

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 CEO
Art Gallery
Brain Training
Services Spotlight
Fundraising
Short Stories
Thanks

*Acquired brain injury
includes
traumatic brain injury.
Often referred to as
ABI or TBI.*

Welcome

Sonja Freebody - Chief Executive Officer

Fabulous February to you all.

I am sure some of you may have made resolutions or intentions and I hope you achieve them. Having something to aim for is really important. Determination, repetition, motivation and will-power are all excellent words but we also need enthusiasm and humour to reach our own goals.

Our 1:1 Sessions are person-centred, which allows our clients to engage and improve on particular aspects of their life that they want to improve.

If the individual is not engaged and determined there will be no improvements. However, we all need to help persons with acquired brain injury (ABI), they can do it alone with input from the Rehab Team, Helpline and Counselling, mixed in with attendance at some of the more sociable sessions we hold, creates a great opportunity for success.

Our job is rewarding as we often make a positive difference to someone's confidence, we see the change that practicing an activity, breaking it down into manageable tasks, adopting some simple strategies and discussion makes a big difference. Never underestimate how much your support and encouragement make to their improvement. Friends and family are all part of the process. It's a team effort.

I hope you enjoy reading the rest of the newsletter.

Sonja Freebody, CEO Headway Surrey

Interview with Sonja Freebody, CEO

Briefly describe your role as CEO

*Day to day management of Headway Surrey.
Managing and motivating the staff. Problem solving.*

Decision making on the direction and strategy of the charity. Ensuring the ethics and charitable aims are met and adhered to.

Attending Board meetings and preparing key performance indicators, graphs and various statistics to show that the charity is operating in the best possible interests of our beneficiaries and following governance guidelines. All the statistics are required for funding applications, which is another area I deal with. Funders require monitoring reports during and at the end of granting funds.

In addition, I update the website, PR, attend meetings, network with other Headways, write letters, apply for grants, liaise with individual fundraisers, encourage people to join Friends of Headway Surrey, recruitment, volunteer management, HR, public speaking, financial budgets, writing to MP, Borough Councillors and all sorts of people. Supporting our counselling service and our hospital ABI Link Worker.

Prior to Covid I would have been organising awareness events and fundraising events, but these have been postponed for the moment.

I have even been known to help run a session for the clients! Probably not my best skill - and probably best left to the Rehab Team! The list of what I do goes on and on.

*The thing with a small team is that we all have to be prepared to roll up our sleeves and get stuck in.
Indeed, within the last 4 years I have changed a toilet seat, done the gardening and the vacuuming.*

What part of your job do you most enjoy doing?

I think, variety and helping people to overcome their problems. No day or week is ever the same, I never have a spare moment. So, it's good that I like being busy.

Were there any positive outcomes for Headway Surrey due to the pandemic?

*The staff team learnt to communicate online, rather than face to face.
The Rehab team learnt how to deliver really successful interactive online sessions with our beneficiaries.*



What do you think are the biggest challenges for the clients you look after?

Coping with their injury and adapting to their new way of life, which may be temporary or permanent.

What would be your advice to a brain injury survivor who reads this interview?

*Always seek advice and support, talk to someone and keep positive and motivated. Encourage your friends and family to help you with your cognitive rehab. Set yourself a short term, medium and long term goal.
Rome wasn't built in a day!*

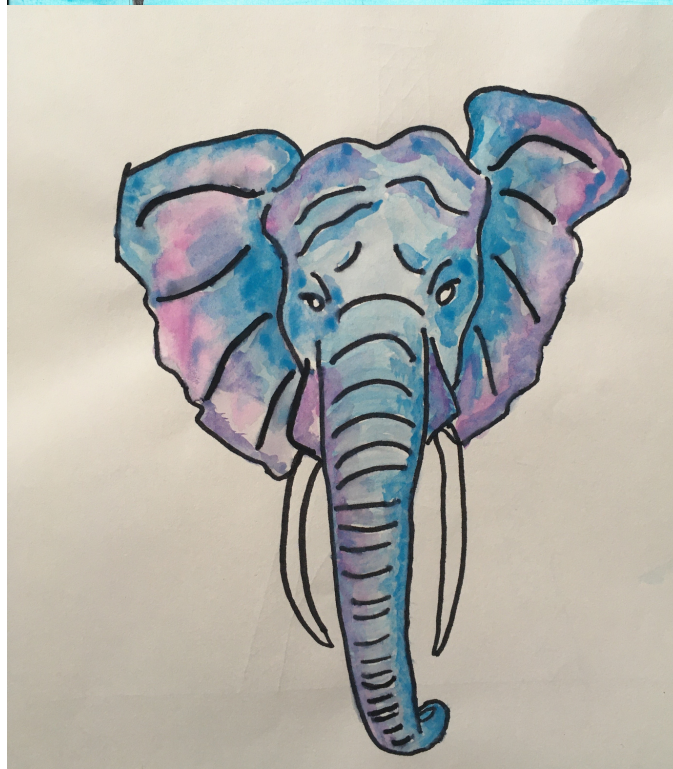
What do you enjoy doing in your spare time?

Kayaking.

To read more about the other Staff and Trustees visit our website www.headwaysurrey.org

Works of Art

Some more great examples of Headway Surrey clients weekly art work.
The results are amazing and here are just a few for you to enjoy. Expert tuition by Rowena Tyler.



Brain Training Exercise

With our Rehabilitation Coordinator Jo Jones Baxter

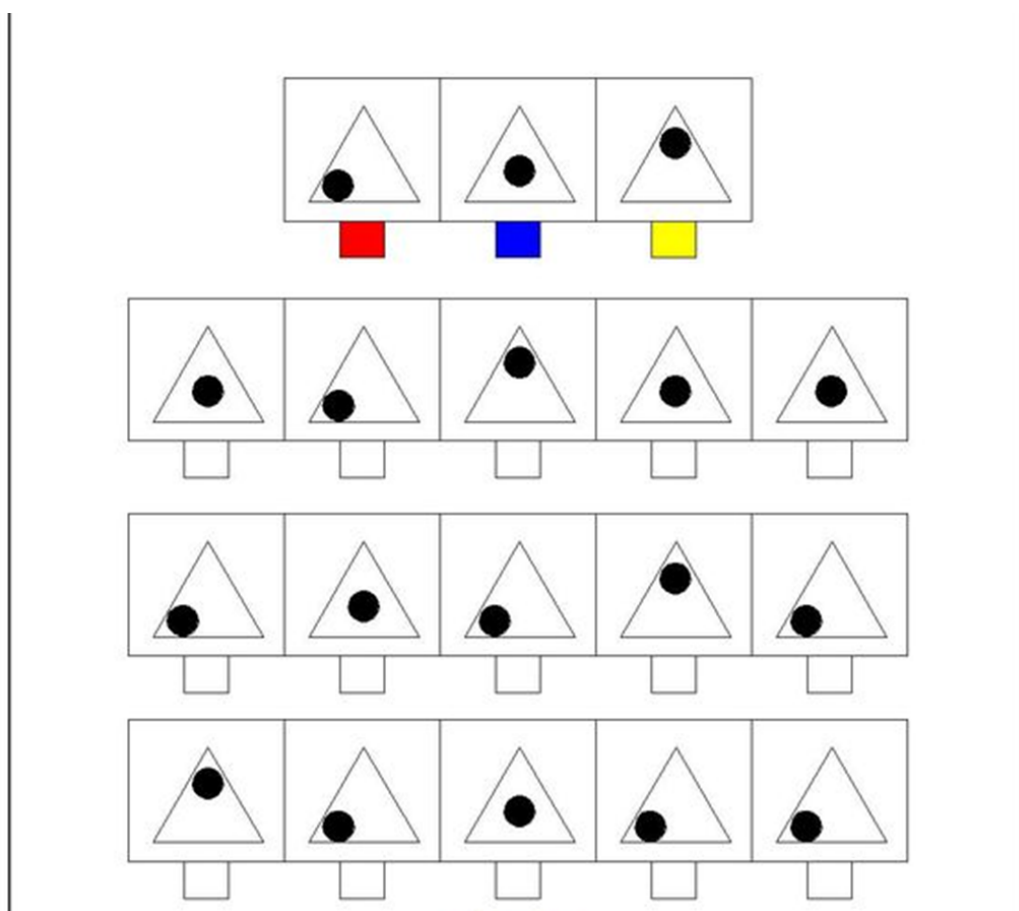
Visual Processing and Working Memory Exercise

Making sense of the world involves using the eyes and brain together to interpret and understand visual information in our surroundings.

After brain injury this skill may be impaired, and being in an unfamiliar environment can cause confusion, for instance, interpreting road signs or observing the sequence of lights at a pedestrian crossing.

It is not a visual impairment; sight may not be adversely affected but the way information is understood by the eyes may be compromised.

Exercises like the one below help by practising and strengthening this skill.



Colour the box below each image using the colour code shown in the top row.

e.g.: the box below Shape 1 in Row 1 would be coloured Blue...

Services Spotlight



Brain Injury Education Workshops

Clients can attend our Centre at Headway House in Guildford for Brain Injury Workshops either on a Tuesday or Thursday each week, 10am – 2:30pm.

Clients are assessed by the team to establish their rehabilitation requirements and goals. Clients can have a full or half day, based on availability and needs.

The sessions include, but are not limited to, a combination of:

- Tasks to practise and improve cognitive skills.
- Brain Injury Education Workshops and Discussion Groups.
- Communication Skills Workshops and Creative Writing.
- Art sessions.
- Social activities (e.g.: board games; card games; Boccia; gardening; special interest talks, discussions).

The aim is to help individuals to better understand the consequences and impairments of an ABI, to learn new strategies to manage the challenges it can bring, and to benefit from peer support. **£54-£72 per day***.

Short-Term Counselling Sessions

Run by a fully qualified accredited Counsellor and Brain Injury Case Manager, with the support of volunteer counsellors.

Emotional support to help you deal with your adjustment to your injury or to look after your loved one.

£60 payable in advance (equates to £10 per session)*

Understanding Brain Injury Course

A 6-week course to learn about the brain and the consequences of an ABI. Sessions are 1.5hrs long, via Zoom, with 1 hour of educational content and practical advice, followed by a 30-minute opportunity to ask questions, share ideas and meet others who have shared experience. After a general introduction and welcome, modules include:

- Understanding the Brain
- Cognition
- Fatigue
- Emotion & Behaviour
- Executive Skills

The aim is to help individuals to better understand the consequences and impairments of an ABI, to learn new strategies to manage the challenges it can bring, and to benefit from peer support. **£60 payable in advance (equals £10 per session)*** Starts 14th March. 1-2pm

A similar course is also run for family and carers.

Family & Carers Survival Toolkit Course

£60 payable in advance (equates to £10 per session)*
Starts 23 May. 7.30pm-9pm.

One to one Sessions

Bespoke one-to-one sessions on Zoom. 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 by introducing compensatory strategies. We challenge our client group to set measurable goals, and to achieve maximum input in a short space of time. **£92-£112 per session***.

Beneficial for;

- brain injury survivor
- spouse/partner,
- parents, children and family groups

Payment

*Can be self-funded, NHS, Adult Social Care, private health care, case managers. If the cost of a service is a barrier to attending, please let us know:

- concessionary and complimentary places are made available in certain circumstances.
- Typical eligibility: individual service users or carers on limited income, full-time students, unemployed and fully retired people with no paid work.

Fundraising and how you can help

Headway Surrey's Brain Injury Services are funded in a number of ways:

As a charity Headway Surrey needs to raise nearly a quarter of a million each year to fund these vital services for brain injured survivors and families in Surrey. The NHS provide a great service in hospital and some short-term community support for a few weeks, but then survivors are left on their own. We are there from the beginning and for the rest of the journey. A mixture of funding enables us to provide these services.

- Where applicable, neuro rehabilitation sessions and workshops are funded by Surrey County Council Adult Social Care and NHS clinical commissioning groups (CCGs).
- We are also able to accept private funders by self-referral and work collaboratively with insurers, lawyers, case managers, to meet needs of the client and their family.
- In addition, we rely on donations, grant applications, community fundraising, Charity of the Year Partnerships and sponsorship.



A few ideas of how you can help:

- Run the Actual or Virtual London Marathon for Headway Surrey (medal and t-shirt included) 2nd October 2022.
- Collect old and foreign coins and banknotes from your neighbours or work colleagues for us to recycle.
- Sponsor Online Monthly Quizzes, Walking Groups, Family and Carers Survival Toolkit 6-week course.
- Sponsor a brain injury survivor to attend 12 workshops or 12 one to one sessions.

Volunteer Vacancies

- Walking Group Volunteers
- Session Volunteers in workshops
- Fundraising Volunteers
- Grant writing Volunteers

Facebook: @HeadwaySurrey1

Twitter: @HeadwaySurrey

Instagram: @headwaysurrey1

Short Stories – Why we are fundraising...



Lewis Henry's 100 miles

My partners mother recently suffered a ruptured aneurysm in her brain followed by a significant stroke. It was a massive shock to us all as she was a very fit and healthy person who hadn't had any medical conditions in the past. She was found unconscious in the stable where she works and was luckily found and brought to hospital in time where they managed to bring her back. They performed life-saving surgery which so far has worked, although she has been left with life changing complications. At St George's Hospital London, she was in ICU for over 3 weeks, then the Neurosurgery Ward and now the Stroke Ward. We have spoken to several physicians and healthcare workers who have all spoken highly of Headway and have recommended your services to us. It has been a pleasure to raise money for such a fantastic charity. <http://www.justgiving.com/Lewis-Henry4>



Molly Leopold - February Swim

In June 2019 my wonderful Mumma suffered a spontaneous subarachnoid brain haemorrhage. She was thankfully treated quickly within Frimley Park's A&E department and transferred to St. George's, London for multiple surgeries and a stay in their neuro ICU. By some sort of miracle, she has since made a full physical recovery and has managed to return to full time work and 'normal' life. This is not the usual outcome for this sort of neurological event. We count our lucky stars every day that she's such a stubborn old boot. The physical recovery took some time, with plenty of pain and fatigue along the way. The emotional and cognitive recovery is ongoing. My Mum has always been my hero, but the strength she has shown in the past few years is beyond normal human limits. Headway are an amazing charity that have helped us and many other families affected by brain injury through support groups, counselling and practical guidance. I hope to tap into a small part of the enormous resilience I've seen in my Mum by completing this challenge. Approximately 1.1km/43 lengths per day, every day, may not seem a lot to many, but it will be a significant challenge to me. Please consider donating within your means to support this great cause, and spur me on when I can't face another hour in the chlorine! <https://www.justgiving.com/fundraising/molly-leopold1>



Jo Jones Baxter - Half Marathon London Winter Walk

I have been lucky enough to work at Headway Surrey for almost 4 years, returning to work after a long time at home raising my family. I have learned new skills and met some inspirational people. They make me proud every single day through their determination and resilience, and there's a lot of laughter, but these last almost 2 years have been hard for our clients and our charity. We are a small but dedicated team and since March 2020 have been determined to adapt and survive. We have delivered new and varied services throughout the pandemic, but our funding streams have been seriously and significantly reduced. We want to be able to continue this vital support for our clients and families. I am walking a half marathon in London with friends (and zero preparation due to a busy few months!) and would like to raise some much needed funds along the way. <https://www.justgiving.com/fundraising/jojib>



James Fulcher and Vicky Fulcher - Surrey Half Marathon on 6th March 2022. James has completed two half marathons already, and is feeling confident for his third. Vicky has never run a half marathon and this will be her longest run by quite some margin. Photo of Vicky and James with 2019 Clandon Park Run medals.. A fabulous family who continually support Headway Surrey. Please do sponsor them.

<http://www.justgiving.com/Victoria-Fulcher2>

Thank you.....

- National Lottery
- Community Foundation of Surrey
- Peoples Postcode Lottery, Magic Little Grants
- Albert Hunt Trust
- Erica Leonard Charitable Trust
- Arnold Clark Grants
- Neighbourly Together Fund
- RHS Connected Communities Fund
- William Wates Memorial Fund
- James Wise Charitable Trust

- Holler Technology
- ASDA
- Waitrose
- Chroma Therapies
- Woking Borough Council
- Friends of Headway Surrey
- Healey Sports Club
- Guildford Rotary Club Donation
- Guildford Lions
- Garsons Farm
- Squires Garden Centre
- Barfield School
- Painshill Park
- Wisley RHS

- Thank you to anonymous donors

- Thank you to others and apologies if we missed you from the list. Let us know and we will mention you in the next newsletter.



- Numerous Foreign Coin and banknote collections
- Stamp donations
- Ewbanks Auctions
- Amazon Smile
- Easyfundraising.com
- Elmbridge Lottery
- Guildford Lottery
- Penningtons Solicitors
- Bolt Burden Kemp Solicitors
- Moore Barlow Solicitors
- Guildfordians Rugby Club
- Hawksmoor Homes



In memory of: Adrian Porter, Derek Punter, Peter Langridge, David Stemp & John Bristow, S Wilkinson.

Fundraising Pages: Jo Jones Baxter, James & Vicky Fulcher, Molly Leopold, Lewis Henry, Shyam Dhokia, Emma Ketteringham, ManKit Lau.

London Marathon Runners: Maria Brooks, Beccy Bowden, Richard Bowden, Des Tilbury, Riad Zaghir, Karen Bill, Wendy Bainbridge, Wendy Gibbling, Lisa Butler, Wesley Green, Julie Map, Joe Young, Andy Golding, Phil West, Sophie de Ferrars, Charlie Ellison