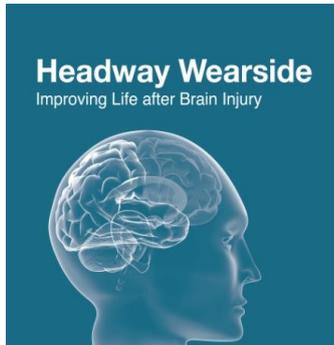


Headway Wearside

Improving Life after Brain Injury



Annual Report



the brain injury
association

2020 – 2021



Headway Wearside is Registered under Charity Number: 1140910 and a company limited by guarantee registered in England no 07504702

“Affiliated to Headway UK, the brain injury association ”

Welcome

Headway Wearside is a registered charity and company limited by guarantee, it is affiliated to Headway UK the national brain injury association.

Headway Wearside was formally launched on 24th November 2009, by the Mayor of Sunderland at the Stadium of Light in Sunderland.

Who is it for?

Headway Wearside is open to anyone with an acquired brain injury, their family members and carers or health and social care professionals with an interest in acquired brain injury.

What is an Acquired Brain Injury?

The term 'acquired brain injury' or 'ABI' includes traumatic brain injuries, such as open or closed head injuries, or non-traumatic brain injuries, such as those caused by strokes and other vascular accidents, tumours, infectious diseases, hypoxia, metabolic disorders (e.g. liver and kidney diseases or diabetic coma), and toxic products taken into the body through inhalation or ingestion.

Acquired Brain Injury is known as the 'Hidden Disability' and people rarely realise the challenges that caring for a person with a brain injury can bring. Living with an Acquired Brain Injury can mean having to cope with mobility difficulties, memory loss, extreme fatigue, cognitive and behavioural difficulties and personality changes. We often hear brain injury survivors describing themselves as being 'completely different people' following their injury.

Aims of the organisation

Headway Wearside aims to provide information, support and social activities for brain injury survivors, their families and their carers in Sunderland and surrounding areas.

We aim to provide support and social activities to individuals who have an acquired brain injury in order to promote and increase social independence and in turn reduce isolation and issues relating to depression, anxiety and reduced confidence.

We hope to increase the confidence of those who have an acquired brain injury to enable them to take part in their community. This in turn will hopefully help them to feel safe in their community thus increasing their feeling of wellbeing.

We aim to reduce the stigma often experienced by those who have an acquired brain injury by raising public awareness of issues surrounding brain injury.

We provide signposting and information about local services for brain injury survivors, their families and carers.

What does Headway Wearside do?

The unique combination and variety of problems faced by individuals with Acquired Brain Injury frequently leads to isolation and the inability to access appropriate services.

We are a person-centred organisation, so instead of telling our group members what to do, we aim to empower and enable people by supporting them to develop their skills and abilities to cope better with the difficulties which arise from having an acquired brain injury.

Therefore at Headway Wearside we aim to offer the following:

- ❖ To increase awareness of brain injury and its consequences
- ❖ To initiate activities and campaigns which will reduce the incidence of brain injury
- ❖ To provide information and support for people with acquired brain injuries, their relatives and carers and concerned professional people
- ❖ To promote improved approaches to acquired brain injury screening, acute care, assessment, rehabilitation and social re-integration
- ❖ To assist people with acquired brain injuries to return to community living, including access to appropriate accommodation, social outlets, and productive activity
- ❖ To Signpost people to relevant local services for persons with an acquired brain injury
- ❖ To hold regular social meetings and activities so people with acquired brain injuries, their relatives and carers can come together to take part in a range of activities that they themselves choose.
- ❖ Facilitate social opportunities for members to attend regional and national Headway events and meet with other members
- ❖ Provide volunteering opportunities and enable supporting professionals to come together to support its members
- ❖ Break down barriers of discrimination by working with local groups and individuals to dispel any myths or issues about acquired brain injury.

Who can be referred to Headway Wearside?

Referrals must be for someone who has had an acquired brain injury (ABI).

Anyone can make a referral to Headway Wearside and we will consider all referrals whether from a health care professional, social worker, family member, carer or self-referral.

The person being referred should be at least 18 years of age. If the person is under 18 you may want to contact the Child Brain Injury Trust (CBIT) (see www.childbraininjurytrust.org.uk)

To make a referral please contact Kim Hunter Business and Community Development Officer on 0191 522 7113 / 07830346985, Email kim.hunter@headwaywearside.org.uk

Chair Persons Report

I am delighted again as Chairperson for the charity to say that despite a number of challenges during 2020, not least a global pandemic, Headway Wearside has continued to develop and grow the range of services and support we offer to Brain Injury Survivors and their families across Sunderland and surrounding Wearside area.

The AGM report provides a details of the various initiatives we have ran over the last twelve months. A lot of the services we have provided have been provided remotely and it is testimony to the work of our two fantastic workers Kim and Charlotte whom many of you will know.

I must on behalf of the charity say a big thank you to Kim Hunter our fantastic Business and Community Development worker to whom as a committee we are and remain extremely grateful. This has been a difficult year for everyone however Kim has during a period when she had been shielding herself managed to provide remote support for our membership. This included arranging food parcels, art supplies and other materials and one occasion even a remote afternoon tea. Kim has also been instrumental in keeping in touch with our members and their families through letters, the ring around service and facebook activity group. This is a role that Kim has been involved with for many years and the successes of the charity have been in a large part because of her continued drive and commitment.

I must also pay tribute to Charlotte O'Keefe who has continued to work tirelessly for Headway Wearside within the NHS for the Sunderland and Gateshead Community Acquired Brain Injury Service (CABIS) in again what has been a challenging year due to COVID-19. This role is something which continues to show our commitment as a charity to working collaboratively to support brain injury survivors and their families and carers in the Sunderland and surrounding areas.

I would also like to pay tribute to all the volunteers who have supported the charity either through being part of the committee, mentoring other members or by fundraising for the charity.

As a charity we continue to engage with our members and we have a number of Brain Injury survivors, carers and family members on our committee who volunteer their time and ensure that we are delivering activities and support that our members need. This holistic person-centred approach is an important part of the charities ethos and business plan.

As many of you will note Headway Wearside depends upon ongoing funding from various sources including charitable trusts, individual fundraising, company fundraising and most importantly ongoing funding from Sunderland City Council and the Sunderland Clinical Commissioning Group (CCG). We are therefore very thankful for the financial support we have received from all our funders whom are referenced further in our treasurers report.

I would also like to pay special tribute to all those that have been involved in fundraising for Headway Wearside. I would welcome anyone who is thinking of fundraising for us to please do so. We really do appreciate any contributions big or small to the charity.

PAUL BROWN

Chairperson of HEADWAY WEARSIDE

SENIOR ASSOCIATE SOLICITOR AT BURNETTS SOLICITORS NEWCASTLE

June 2021

Secretary's Report

Isolate, stay at home, only visit the community if you must, do not meet with others, wear a face masks etc has been the message of 2020. During a global pandemic, these precautions were essential to protect and stay safe from Covid-19. This contrasts with the social integration Headway Wearside have continually strived to achieve for our members.

As lockdown eases many will begin to enjoy social integration once again. The impact of Covid-19 restrictions and the associated anxieties are likely to be greater for those suffering from acquired brain injuries. Headway Wearside are conscious of the empathetic approach required for the reintroduction of face-to-face sessions. It is our aspiration to ensure the needs of all our members are met with no one left behind.

Kim has worked hard to remain in contact with our members and to teach them where possible new skills to communicate and interact with others. This has brought new opportunities such as activity sessions and meetings being delivered remotely online. These newly found skills will continue to be utilised along with the returning of face-to-face activity sessions over the coming months.

The committee have regularly met remotely over the past year, whilst meeting remotely has been beneficial I know that I am personally looking forward to meeting with the committee and our members face to face once again.

Kim continues to provide service user led activities whilst seeking the views and needs of our members. An activity timetable, along with further information, can be found on our website (www.Headwaywearside.org.uk).

We have a team undertaking the Great North Run in September 2021, there are currently additional spaces available to those who are interested, please do not hesitate to get in touch if you would like to join in.

On behalf of Headway Wearside I would like to thank Kim and Charlotte for their commitment, flexibility and effort over the past year. I would also like to thank the committee members, volunteers, funders and all those who continue to support Headway Wearside to deliver a fantastic service.

We are always pleased to receive suggestions about our development so feel free to contact me at claire@holistic.org.uk with any comments. I look forward to supporting the charity over the next year.

Claire Blackbourne
Secretary Headway Wearside
Case Manager – Holistic Case Management Ltd

Treasurers Report 2020/21

Financial Review

Headway Wearside secured some additional funding towards the salary of our existing Community Development Worker, Kim Hunter, for 2020/2021 and 2021/2022, despite austere times and the extreme challenges charities now face in securing grant/government funding, as well as the additional challenges of the covid-19 pandemic.

Kim's aim was to continue to build the membership, increase volunteer opportunities, continue to develop activities and support the Committee in securing additional funding. Kim has again worked tirelessly to achieve this and, as a result, she has secured funding to continue in her role for a further 2 years until 2022. However, more work needs to be done by all those involved with Headway Wearside to keep building up our unrestricted funds through fundraising opportunities to carry on delivering this invaluable service to the head injury community of Sunderland.

Due to the covid-19 pandemic we were unable to undertake a lot of the usual face-to-face activities and Kim had to continue her good work from home. Kim sourced covid-19 specific grants to assist in completing activities online over Teams and Zoom sessions, as well as undertaking regular phone calls to members. Due to the covid-19 restrictions our expenditure was less than anticipated, however Kim liaised with the funding sources to ensure any programmes were extended where possible and any previously agreed funding could be retained.

Headway Wearside is now in its fifth year of supporting the Community Acquired Brain Injury Service [CABIS] in Sunderland. Charlotte O'Keefe is our designated CABIS worker and is based at Monkwearmouth Hospital. Charlotte supports adults with an acquired brain injury and their families and carers immediately following the injury and, where appropriate, refers individuals to Headway Wearside for community based support and activities.

Funders

Headway Wearside would like to thank Sunderland CCG for their grant assistance and support during 2020, which went towards our general core costs including running costs, community development services, activities and resources. Kim also managed to successfully secure funding via the People's Health Trust in 2020/21 which enabled her to continue to complete the 'ME and YOU (Healthy Me, Artistic You, I can DO)' project which focused on trying to develop peoples independent skills and abilities. This is a substantial grant and helped to secure the service until 2021, alongside the CCG funding.

We had a new revenue stream for unrestricted funds from the Co-op for 20/21, where customers could nominate Headway Wearside to receive a share of the money donated to the Co-op's Local Community Fund each time they used their card to make purchases. In total this raised £3,402.14.

More fundraising and grant income needed to be obtained to secure the project post 2020 and Kim was successful in securing this until 2022.

Funding has also been received from a number of sources for specific activities and projects for service users and their families and these are as follows:

- CABIS
- CCG – Sunderland Clinical Commissioning group
- Community funding from the West Area Committee
- Community Funding via Washington Area Committee [BIG Group]
- Peoples Health Trust
- Co-op
- Sunderland City Council - covid-19 grants
- Tesco covid-19 Communities Fund
- Wearmouth Community Development Trust

Reserves Policy

It is the policy of the charity to try to build up unrestricted funds, which are free reserves, to a level that equates to approximately 3 months unrestricted expenditure. This will provide sufficient funds to cover management and administration support costs and any emergencies that may arise from time to time in the event any restricted funding is exhausted/awaited.

The Directors/Trustees are responsible for keeping accounting records which disclose with reasonable accuracy the financial position of the charity which enable them to comply with applicable law.

During 21/22 it is our goal to maintain an unrestricted funds balance of at least £7,000.

We had a net increase in unrestricted income of £5,356 during 20/21, taking the end balance as at 31 January 2021 to £11,144. This is a big increase on the previous year and surpassed our target of £7,000. This is despite the challenges and restrictions with covid-19 where many of our usual fund raising streams were unable to take place, such as the Great North Run.

Our closing balance as at 31 January 2021 demonstrates that we held £11,144 in unrestricted funds which was an increase on the unrestricted funds held at the end of January 2020. We aim to maintain this level of unrestricted funds going forward (and even increase if possible) and all fundraising ideas and activities, as well as any donations, are therefore extremely welcome.

Budget for 2020/2021

The total closing balance as at 31st January 2021 was £45,851. Headway Wearside have already secured additional funding within the 21/22 financial year totalling £17,715. This allows the ongoing continuity of the project until 2021/22, so further funding will be required beyond then.

**Prepared by Ian Brown - Finance co-ordinator of Headway Wearside and signed off by
Jemma Morland - Treasurer of Headway Wearside
Director and Solicitor, EMG Solicitors Ltd**

Community Acquired Brain Injury Service (CABIS) - Headway Co-ordinator

The Headway Service Coordinator, works within the NHS Community Acquired Brain Injury Service. The role includes providing benefits and housing advice, and supporting brain injury survivors and their families.

COVID Support

Initially the role supported people to ensure that they were able to access additional support that they needed during the first lockdown and supported to access food packs and services delivering food and medical supplies.

Peer Support

Due to COVID restrictions it has not been possible to have face to face peer support groups, virtual peer support groups ran for a short time before joining with the Headway Wearside virtual groups. Additionally peer support members have been supported through a ring around service.

Benefits Advice

Over the past year 49 people in Sunderland have had support with their benefits. This has included help to complete benefits applications, ask for reviews of benefits decisions and to attend benefits appointments, and support to lodge and attend appeals. Referrals to the service overall have been lower than the previous year due to COVID, however referrals for benefits advice have remained high due many other services not offering face to face services for much of the year which have proved difficult for brain injury survivors to manage.

Example of support and information given .

A client' came to CABIS having been refused Personal Independence Payments, due to not having had specialist support to help her explain the extent of her hidden disabilities. She was distressed that she felt that she had not been believed about her difficulties. Due to her age she was only eligible for help with her rent on a shared property unless she was in receipt of disability benefits so it also meant that without the financial support that she was entitled to she could not afford to live independently and had had to return to live with her family. She was supported to lodge an appeal against the decision, as the Headway Service Coordinator works

within the NHS team a great deal of supporting evidence was able to be provided when the application for tribunal was made, and a letter of support explaining all of her difficulties was able to be provided when the application for tribunal was made. As a result of this when the Department for Work and Pensions received the application for tribunal along with the supporting evidence the immediately reviewed their decision and awarded the client enhanced rate of both the daily living and mobility component of Personal Independence Payment. This meant that the decision was made in only one month, compared to a wait of around sixteen months to get a tribunal date. This reduced the financial pressure and distress that the client faced and helped her feel that her difficulties were believed. Additionally it had allowed her to know that once she had reached the stage in her rehabilitation where she was able to live independently she would get help with her rent on a suitable property.

Housing Advice

Eight clients have received support to apply for housing, apply for additional priority for their rehousing, avoid eviction from their property and understand the housing process.

For example a man received a court date for possession proceedings due to rent arrears and was at risk of losing his home. She was extremely anxious and unable to access support, this was made worse as there was a lack of face to face services available due to COVID restrictions. The Headway Service Coordinator was able to offer face to face support, in a COVID secure setting and was able to refer the client to Shelter and support them in accessing this service remotely. Additionally they were able to provide supporting information to explain why the clients brain injury impacted their ability to manage their rent payments and respond to issues with their tenancy. With support from the Headway Service Coordinator and Shelter a payment schedule was agreed by the court so he was able to remain in their home. Additionally he was encouraged to let his parents support him in managing his money, so that he was able to pay his rent moving forward.

Conclusion

The Headway Service Coordinator's role has continued to be funded and it is expected that the role will continue in its current form throughout the rest of the financial year.

There is a hope to return to face to face peer support and education groups in the near future as well as offering more carer support.

Charlotte Okeefe

CABIS Headway Co-ordinator

Core Services

This year has seen the biggest ever changes to our activity programme due to Covid 19. There have been 3 full lockdowns and local restrictions informing communities when people should meet and how services could be delivered.

This year also meant social isolation for some of our members as they self isolated for their own health needs and to safeguard their families. Some members were also instructed under government rules to shield at home and not go out to work, shop or socialise.

Staff were also governed by these rules meaning a work from home rule was established to enable the work to continue.

The impact of Covid

Initial contacts with funders assured us that funding would still be in place and could be delegated to other areas of support.

New services including telephone ring around support, weekly Zoom interactive activity sessions, Social media activity groups have been developed. Door step drop of support and arts and crafts packs delivered to homes were also part the main focus this year.

Additional time was allocated to support members, ensuing they had all the necessities they required such as food, shopping, access to medication and to wellbeing services,

So what have we missed this year?



**We have missed our arts and
crafts sessions**

Or Have We !



We sent out arts and craft packs to our members by post or door step drop off to completed at home. **Here is a snap shot of some of them**



Bernie Scaplehorn Junior at the caravan with pebbles decorated with flowers he did himself



A selection of cards for Christmas, Easter and springtime made at home by our members.



We have missed our cooking sessions

Or HAVE WE!



Working with the Workers Education Association our members took part in sugar Craft classes.



**Baking at home
Home made lemon curd**



We missed our sports sessions or DID WE ?

However we were still Highly recommended for a sports award by voters in the Open Arms Awards Ran by Voluntary Community Access Sunderland.

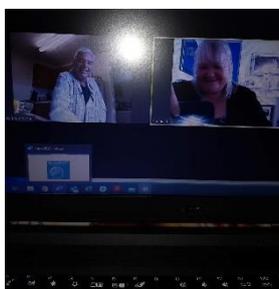
Pictures of socially distanced sports session before lockdown



Members followed video exercise sessions produced by volunteers at home

We weren't out and about at community events however WE STILL raised our profile on local radio, with the local news team and were mentioned in a Parliamentary Debate. Sharon Hodgson Sunderland MP highlighted the good work that is ongoing at Headway Wearside. You can listen to the debate at <https://youtu.be/Q0iHTauNOIc>

We couldn't meet together for most of the year with but new technology and using new tools such Zoom we were able to socialise and even hold Seated exercise sessions



Christmas Time

We weren't able to meet for Christmas lunch however **WE DID** have Christmas afternoon tea, listened to a great local musician and held our usual Christmas quiz.



Fundraising

We Couldn't get out and about to do fundraising challenges but **OUR MEMBERS DID** still Fundraise

[Mellisa made home baked goodies and raised £350]



We would also like to thank our members that give regular donations generously each month, and local organisations such as Wearside Masonic Lodge .. they all make such a difference.

We have missed coming together as a group but with the support of Local organisations such as Mickeys Place at Sulgrave,

We were able to continue with our lunch club whilst still being socially distanced.



This year at a glance.

- ❖ 36 Zoom Activity sessions have been held
- ❖ 150 arts and craft packs have been delivered [each pack for two people x 3 activities]
- ❖ 475 phone calls from the Ring around support service
- ❖ 2 Emergency food parcel have been delivered
- ❖ 1 Fresh food parcel delivered
- ❖ 133 hot meals have been delivered [cooked by Mickeys place]
- ❖ 25 Afternoon teas were provided
- ❖ 25 winter warm packs given
- ❖ 12 Doorstep support/chat
- ❖ 25 people per day access our social media activity group

We were nominated via VCAS- Voluntary community Action Sunderland in two awards, Sports award and community Award. Individuals were then asked to vote for the organisation they thought best delivered against that category. We were runner up in the Sports award .

With funding from Sunderland council, we were able to make it a Christmas to remember, an afternoon tea, games, puzzles, zoom session with a music group singing,

Working with Mickeys place we were able to deliver food parcels and hot meals to members, during the lockdowns and for those shielding. Christmas lunch this year was socially distanced for a small group of members who had been attending the lunch club prior to lockdown.

Beach Access North East

This is a new development within Sunderland, we set up a steering group with Sunderland Parent carer forum, and individuals and liaised with the local Authority to discuss feasibility of the initial project, working alongside Beach Access North East a successful Bid was written to provide a storage container at Roker with accessible beach access chairs. [to open late summer 2021]

Ring a round

Telephone support is available to everyone, non members including brain injury survivors/carers and professionals. We have not included or calculated the time allocated to these calls as this is part of the wider support we offer within the community. Often calls are for information for next steps rehabilitation and social engagement. A high volume of calls this year are regarding queries with social activities and to ask if the service is “still open” and where can a person with a brain injury go to get support .

Just to say Thank You

The Trustees and staff at Headway Wearside would just like to thank all of our funders and supporters

- CABIS Team
- Sunderland Clinical Commissioning Group
- Peoples Health Trust
- Cumbria, Northumberland Tyne and Wear NHS Trust
- Washington Area Committee
- West Area Committee
- North Area Committee

We would also like to thank our partners, supporters, organisations and staff that we have worked with during 2020/21

Burnetts Solicitors

EMG Solicitors

St Mary and St Peters Community Project

Robert Whitelaw Accounts North East

Damtech

Paula Windram

Julie Foster

Wearside Masonic Lodge

Holistic Case Management

JSP LTD

Headway Uk

Julie forster

Glenn Kirby

Klaire Ferry

Dawn till Dusk Crafts