
The Walter Guinness Charitable Trust, East Harptree Village Shop, Chew Stoke Village Shop, Novum Law, The Jane Hodge Foundation, Metcalfes Solicitors, Zurich Community Trust, St Mary Redcliffe Church, Nisbets, St John’s Chambers, Haines Watts and Scott Law.

A big ‘THANK YOU’ to the following individuals and groups for their personal donations and fundraising efforts for Headway Bristol:
Alderman Bill Martin, J Ewer, B Hocking, Gwenda Gage, Roland Griffin, Kay McClusky and Paul Yewdall.

Donations in Memoriam and Legacies
Daniel Mills and John Formby

Thank you to the following organisations for their grants and donations:
Headway Bristol held its first wine tasting evening on 20th March 2014. Taking place in the spacious board room of Metcalfes Solicitors in Queen Square, Bristol, the event offered an evening of wines from Domaines Baron de Rothschild - a selection from their estates in Bordeaux, South America & the South of France and also a delicious array of canapes from Kate’s Kitchen. We would like to say a huge thank you to Kay McClusky of Metcalfes Solicitors for organising and hosting the event.

It is ongoing task here at Headway Bristol to raise awareness of brain injury and its effects and to inform people about the range of services and support we can offer. This was a great opportunity for us to achieve both with a wide audience of local businesses and individuals. We are extremely grateful to the sponsors - Metcalfes and Paul Yewdall of St James’ Place Wealth Management. From ticket sales and a raffle on the night we were able to raise a staggering £1403. We would like to thank everyone who supported the event and Bristol based wine company Davis, Bell & McCraith for supplying the wine and their additional donations.

Due to the popularity of the Wine Tasting Evening - we are considering holding another similar event later in the year. Please contact us for information.

Headway Bristol has teamed up with Recycle4Charity to raise funds through the donation and recycling of old and unwanted mobile phones and used ink cartridges. Please hunt out those old phones and help us turn them into cash. The benefit is twofold as it doesn’t just provide extra funds for us but it prevents old phones from becoming landfill waste. Please send donations of phones and cartridges to: Headway Centre, Frenchay Hospital, Frenchay Park Road, Bristol, BS16 1EH

Please don’t forget to gift aid your donation. It can increase the value to us by up to 25% giftaid it

Visit www.charitychallenge.com
Choose a challenge, push yourself to the limits, achieve an incredible personal goal & support Headway Bristol!
Lose weight, get fit, get out of your comfort zone and raise vital funds for a great cause!

JustTextGiving™ by Vodafone
You can now donate to Headway Bristol via your mobile phone.
If you wish to donate by this method please text HWBR16 and the amount you want to donate (£1, £2, £3, £4, £5 or £10) to 70070
You will receive a text back thanking you for your donation and giving you the option to increase it by 25% simply by signing up for Gift Aid. You only pay the cost of the donation, there is no charge for the text.
Golf Tournament

Last year saw Headway Bristol’s very first Golf Tournament. On the back of its success, we were extremely fortunate and grateful to have St John’s Chambers offer to organise the event for us this year. We would like to thank Haines Watts Chartered Accountants for sponsoring the event and ensuring maximum fundraising from ticket sales and Scott Law for providing some fantastic goody bags!

The event was held at The Bristol Golf Club near Cribbs Causeway – with its challenging course and stunning views of the Severn Estuary, ‘The Bristol’ was a warm and welcoming venue for the many teams who took part.

After coffee and breakfast rolls the teams headed out into the uncertain weather conditions with their buggies and umbrellas in tow. Team members out on the course were well looked after by St John’s Chambers with their Marketing Manager, Sarah Tune, out on her golf buggy delivering all kinds of refreshments!

Following a demanding 18 holes and coming in just before the rain, players returned to the clubhouse bar for a well-earned drink! Once everyone was in and feeling a little more refreshed we all took our seats in one of the club’s stunning function rooms, ready for the delicious carvery meal that was served.

We would like to thank all of the guests for being so generous while purchasing raffle tickets and supporting the auction, there were some great prizes on offer. We also thank all of the local companies who donated items and vouchers for the raffle.

The prize giving was next on the agenda – winning teams were invited up to collect their prizes and trophies:

• Team Nestor - overall winners
• Withy King LLP - who came in a close second
• James Pink from New Law Solicitors - Winner of the Putting competition
• Dave Haynes from ARAG - Winner of ‘Nearest the Pin’ and
• Chris Bolitho from The Injury Care Clinics - Winner of ‘The Longest Drive’.

Finally, we would like thank all of the businesses and individuals who took part and supported the event. We and St John’s Chambers are pleased to announce that we raised a fantastic £4200 from the event which will go directly to delivering services to brain injury survivors and their carers.
Headway Kwik Cricket Tournament

Teams of 6 players
Register a Team for only £50

BBQ available. Bar will be open throughout the day.
Play starts at 10am.

Friday 18th July 2014

Frenchay Cricket Club
Filton Road
Frenchay
Bristol BS16 1QN

For more information or a registration form email AAAtkinson@metcalfes.co.uk or Tel 0117 9453079

www.headwaybristol.org.uk

Metcalfes Solicitors

Headway Bristol Brain Injury Association Limited
Affiliated to Headway UK, the brain injury association’s Registered Charity.
TrekFest will test you to your limits – it’s a life changing experience that will uncover strengths that you never knew you had!

54 miles in 24 hours
OR
27 miles in 12 hours

Simply choose a distance!

When you sign up for TrekFest you will be signing up to take on the ultimate UK charity challenge in one of the most stunning environments the UK has to offer.

Your challenge, should you choose to accept it, is to complete your route within the allotted time frame.

“Fright Hike”
Saturday 1st November 2014

By day, the Forest of Dean is a welcoming place with an enchanting and unique character of its own, but as evening draws into night, there are tales of strange happenings and uncanny places. Beware of ‘The Jailer’ of Littledean Jail, which stands at the Gateway to the Forest; children as young as 8 years old were incarcerated here, whose cries have been heard late at night.

So, don your trekking boots… this 30km hike will be murder on your muscles!

Global Challenge Adventures caters for challenges from around the corner to around the globe.

If you are wanting to fundraise for Headway Bristol or want to set yourself an exciting new challenge and need inspiration - talk to a member of our fundraising team and see what’s on offer.

We guarantee there is something for everyone.

For more information or registration details on any of these events please contact Kate Hicks on 01173403771 or email info@headwaybristol.org.uk
Wear your hat for Headway, make a donation and help improve life after brain injury

Friday 16 May 2014
Hats 4 Headway Day

For more information please contact Headway Bristol:
info@headwaybristol.org.uk or call 0117 340 3771
www.headwaybristol.org.uk

ACTION FOR BRAIN INJURY WEEK 2014
12-18 MAY
Coming soon...

St John’s Chambers Charity Ball in aid of Headway Bristol

Friday 26th September 2014
The Bristol Marriott Royal Hotel

Reception at 7.00pm and carriages at 1.00am
Tickets £50 per head

Lottery: Black tie, Champagne reception, 3 course dinner, Auction and raffle, Dancing the night away to a live band

Organised by St John’s
Raising funds for Headway Bristol
Sponsored by NewLaw Solicitors

To book your place, please complete the booking form on the reverse!

Action for Brain Injury Week 12th - 18th May 2014

We have a number of exciting events taking place over the course of the week:

• Monday 12th May - with our service users are taking part in a ‘Keep Fit’ challenge. You can sponsor the team at www.virgingiving.com/teamheadway6
• Wednesday 14th May we will be taking part in a day long Bag Pack at Asda in Cribbs Causeway.
• Thursday 15th May we will be holding an information stall and tombola at the restaurant in Southmead Hospital – informing patients, staff & visitors about our services.
• Also on Thursday - Stan (a service user) has decided to do a sponsored walk from his house to our outpost in withywood. Good Luck Stan!
• Friday 16th May - Hats for Headway Day. Local Schools and Businesses will be donning their crazy hats or holding dress down days to raise money.
• Sunday 18th May - We finish off the week with a Sky Dive event. (We also have another Sky Dive in September). Please contact the centre for registration details.

And, our very own Trustee - Merlin Wigley - will be bravely taking part in a ‘Wing Walk’ to raise awareness of the charity. We hope to feature this in the next newsletter.

If you would like to show your support for any of these events you can make a direct donation to the charity by either sending in a cheque or visiting our ‘Just Giving ‘Page: www.justgiving.com/headwaybristol
Are you up for a challenge? Fall from 10,000 feet at over 100 miles an hour!

For more information or details on how you can Sky Dive for Headway Bristol
Please Contact info@headwaybristol.org.uk

Headway Bristol Brain Injury Association Limited
Affiliated to Headway UK, the brain injury association, a Registered Charity.