

the brain injury charity

Headway Thames Valley

Newsletter

JULY 2019

65s CLUB

April

- A. Keeley—£65
- C. M. Harrington—£35
- J. Smith—£20
- T. Gilham—£15
- S. Graham—£10
- C. Coulter—£10
- S. Graham—£5
- A. Westcott—£5

May

- G. Benford—£65
- T. Powell—£35
- D. Dorrington—£20
- T. Gilham—£15
- F. Mckecknie—£10
- E. Jalland—£10
- E. Ferris—£5
- D. Armstrong—£5

If you would like to volunteer with us at Headway Thames Valley, please get in [contact](#)

Headway Thames Valley needs your help...

We work with some fantastic companies and local businesses who help us to support people with brain injuries, but we would like to do more.

Working in partnership is a great way to support a charity, with benefits that go way beyond fundraising for a good cause. There are many ways we can work with companies from being their chosen 'Charity of the year' to longer term strategic partnerships, sponsoring a service or project, to volunteering and donating gifts in kind.

If you, a family member or friend work for a company in or around Reading, Wokingham, Bracknell, Newbury or Henley which you think might be interested in working with us to help more people with brain injuries, please get in touch with us to find out more.

Contact Zoe Lane, Fundraising Manager: zlane@headwaythamesvalley.org.uk or call 01491 411469

Two companies supporting Headway Thames Valley this year are

Lambert Smith Hampton and Millgate Developments Ltd.

Lambert Smith Hampton are supporting our Music Therapy this year by raising £5,000. So far they have raised over £3,600 through a Quiz Night and a team cycle challenge.



Millgate Developments Ltd have been fundraising for us over the last year and have also helped out in other practical ways. Sam and Dave volunteered their time and expertise to put up our new signs on our building and at Christmas the company donated a wonderful Christmas tree for our Resource Centre in Henley and helped to decorate it with some of our clients.

Spring Concert Success!

In May everyone took part in our annual Headway Thames Valley Spring Concert and had an incredible time! The concert also featured the delightful Reading Male Voice Choir!

We started off with some touching and beautifully recited poetry reading from our very own Cindy (see top left picture)

We sang a variety of songs including *The Rose*, *Rolling in the deep*, *Here Comes the Sun*, *I Got Rhythm* and *the Rhythm of Life*.



A huge thanks to Mike Terney who treated us to a few songs in the middle of the concert on his guitar!! (Bottom left).

Martin "I enjoy singing with the choir. We are able to pick songs that we like and that mean something to us and then we practice them together before performing them at these concerts."

Following our fantastic Spring Concert the [Henley Herald](#) wrote a lovely story on it. Thank you so much to everyone who came and made it a day to remember!



Fundraising Achievements



Stan's Lands End to John O'Groats Cycle

Stan Hetherington is now recovering from cycling from Land's End to John O'Groats, an epic 960-mile journey to raise money for Headway Thames Valley after his daughter Faye suffered a brain injury after falling over while jogging. "Family and friends all provide wonderful help and assistance but the organisation which in my view made the biggest difference was Headway Thames Valley." He aimed to raise £2,500 but incredibly smashed that target and raised just over £6,000! Read more about Stan's journey in [The Wokingham Paper](#). Thank you so much Stan!



Tom's Half Ironman Triathlon

On the 26th May, Tom Satterthwaite took part in the Marlow Half Iron to raise money for Headway Thames Valley. "The Half Iron event I've chosen (for people who are worried that 'half' makes it sound easy) involves a 1.2mile open water swim, followed by 56 mile bike ride, and finished, hopefully, with a 13.1mile run." Tom raised an amazing £1,400 pounds for us, thank you so much!! Next time we will give you the Headway Thames Valley water bottle to match your t-shirt!



Alice's London Marathon

A huge congratulations and thank you to Alice, our London Marathon hero! Not only did she complete the full 26.2 miles on Sunday 28th April but she managed to raise over £3,700 for Headway Thames Valley in the process! "Headway Thames Valley is a charity very close to mine and my family's hearts". On the left is Alice holding a thank you banner made and signed by all are day centre clients, and on the right her posing with her medal!!



Sam's Story



"My name is Sam, I'm 30 years old and I live in Wokingham, Berkshire. with my wonderful Wife, Grace (without whom I wouldn't be here) .

"My Social life consisted of mainly going out for a drink with friends, the Cinema, Art, Drumming, Marvel/DC fandom, Music and a few other hobbies. I was basically happy however, all that changed in a second. One of my friends challenged me to a race back to the car, while sprinting, I span on the spot to turn, as I did I tripped on my back leg, breaking my fall for my body with my head.

"We went to A & E, who told me I was likely concussed, and come back

if there were any problems. The next evening we returned for a CT scan as Grace could tell something was wrong.

"I had significant damage to my brain and was transferred to the John Radcliffe Hospital. It took a few days for my brain injury to flourish but I was eventually put in a coma for a week. When I woke up I discovered I was missing the front part of my skull from eyebrow to top of head and ear to ear. I remember being very angry while in hospital which I was in for around 9 weeks.

"I received really good physiotherapy from the John Radcliffe Hospital and Royal Berkshire Hospital, and psychotherapy through CBNRT. I was referred to Headway Thames Valley – the brain injury charity, who had put together a group for people living with Brain Injury.

"This group along with the amazing Headway Thames Valley team, was the most incredible thing for me to help get back to normal, not just because of all the advice and activities presented by them but also by knowing and befriending others in a similar state to me."

"It was that point which I no longer felt alone in the world, that I wasn't the only one going through this.

"Since then I've received my new Titanium skull which I am actually proud of having, it shows that I have been through Hell but come back fighting."

"To the people with a Brain Injury, stay positive. I can't think of anything better to advise than that, from my experience I promise it's not all dark clouds!"

Action for Brain Injury Week:

Brain Drain: Wake up to fatigue!

Survey Results!

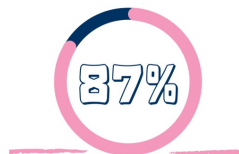
At the heart of the campaign is our latest survey, entitled 'Experiences of fatigue after brain injury.'

It was designed to highlight just how common fatigue is and how far reaching its impact can be, while also examining ways in which we can best support those affected.

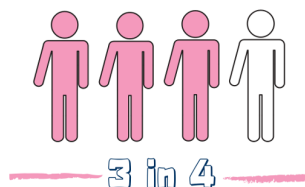
An incredible 3,166 brain injury survivors completed the survey, making it the most popular study Headway has conducted to date.

Unsurprisingly, we found that people's experiences of managing fatigue are entirely negative – with many respondents labelling their experience as 'frightening' and 'destroying'.

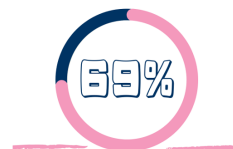
1. 87% of respondents feel that fatigue has a negative impact on their life.



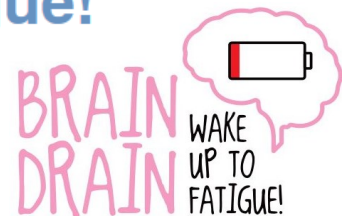
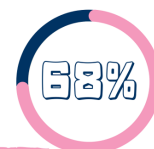
2. 75% of brain injury survivors feel that people in their life do not understand their brain injury-related fatigue.



3. More than two thirds (69%) of respondents believe that they have been unfairly judged or treated as a result of people not understanding their brain injury-related fatigue.



4. More than two thirds (68%) of brain injury survivors feel that their romantic relationships have worsened as a result of fatigue.



Summer is here! Tips to stay Hydrated!

Tips!!

1. Drink cold water to re-hydrate faster
2. Drink pure water
3. Drink regularly
4. Make it fun
5. Monitor your hydration levels!
6. Buy a Headway Thames Valley water bottle

Your body contains about 11 gallons of water:

- your blood is 85 percent water;
- your muscles 80 percent;
- your brain 75 percent and
- your bones are 25 percent water

Drinking enough water is crucial to your health! Especially after a brain injury.

About three-quarters of your brain is water, and when dehydrated, your brain actually shrinks in volume. (This shrinking is what causes a dehydration headache.)

When you're dehydrated, you're more prone to irritability, anxiety, decreased alertness, confusion and fatigue

Fortunately, within 20 minutes of drinking some water, effects such as these are reversed. Dehydration-induced headaches are also rapidly alleviated once you rehydrate.

Common dehydration symptoms include a dry or sticky mouth, no tears being produced, or, eyes sunken in their sockets. See the table for other common signs of dehydration.

If you answer yes to any of the below, then it is a sign that you need to drink more:

- Frequency of urination – less than 4x?
- Urine colour – is it dark?
- Urine odour - does it smell?

Remember Hydration is crucial!

Fatigue and/or dizziness	Headache
Foggy thinking and poor concentration	Chills
Muscle cramps	Back or joint ache
Dry or sticky mouth	Constipation
Infrequent urination; dark, concentrated urine	Mood swings; increased tension or anxiety
Low urine output	Sugar cravings

Headway Thames Valley News

Day Trips!

In the Last few months the Headway Thames Valley outings have increased! We have been to some fantastic places! See our [Facebook](#) page for more pictures!



A huge thank you from Headway Thames Valley to all these amazing organisations for making our trips out so enjoyable and memorable!

Thrive



River and Rowing Museum



Aston Martin Museum



SportsAble



Clinical Corner: MEMORY

“Do brain training computer games improve memory?”

“The short answer is no! Research has consistently shown that regular use of such computer games only results in improved performance on the specific game being practiced, but importantly this improvement does not extend to real world situations.”



“If you have a poor memory because of your brain injury then a more effective approach is to use memory aids as a way to compensate for potential lapses e.g. note pad, diary, calendar & reminders on SMART phone.”

“If referred to consistently and as soon as the new information is given to you, such strategies can become a second nature fail safe.”



“Reducing your fatigue and stress levels by pacing activities across the day and week should also improve day to today memory.”

Controlled setting

Real world



“If you enjoy the games then continue to play them. If you find them a bit of a chore then stop, your energy could be better used!”



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Headway Thames Valley promotes wider understanding of all aspects of brain injury and provides information, support and services to people with brain injury, their families and carers. In addition, we campaign to reduce the incidence of brain injury in the Thames Valley.

Headway Thames Valley is an independent charity responsible for its own funds and recruitment and is affiliated to Headway UK, the national charity established in 1979 and is one of over 100 groups throughout the UK.