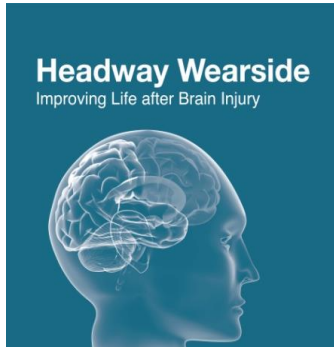


# Headway Wearside

Improving Life after Brain Injury



## Annual Report 2017 – 2018



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 24<sup>th</sup> 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](http://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](mailto:kim.hunter@headwaywearside.org.uk)

## **Chair Persons Report**

It is with pride but also sadness that I deliver my first Chairpersons report. As many of you are aware Margaret Ellens our previous Chair person and one of the guiding lights for Headway Wearside sadly passed away. I am immensely proud to have been elected Chairperson of the charity at the last AGM but wanted to pay special tribute for the time and dedicated service that Margaret provided to the charity.

Headway Wearside has continued to go from strength to strength over the past 12 months which is the subject of this AGM report. Most of the day to day work is carried out by Kim Hunter our fantastic Business and Community Development worker to whom as a committee we are extremely grateful for all her hard work and commitment. We also have another paid worker Charlotte O'Keefe who has been working within the NHS for the Sunderland and Gateshead Community Acquired Brain Injury Service (CABIS). This role is something which shows the charities commitment to working collaboratively to support brain injury survivors and their families and carers in the Sunderland and surrounding areas. Again on behalf of the committee I would personally like to thank Charlotte for her hard work and commitment especially during a period where there have been many challenges within the CABIS service.

As you will be able to see our services depend 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.

It is with no small effort that we continue to try and grow and develop the services we provide at Headway Wearside and its through fundraising whether big or small that we are able to do this. I would therefore like to pay special tribute to all those that have been involved in fundraising for Headway Wearside including our Great North runners. 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.

The Sunderland based Community Acquired Brain Injury Service (CABIS) team has been something that Headway Wearside have long lobbied for and through raising the profile of brain injury survivors in and around the Sunderland area we hope that we have played some part in this service being commissioned and it continuing to be commissioned. From the many stories we have had from Headway Wearside members old and new there has long been a need for a community based service that is accessible to those with a brain injury in the Sunderland area. I am very glad to say that Headway Wearside will be an integral part of the CABIS service which will hopefully assist us in being to offer more services to more of the people in need.

PAUL BROWN

Chairperson of HEADWAY WEARSIDE

SERIOUS INJURY ASSOCIATE SOLICITOR AT BURNETTS SOLICITORS  
NEWCASTLE

## Secretary's Report

Brain Injury is a leading cause of disability that can result in physical, cognitive, behavioural or emotional impairments. While some people may be physically disabled, the large majority have 'hidden' disabilities which are less easy to observe.

A person with a brain injury may find it very difficult to relate to others, carry out activities of daily living, or remember life before their accident. They may seem a different person to those around them and lack insight to understand the seriousness of what has happened to them.

Brain injury survivors, their family and carers often feel isolated and vulnerable. It is therefore important that we continue to develop the services that Headway Wearside can provide to brain injury survivors, their families and carers in Sunderland and the surrounding area.

I would direct everyone to our fantastic web site ([www.headwaywearside.org.uk](http://www.headwaywearside.org.uk)) which provides in-depth information on brain injuries and the impact this can have not only on the individual but also on their family, friends and carers. Our website features a tribute to Margaret Ellens who was our amazing chairperson from 2012 to 2017. Links to further information including leaflets and brochures, our activity timetable, and some memorable photographs of our social events.

For those interested in fundraising we also have a Virgin Money Giving account whereby sponsorship monies for a broad range of different events can be sent to Headway Wearside. In September 2017 many of our committee members ran the Great North Run which was a huge success. We have organised further places for September 2018 as this provides a great source of revenue to allow us to continue to fund the great work of Headway Wearside.

We are continuing to develop our services and over the past year have secured further funding for Kim Hunter's post as our Business and Community Development Officer. We also have Headway worker Charlotte O'Keefe who works within the NHS Community Acquired Brain Injury Service (CABIS). Both Kim and Charlotte continue to do a fantastic job in providing our members and brain injury survivors across Sunderland and the surrounding areas with a wealth of support and guidance.

We have a regular calendar of activities enjoyed by many of our members which currently include walking football, gym sessions, relaxation therapies, peer support and art sessions. If there are further activities which you would like to get involved with then

please provide us with details at our AGM and we will look to take forward as many of the suggestions as possible.

We have also been involved with the organisation of another successful Look Ahead in the North Event which took part at the Calvert Trust, Kielder, Northumberland in March this year. At the event our members enjoyed a residential weekend with activities such as rock climbing, archery, zip slide, swimming, massage and alternative therapies, quizzes, and a talent competition.

I would like to thank on behalf of Headway Wearside all the individuals and organisations who have helped and supported Headway Wearside over the past year. These include not only our fantastic committee who volunteer their time but all those who have helped to organise and host social meetings and activities and assisted with the promotion of Headway Wearside.

We are always pleased to receive suggestions about our development so feel free to contact me at [claireblackbourne@hotmail.com](mailto:claireblackbourne@hotmail.com). Overall, another fantastic year and I look forward to supporting the charity during the next year.

Claire Blackbourne

Secretary of Headway Wearside

# **Treasurers Report**

## **Financial Review**

Headway Wearside secured some additional funding towards the salary of our existing Community Development Worker, Kim Hunter, for 2017/18 and also for some of 2018/2019 and 2019/2020, despite austere times and the extreme challenges charities now face in securing grant/government funding.

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 worked tirelessly to achieve this and, as a result, she has secured funding to continue in her role, although not all of her hours are currently funded, for another two years. However, more work needs to be done by all those involved with Headway Wearside to build up our unrestricted funds through fundraising opportunities if we want to carry on delivering this invaluable service to the head injury community of Sunderland.

Headway Wearside is now in its third 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. This service was due to be terminated by the CCG, the statutory funding body, but after great efforts from members of the board of Trustees at Headway Wearside, alongside the CABIS team, this has been extended for a further 12 months, taking us to Spring 2019. This Service now interlocks with our core development services

## **Funders**

Headway Wearside would like to thank Sunderland CCG for their grant assistance and support during 2017/2018, which went towards our general core costs including running costs, community development services, activities and resources. Sunderland City Council also provided support, however, this is not ongoing due to restrictions on grant opportunities. Kim also managed to successfully secure funding via the People's Health Trust to enable her to promote her DREAMS project, which is focused on trying to develop peoples independent skills and abilities. This is a substantial grant and has helped to secure the service until 2019, alongside the CCG funding. More fundraising and grant income needs to be obtained to secure the project post 2019.

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:

- Community Foundation
- Gareths Gift
- CABIS
- Comic Relief
- Hadrian Trust
- Smart Energy GB
- Cultural Spring
- Comic Relief - Bowling
- Greggs Foundation

### **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 18/98 it is our goal to attain an unrestricted funds balance of £7,000.

We received £4,567 during 17/18 in unrestricted income. This is an increase on previous years and is in part due to a huge effort made by our GNR runners, which we hope to replicate (and perhaps better) this year!

Our closing balance as at 31 January 2018 demonstrates that we held £5,902 in unrestricted funds so, although an improvement, more work needs to be done this year to boost the sums held. All fundraising ideas and activities, as well as any donations, are therefore extremely welcome.

### **Budget for 2018/2019**

The total closing balance as at 31<sup>st</sup> January 2018 was £24,634. Headway Wearside have already secured additional funding within the 18/19 financial year totalling £48,623. Funding of £15,802 has also been secured for 2019/2020. This does allow the ongoing continuity of the project in the short term, but this may be in a limited capacity if further funding cannot be obtained.

**Jemma Morland**  
**Treasurer for Headway Wearside**

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

The Headway Service Coordinator, works with the Community Acquired Brain Injury Service. The role includes providing benefits and housing advice, and running peer support groups. Here are some of this year's highlights.

## **Peer Support**

The peer support provides support to people who have had a brain injury and their families. The group gives people an opportunity to meet others who share similar experiences to support one another and develop friendships.

The group has been successful in helping people make new friends and try out new activities. The group has also provided an introduction to Headway Wearside Activities, including attending bowling, walking football and Christmas meals.

## **Benefits Advice**

Over the past year 40 people 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.

## **Example**

A client had lost his entitlement to Personal Independence Payment, he was very distressed as he felt that his needs had not been taken into account. He was supported to make a request for a review of the decision and his Personal Independence Payment was reinstated at enhanced rate.

## **Housing Advice**

Clients have received support to apply for housing, avoid eviction from their property and understand the housing process.

For example a family were had received an eviction date and were at risk of losing their home. With support from the Headway Service Coordinator and Shelter the family were able to go to court and have the eviction order suspended and remain in their home.

## **Conclusion**

The Headway Service Coordinator's role now has continued funding until June 2019 and it is expected that the role will continue in its current form.

## **Project Report**

This year has seen the introduction of our Dreams Project. An opportunity for Brain Injury Survivors and their carers to meet new people, share experiences and increase confidence by developing new friendships with people who understand what they have gone through.

The project has helped members to feel supported to improve their health and wellbeing, reduce the impact of negative life events (such as loneliness, depression, disability) and decrease stress levels. The project has offered opportunities for survivors to be more independent by attending sessions at regular times with same people where they feel comfortable to come to the same environment where they feel relaxed and amongst friends.

Over the next year this project will include

48 gym/sports sessions  
24 relaxation sessions + peer/family support  
12 family/carers support sessions  
48 social support sessions [art project]  
4 planning sessions.

Between October 2017 and March 18

- The total number of times the gym, relaxation and art support activities have been accessed is 488
- The highest number of sessions attended over the six month period is Mr K at 53 sessions.
- On average there are 15 people accessing the gym sessions.
- Eight people access the art sessions
- 11 people are registered to attend the relaxation sessions.
- We have six carers registered with us in the support group however we have had 20 carers contact us on an individual basis for support .

## **Accessible Transport**

Without accessible transport it is often difficult for our members to attend the activities. We currently contract a local provider Glenn Kirby

“I have been providing transport for the members of Headway Wearside for couple of years now. I feel that I have become good friends with Headway Wearside members and carers.

Every Tuesday I take the members from Headway Wearside to the gym at Sunderland University and returning them back to Headway Wearside Activity room ready for their afternoon art session with Julie.

I've also taken the members to Kielder Forest for the weekend activities, to various museum's and art expedition in and around Newcastle.

Also taken the members to a sporting competition that they had entered against other Headway groups in the North East in Wallsend.

I have travelled across the area with members including to Durham University when they were taking part in a range of sporting activities.

More recently I was asked to help Kim and other Trustees to look for a venue where they could hold an afternoon social. This was somewhere that needed to be accessible by car and walking and public transport. We tried various venues.

I have learnt a lot about brain injury since working with Headway Wearside, it is important to help with independence and to make sure that members feel safe and comfortable while they are traveling with me”



Glenn Kirby – Local Transport.

**Great North Run** ,This was the first year we have secured places for runners fundraising for us at this event. We would like to thank Paul Brown, Jemma Morland, Claire Blackbourne, Martin and.



Some of our members were unable to take part in the Great North Run due to injury so they decided to complete the distance at the Gym on a cycle. This was just the incentive that our members needed and so alongside Kayleigh our runner they all notched up the full distance. With several even completing a full marathon distance.

## Testimonials from members of Headway Wearside

“ by attending using public transport to get to social meetings and the gym I have proved to my family I can do things for myself”

“Enjoy it very much, I didn’t go anywhere until I began Headway, you just have to ask people are always there being supportive”

## **LAN- look ahead in the north is the annual event to Calvert Trust Kielder.**

There were 9 people attending the Look ahead in the North 2017 with funding from Comic relief budget we provided accessible transport from Compass Transport.

Arts and Crafts at the Lan for everyone to take part in .



- Thoroughly enjoyed all the activities I chose to take part in thank you
- Great venue helpful staff - food very good. Accommodation 1<sup>st</sup> class
- Rogan Grant was amazing and most beneficial
- Boat trip very good friendly staff whilst my facial and back massage was brilliant
- All the staff are so accommodating and friendly with mobility needs

## **Students on placement and volunteering**

Volunteer opportunities within Headway Wearside include sessional volunteers, office admin, sports and games volunteers.

We have had two University students that were studying health and social care and came to us for a placement opportunity . Alongside supporting members at the Gym they helped with some community fundraising.



## **Local MP visits Headway Wearside at Sunderland University**

The visit was very successful Julie attended for one and a half hours to the Tuesday morning Gym sessions. She took it in turn to talk to members attending the gym , listening to their stories and finding out about the services we have to offer. Discussions with Julie highlighted the work she was doing and how local MPS can support individuals



Sunderland University



## Gym sessions

The partnership we have with Sunderland university is still hugely popular, now with limited spaces and a waiting list. Here are some quotes from those that attend

“used to only manage 5 minutes and I was so unfit, now I can manage 20 minutes”.

Therapy “have only had a bad back once since starting”.

“Getting stronger and fitter. I used to have such a physically demanding job. Its frustrating but this helps...I’m getting better”.

““Really happy with the gym, it gives us life”.



## Walking Football – We won the Cup

Headway Wearside walking football took place in their first ever tournament and won. This couldn't have been achieved without the volunteers that support the group .



## Photography

Two of our members have been involved in a photography project with EMG solicitors. They worked with DR Amy Izycky who documented with pictures their interests and hobbies. They also produced two Christmas card designs, the were made into cards and sold to raise money for Headway for the Look ahead in the North . an exhibition was held at the mushroom works in Newcastle [ a local art studio]

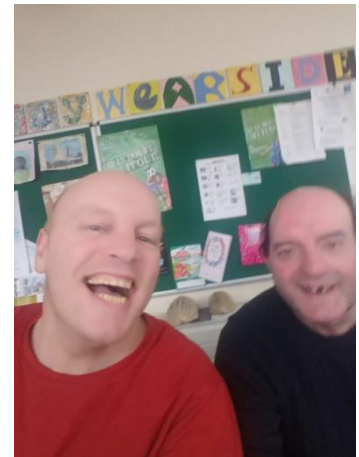


## Art work



Art work and crafts play an important part in overall programme of Activities.

Each programme has range of activities and will be very different depending upon which members attend.



The Cultural Spring project “We see, we think, we feel” will be a programme of activities and adventures, exploring the local area its attractions to follow up with art sessions where members will record **What we see**, “**what we think**” and “**what we feel**”.



This involved trips to local museums.

We visited the National Glass Centre where the group made glass tiles. This involved a lot of planning and precision work before work could begin.

Christmas Mugs were also decorated using fine glass pens on ceramics.

Our “Dreams” project art group delivered by our community artist has introduced some fantastic ideas into the group. Members of the group help to plan the art weekly art sessions and regularly discuss the art activities they would like to complete. Some of these take several weeks whilst others can be completed within one session.



## Carers Are important too

Carers can take part in all the activities that are provided here at Headway Wearside but sometimes as a carer or family member it is difficult to make time for you. At a training day we looked at ways to make this easier and how to help carers feel supported.



A carers training day was designed for family members or those caring for loved ones that have an acquired brain injury. It was also useful to professionals that work with families of brain injury survivors.

With the help of Ed Arnoll from Headway Uk the following topics were included

- ❖ Caring v enabling
- ❖ Sourcing conflict
- ❖ Enabling conflict
- ❖ Proactive and Reactive Strategies
- ❖ Brain Injury and Behaviour



## Natural Selection Therapies working with Headway Wearside. 2017-2018

This year the massages have had some wonderful results and feedback from the people accessing the sessions. The types of therapies people have tried are back massage on an on-site massage chair, neck and shoulder massage, hand and arm massage and reiki.



We have seen results of less tension in muscles, a slight better range of movement in limbs, less pain in some areas, a sense of calm and an uplifting feeling and positive attitude during and after the sessions.

One person was suffering lower back pain. Over several months, we massaged his whole back (from the base of his head to the hip area). We used a base oil with essential oils and gave a deep, yet relaxing massage to reduce the tension in the areas needing attention. From the back massage he was receiving it reduced the pain in the area and he said he found he was walking better 😊

The people accessing the sessions become very regular with reminders of when the sessions are and due to them being regular, this shows how important something like a massage is to them. Everyone of them has had some improvement whether small or as described, good for them.



Please ask any of them who have accessed the sessions, what they think of the therapies they receive and what sort of benefit they have gained for the sessions.

Thankyou, from Klaire Ferry.

## Farewell Margaret Ellens

We would like to honour Margaret Ellens who sadly passed away 23<sup>rd</sup> December 2017

Margaret our former chairperson and much-loved colleague and friend had a stroke in September. We thought Margaret would recover and return home but then in November she took a turn for the worst and deteriorated rapidly sadly passing away just before Christmas.



Headway Wearside helped to support the family at this tragic time and continue to do so.

Margaret was a founder member of Headway Wearside, she supported and mentored staff and was liked and respected by all

**Farewell Margaret - Rest in peace. Xx**

**Just to say thank you**

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

- Gareths Gift
- CABIS
- Comic Relief
- Hadrian Trust
- Smart Energy GB
- Cultural Spring
- Comic Relief - Bowling
- Greggs Foundation
- Community Foundation
- Sunderland Clinical Commissioning group

We would also like to thank our partners, supporters and organisations that we have worked with during 2017/18

Thompsons Solicitors

EMG Solicitors

Sunderland City Council Community ICT

St Mary and St Peters Community Project

Sunderland University City Space

Royalty Theatre Sunderland

Robert Whitelaw

Glenn Kirby

Klaire Ferry

Julie Foster