

Making Headway

The official newsletter of Headway Surrey supporting adults with acquired brain injury throughout Surrey and their families



FEATURED INSIDE THIS ISSUE:

Interview with Chair to
the Trustees Dr Beccy
Bowden

Running the London
Marathon - Sophie de
Ferrars

Welcome

Sonja Freebody - Chief Executive Officer

Welcome, to our new Newsletter.

As we emerge from the pandemic with the aid of the vaccination programme, we can see the light at the end of the tunnel and look back and reflect. There have been many challenges - transforming our services online, introducing sessions to avoid client isolation and dealing with the lack of normal fundraising activities, to name a few.

Currently, we are delivering our services online. However, we plan on starting a limited phased return to the centre from the 2nd September, to test the waters. Please bear with us, whilst we transition to a blended service. We plan to have face to face support and keep some sessions online as it gives opportunities and advantages to those who would otherwise struggle to travel to our Centre. The aim of our work is not only to give our clients and carers a wider choice of activities and support, but also to show them how to utilise the skills and techniques we teach in our sessions, in everyday life, therefore promoting wellbeing, independence and confidence. We have exciting new plans for our services, so please, if you can follow us on social media.

I would like to take a moment to say I am proud of my staff team, trustees and volunteers who have all played a tremendous role during this difficult time. More importantly, we have successfully pulled through together. We have been a lifeline to our clients and this gives a huge sense of achievement to everyone involved.

Our other news is that we had a Marketing Intern, Ella Smith, helping us with marketing, social media and creating this newsletter. Her internship has ended but she is staying on with us.

In 2017, Headway UK released some statistics. 348,453 admissions to UK hospitals with acquired brain injury (ABI). In Surrey hospitals this amounted to over 46,821 (25,546 male and 51,275 female) per year. However, this does not include those who do not go to hospital, or those who are later discovered to have an ABI secondary to their main medical issue. So, to try and obtain a current picture of the extent of acquired brain injury and pathways, we have a MBA student, from Durham University, Abhirami Kannambath, carrying out a pro bono research project into the size of the Acquired Brain Injury market in Surrey and identifying the pathways (or lack of).

I hope you enjoy reading the rest of the newsletter.

*Acquired brain injury
also includes
traumatic brain injury
and can be referred to as
ABI or TBI.*

Interview with Chairman Dr Beccy Bowden

By Rachel Higgins - Executive Assistant

How did you come to be involved with Headway Surrey?

It's all Sonja's fault! I knew Sonja and when she was looking to recruit some new trustees; she approached me as she knew that I had just finished being a trustee at another charity. Once I found out more about Headway Surrey and the wonderful work it does for its clients I was really keen to do what I can to help.

How have Headway Surrey managed the challenges that the pandemic brought?

I've been really impressed, but not surprised, by how well the staff team and volunteers have managed to keep services going, and keep spirits up, during the past 18 months. I think that many people don't realise what a small staff team the charity has because they manage to do so much for our clients; you would imagine we have twice as many working behind the scenes!

Were there positive outcomes for Headway Surrey because of the impact the pandemic had on the charity?

I think the ability to support clients remotely has been a huge plus – we always struggled to reach clients across the breadth of the geographic area that we cover. However, I do recognise that Zoom isn't for everyone and we're looking forward to being able to resume some face-to-face support work in the Autumn.

Likewise, we were able to try out new things like the Art group and the Carers training courses which have both been a huge success – and will certainly continue post-lockdown.

What do you think is Headway Surrey's biggest strength?

The staff and volunteers – and the great clients. Time and again I've seen clients helping one another or giving advice & support at the sessions that the staff deliver. The expert staff team create that supportive environment where a group of diverse people can come together to receive professional rehab support, but they also receive kindness and compassion, as do their carers and families.

What do you think are the biggest challenges for charities like Headway Surrey over the coming 12 months?

My 'day job' is in charitable funding so I know that this year, and probably next year too, it is going to be very difficult indeed to fundraise for charities. Lots of sporting and community events are still cancelled this year, meaning that charities can't fundraise, and grant funding is hugely over-subscribed because of the impact of the pandemic on all charities.

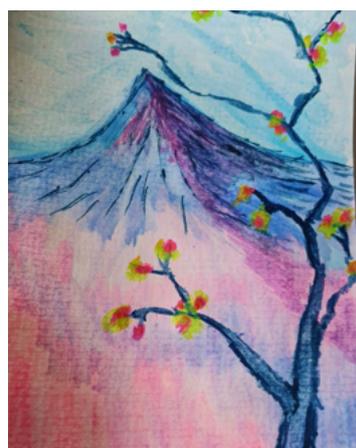
However, I've no doubt that Headway Surrey will continue to be creative and innovative in its fundraising – because we know that it's so important for our clients that we continue to support them.



To read more about Beccy and the other Headway Surrey Trustees visit our website www.headwaysurrey.org

Works of Art

Clients at Headway Surrey have been enjoying weekly art sessions via Zoom, facilitated by Rehabilitation Coordinator, Rowena Tyler. The results have been amazing and here are just a few for you to enjoy.



Brain Training Exercise

The purpose of this exercise is to practise summarising information, identifying key facts or ideas from a passage, and to practice working memory recall by covering the text and trying to remember what was written. It also requires Reasoning skills to consider some of the questions. It is helpful as practice for dealing with correspondence, or following and engaging in conversation.

Have a try at this exercise which is typical of one we would support our clients to do.

Read the passage below, aloud or quietly to yourself. Use the 5Ws (listed below) to pick out key ideas:

A photographer named Bob went to the Black Mountains to take pictures of the hill-top views and forests. He drove in a camper van along the winding mountain roads so that he could take time to find the most picturesque scenery to photograph.



Answer the questions below – you may not find all of the information, but you could suggest an answer (using your reasoning skills). You could cover the text and use this as a memory recall task.

1. Who? _____
2. What? _____
3. Where? _____
4. When? _____
5. Why? _____

Summarise the passage using no more than 7 words:

Services



Brain Injury Education Workshops

During Covid, Brain Injury Education Workshops have been held on Zoom. We are due to start them again at the Centre on a Tuesday or Thursday morning soon. These workshops offer Cognitive Rehabilitation topics of life skills, communication, emotion and behaviour. Clients have the opportunity to learn more about the brain, the consequences and impairments associated with brain injury, practical advice, ask questions and share experiences. [Try the first one for FREE!](#)

Special Interest Groups

Art Group - We will take you through creating a picture or painting, step by step using slides on Zoom or in the Centre. All you need is a pencil and paper to start with. Too difficult for you? Join us anyway, we can provide you with a finished outline drawing of the picture and you colour this in using your own style. Use coloured pencils or water colours.

Some NEW Special Interest Groups coming soon: Book Club, presentations on topic of interest/skills showcase, discussion groups, Shedway, Sewing Bee, board games group, chess group, pool group (with a cue not swimming). [Try the first one for FREE!](#)

Social and Other Activities

Weekly Wednesday Zoom Coffee Morning. Bring your own coffee. Variety of break out rooms, discussions, guest speakers, crossword group and Pictionary.

Join our monthly **Friday Morning Walking Group** for a flat (or almost flat) slow stroll and chatter. Held in different locations. Usually with a café somewhere on route (or bring your own), occasional Boccia game. If you just want to meet for the coffee, then let us know.

Join our fun monthly **Friday Morning Zoom Quiz**, suitable for all levels of knowledge and capability (and you don't need to tell anyone your score!).

Other new and exciting activities on Friday mornings coming soon. [All of these sessions are FREE and are available to anyone with an Acquired Brain Injury \(Carers welcome to attend\). After attending your first session if you wish to continue, you will be asked to become a Friend of Headway Surrey.](#)

Family and Carers Survival Toolkit Course

6 week course learning about the brain and consequences of impairments. 1 hour topic with practical advice (cognition, fatigue, memory, concentration, emotions, behavioural difficulties, communication), plus optional 30 minutes for discussions, questions and shared experiences.

[Course of 6 sessions £60 payable in advance.](#)

Courses and Groups Coming Soon

- Understanding Brain Injury Course
- Young Persons Understanding Brain Injury Course
- Young Persons Support Group
- Getting Ready for Work Group
- Workplace Survival Group
- Leavers Group - for those who have been through our services who wish to keep in touch.
- Long Covid Group

Community Support

During Covid this support has been delivered online in the form of one hour Zoom sessions, work packs and welfare calls. Community support is focused upon an individual's unique needs, goals and aspirations; our aim is to maximise a person's potential and allow them to live as independently as possible. We challenge our client group to set measurable goals, and to achieve maximum input in a short space of time.

Short-Term Counselling

Our counselling service is run by a fully qualified accredited Counsellor and Case Manager. If you need emotional support or are struggling with life, we can help you deal with this.

[6 short-term sessions £60 payable in advance \(£10 per session\). The Counsellor has the option to offer an additional 2 sessions in special circumstances at £10 a session, payable after the 6th session.](#)

Education Sessions for Individuals or Family Groups

Bespoke one-to-one sessions on Zoom to educate and support. Sometimes more appropriate for individuals to learn more about their particular problems and consider options to improve living with their injury, Beneficial for spouse/partner, parents, children and family groups to understand the effects on the survivor and learn how they can work together to aid rehabilitation.

[£50 per session plus Gift Aid.](#)

Presentations and Talks

We are keen to come and give a short FREE presentation to your group or club. Please email link@headwaysurrey.org

Running the London Marathon- Sophie de Ferrars

By Ella Smith - Marketing and Social Media Assistant

This year Sophie will be running the London Marathon for Headway Surrey. Sophie is from London and is currently in her second year at the University of Exeter studying History.

Sophie's reasons for running the Marathon

Sophie got into running at the start of this year and says, "Before January I don't think I'd run a 5K in years". During the winter she started to feel depressed due to the impact of Covid-19 and took up running as a new hobby. She mentioned, "running got me out of that phase of my life", giving her a new and productive focus.

After running a few 5Ks she began to build up the distance until she decided to run 9 miles on a whim. This was the moment she decided to run a marathon.

Sophie has never done anything like this. She describes herself as "never being that sporty" and says, "I have never been able to dedicate myself to something like this, or challenge myself in this way before", so this has been a new and exciting challenge.

Training for the Marathon

Sophie signed up for the marathon with five months to go but says she has only recently started to pick up the reins on her training. She just recently ran a half marathon which she says has made her feel very positive, knowing she can run the distance and it's "just a matter of discipline now".

With under 14 weeks to go, Sophie's goal is to run a sub-four hour marathon. She has started using a plan called marathonhandbook.com which allows you to choose a plan which fits with your goals.

When asked about what she has been struggling with during her training, the biggest difficulty seems to be the heat. The London Marathon usually takes place in May, however, due to Covid-19 it is now taking place on 3rd October.

Therefore, in normal circumstances, training would occur throughout the winter and spring, but this year is anything but normal. Sophie's training will be taking place during the British summer time, with the longest run scheduled for the middle of August.

Though this has been a struggle, Sophie is still optimistic and hopes that training in the hard conditions will only make the actual marathon easier.

Another hurdle Sophie has found is pacing. She says, "One element of training I'm really focusing on is keeping a good steady pace". Something she has found helpful is listening to podcasts instead of music. She says, "Podcasts have been an absolute lifesaver for long runs".



A podcast that has become one of her regulars is 'Anything Goes with Emma Chamberlain'. She added, "These podcasts get me giggling and distract me from the fact that I'm running".

Why choose to run the London Marathon for Headway Surrey?

As a child, Sophie worked with disabled people. She is now a carer in a care home for disabled people in Exeter and often works with people who have an acquired brain injury. She says, "She didn't want to run for a charity that she had no affinity with" and therefore with her previous work helping people with brain injuries, Headway Surrey was a great choice. After researching Headway Surrey she is really excited to be able to support the "amazing and important work that they do".

Feelings about the race

Sophie is looking forward to the actual day of the London Marathon and running in the atmosphere that the amazing event is sure to provide.

She says "I have lots of friends who have said they are going to come out and support me, which means a lot".

She has the fear, as I'm sure many who plan to run this marathon also have, that it will not go ahead due to Covid-19. Another fear Sophie has is the 16-mile wall. This can "hit you at 16 miles and it's like a tonne of bricks, and some people can't carry on". However, she is remaining positive and focusing on her training, which seems to be going extremely well. She says she is seeing great progress in her running since she started back in January and is proud of how far she has come.

[London Marathon places still available for 3rd October 2021](https://www.headwaysurrey.org)
email.enquiries@headwaysurrey.org

Fundraising and how you can help

We will need to raise **£250,000 this year to operate Headway Surrey**. We normally raise our income annually, from clients paying a contribution to the services they receive (£87,000), fundraising, grant applications and donations (£163,000).

As the coronavirus stopped a lot of our fundraising activities this put us in a very difficult situation. However, I am delighted to say, we applied for a variety of Emergency Covid Grants and received just under £50,000. Our thanks go to **Surrey Community Foundation, National Lottery, Surrey County Council, Guildford Borough Council and Police and Crime Commissioners**.

We are continuing to apply for grant funding, but the situation is proving difficult with reduced funding availability and competition from an increase number of other charities applying for the same grants and the grants forecast is not good. Therefore, I ask you all if there is anything you can do to help us this year and next year, we would be delighted to hear from you. Take a look at our website www.headwaysurrey.org/support-us/



A few ideas of how you can help:

- hold a coffee and cake morning with your friends and collect donations.
- do a sponsored walk, swim, cycle.....
- donate old foreign currency for us to recycle
- take up one of our London Marathon places
- host a quiz night with your friends and ask for donations to take part

Or simply like and reshare our social media posts and tell people about us!

[Facebook: @HeadwaySurrey1](#)

[Twitter: @HeadwaySurrey](#)

[Instagram: @headwaysurrey1](#)

Vacancies

- Volunteers needed for Workshops, Special Interest Groups, Walks, coffee mornings
- Counselling volunteers needed
- Part-time Rehabilitation Assistant
- Temporary Administrator Rehab Team mid Oct- end Dec

<https://www.headwaysurrey.org/join-us/jobs/>

Send email to enquiries@headwaysurrey.org



[Send us your thoughts, stories, photos or articles to us at enquiries@headwaysurrey.org](mailto:enquiries@headwaysurrey.org)

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