



# Community Support Service

# HEADLINES

AUGUST 2011

Headway Essex

## A MANAGER'S 'THANK YOU'

*Karen Jones is moving on*

I will be leaving Headway Essex on 19 August after returning three and a half years ago to manage the Community Support Service. Having originally joined Headway Essex in 1999, I have made many friends and worked with clients and health and social care professionals who have taught me many things, for which I thank you all. I have been inspired by the determination by those affected by brain injury to keep going and we all know what a battle this can be at times. Thank you to everybody for all your support over the years; I have enjoyed working with you. I would like to send you my best wishes for the future and I certainly intend to keep in touch.

**Karen Jones - Community Support Manager**

Kevin, Jane, Neil and Sue in the Community Support Service would, in return, like to give our thanks to Karen. She has been of great support to us all since she returned to Headway Essex in 2008, and we offer her every success in all her forthcoming ventures.

## WEBSITE FOR CARERS

[www.northeastessex.nhs.uk/carers](http://www.northeastessex.nhs.uk/carers)

Carers across north east Essex now have access to this special website which is full of useful information to help them in their role. Sharon Withnell, Care Project Lead, has said that new information leaflets and this related website are an attempt to gather together the various sources of information and support that are available to carers locally. She has liaised with local carer groups in producing material, but would welcome any additional feedback on how things might be improved. Sharon would be happy if carers contacted her on **01206 286837** with ideas and suggestions.

## TALK AT 'KEGS' IN CHELMSFORD

We would like to thank volunteers Oliver Game and Helen Meadows for helping out at our latest school talk on 7 July. The accounts of their own brain injuries, both from road traffic accidents, had a strong impact on all present.

## THE HEADWAY UK EMERGENCY FUND

Headway UK has launched this fund to help families and individuals cope with the practical implications of a sudden catastrophic brain injury. Survivors, carers, family members and Headway Groups and Branches can apply. Grants of up to £500 are available to families with savings of less than £5,000 that are facing financial hardship to pay for travel and emergency accommodation costs, breaks for carers and any additional family costs in the immediate aftermath of brain injury. Applications will be considered by the Executive Committee of Headway UK, and their decision will be final. Only one application per survivor of a brain injury can be considered.

Application forms are available online. Further information can be obtained on [www.headway.org.uk](http://www.headway.org.uk) or you can contact either the Headway helpline on **0808 800 2244** or our team on **01206 768797**.

## THE BIG GARDEN PROJECT

*At High Woods Country Park, Colchester*

This project, which uses organic and sustainable food growing methods and is funded by The National Lottery and North East Essex Primary Care Trust, may be of benefit to those who have sustained acquired brain injury and have ongoing health difficulties. Gardening therapy can have a positive impact on personal wellbeing, and food growing itself has a number of benefits:

- ◆ It's fun, great exercise and rewarding - you can get to eat the results!
- ◆ Learn, share skills and meet other people.
- ◆ It's good for us, our local area and the planet. Local, seasonal organic food uses far less fossil fuels and reduces carbon emissions.

For more information, contact the Community Gardener on **01206 855287** or **07950 243904**.

You can also email:

[countryside@colchester.gov.uk](mailto:countryside@colchester.gov.uk)

## HEADLINE NEWS CONTINUED

### THE WAY AHEAD: 8-10 July 2011

Unlike some of my colleagues who stayed for this enjoyable weekend, I attended the annual Headway Conference only on Saturday 9 July, but benefited a great deal from the experience.

**John Pickard**, Professor of Neurosurgery at Cambridge University, spoke of recent developments in neuro trauma. In particular, he was pleased to announce that, a few days earlier, the NHS had agreed to establish an east of England Major Trauma Centre (MTC) at Addenbrooke's Hospital in Cambridge. This new Centre will look after the most seriously injured patients using expert specialist doctors, nurses and therapists with access to cutting edge equipment. Surgery within four hours of a trauma event can have a significant positive impact on patients' survival and future recovery. If required, patients can be transferred speedily from existing Emergency Departments in the eastern region to the MTC so that treatment and rehabilitation can start within this critical time frame. MTCs (there are already four in London) should be in place in every Strategic Health Authority region in England by the end of 2011/12. Professor Pickard was glad that the way in which severe trauma is treated is beginning to move in the right direction.

**Matthew Colbeck**, a PhD student in the School of English at the University of Sheffield, gave a fascinating talk about how coma and brain injury are often misrepresented in literature and cinema. To counteract this, he has set up 'The Write Way' a writing group based in Sheffield, all of whose writers have experienced coma and/or ABI. The group's creative writing will result in the publication of '**head-lines**', an anthology exploring writers' experiences in matters as diverse as post-coma awakening, cognitive confusion and the empowering nature of cycling as rehabilitation!

If you would like to write about your own experiences of coma/ABI or find out more about this project, Matthew would be happy to hear from you on [m.colbeck@sheffield.ac.uk](mailto:m.colbeck@sheffield.ac.uk). If you are interested in writing, he would urge you to try your hand at it. If you wish to send him work, he would be happy to give you feedback.

**Neil Osborne - Community Support Service**

### EAST OF ENGLAND STROKE FORUM

The next East of England Stroke Forum Stroke Carers Conference will be held at the beautiful setting of Anglesey Abbey in Cambridgeshire on 10 October 2011. The day is scheduled to include speakers, workshops and exhibitions and provide an opportunity for carers and those cared for to discuss issues and challenges in a rapidly changing environment.

Amongst other issues, the conference will cover:

- ◆ The complexities of adult social care;
- ◆ Young stroke - the survivor's guide;
- ◆ Stroke and mental health.

To book a place, go to the forum website, [www.eastofenglandstrokeforum.org.uk](http://www.eastofenglandstrokeforum.org.uk), phone 01284 760006 or speak to your Stroke Association regional coordinator. (Please note that although there is no charge, a sum of £30 per delegate will have to be paid if cancellations are made less than 48 hours before the conference date.)

### LEGAL SURGERIES

This is just to remind you that we continue to run legal surgeries that can be of benefit to all those who use Headway Essex's services and their families. A solicitor will be able to give people up to half an hour of free advice and guidance on any legal matter. Sessions are held on the first Friday of each month from 10.00am to 12.00pm at **The Headway Centre, 2 Boxted Road, Mile End, Colchester, Essex, CO4 4JD.**

For those who are not able to get to the Centre, it will be possible to have a telephone discussion with the solicitor by prior arrangement. Please call the Community Support Service on **01206 768797** if you would like to make an appointment.

### AUGUST SUPPORT GROUPS

Just to remind everyone that there will no general support group meetings in Basildon and Chelmsford in August and no carers' meetings in Colchester and Benfleet. We look forward to seeing you all in September when the programme resumes.

## ADDITIONAL NEWS FROM SOUTH ESSEX

### OPEN ADULT COUNSELLING SERVICE (OACS)

OACS is a voluntary, independent, confidential counselling service provided by qualified, supervised counsellors. The aim is to provide a counselling service that is accessible to everyone in south east Essex aged 18 or over, whatever their financial status. A fee is not charged, although a regular donation for the service is agreed at the outset.

One-to-one support is provided for problems such as stress, anxiety, loss, bereavement, relationship difficulties and many others.

For further information or to register for counselling, please phone Sam on **07963 279272** or Diane on **07722 958017**.

### SOUTHEND MOONLIGHT COLOURTHON

I would also like to thank members of the Headway Essex Basildon support group who took part in the Moonlight Colourthon 13 mile walk on Saturday 2 July. It really was a fantastic achievement and we hope to have raised in the region of £1800 when all monies are collected. So thanks to Katie Smith and her sister Laura (who both raced ahead!), Jim Sloane, Kevin Weaver and Stephen Lambert who supported each other in getting around the course, and of course Justin Carr who I had the pleasure of walking with again this year. We finished at about 1.15am on Sunday morning! Well done to you all!

### IN THE NEWS!

Claire Harrison was featured in a recent article with the Basildon Evening Echo, which highlighted the effects her encephalitis had on her family life. This was an excellent article in which Claire spoke honestly about the impact her illness had on herself, her partner and her children. She also highlighted the work and support offered by Headway Essex. This article came about as a result of Claire's fundraising, which raised just under £700 for Headway Essex. This sum was then very generously matched by the local church. So we would like to thank Claire and the church for their excellent support.

### LIFE AFTER BRAIN INJURY GROUP

The current Life after Brain Injury Group in south Essex ended on 25 July, and we would like to say a huge thank you to the members of the group who have worked hard and shown great commitment.

We hope that people leave the group with a greater knowledge of brain injury and an understanding of how this relates to their own circumstances. Certainly the positive feedback received suggests this is the case. A number of topics and coping skills have been discussed including brain anatomy and medical terms, memory, communication, anger, fatigue, relationships and benefits, to name just a few.

A range of learning methods has been used such as large and small group work sessions, the use of video and DVD, client case studies, discussions, handouts and guest speakers. However, the social and peer support present within the group has been of utmost importance. This, along with a good use of humour, has formed the basis of all sessions.

I would also like to thank my colleague Jane Thompson and our volunteer Christine Martin for their hard work and input, and also my colleagues in the Community Support Team for their support and administrative backup.

### BASILDON CAR PARK FOR HEADWAY ESSEX

And finally many thanks to those of you who helped staff the car park next to the Basildon Centre on Saturday 18<sup>th</sup> June with the £1.00 charge per car going to Headway Essex. Thanks to our volunteers Christine Martin, Linda & John Runciman who missed our Volunteers Party in Colchester to run this event. Our thanks also go to Jim Sloane, Ian Woodard, Peter Zammit and Matt Little who gave up their time to help marshal the car park on the day. A total of £204 was raised and we hope to do this again as it raised our profile with the general public. Many positive comments and contributions were received.

**Kevin Maloney - Community Support Team**

# UPCOMING SUPPORT GROUP MEETINGS - 2011

## Tendring

**At:** Tendring Specialist Stroke Services, 85 Frinton Road,  
Holland-on-Sea, Essex, CO15 5UH from 7.00pm to 8.30pm

**On:** Tuesday 2nd August (social evening)  
Tuesday 6th September  
Tuesday 4th October (social evening)

## Basildon

**At:** St John Ambulance South Essex Headquarters, Sandon Road,  
Pitsea, Essex, SS14 1TH from 7.30pm to 9.30pm

**On:** Tuesday 13th September  
Tuesday 11th October  
Tuesday 8th November

## Chelmsford

**At:** Swift House, Hedgerows Business Park, Springfield, Chelmsford Rd,  
Essex, CM2 5PF from 7.00pm to 9.00pm

**On:** Tuesday 20th September  
Tuesday 18th October  
Tuesday 15th November

## CARERS SUPPORT GROUP MEETINGS

### Colchester

**At:** The Headway Centre, 2 Boxted Road, Colchester, Essex, CO4 5JD  
from 10.30am to 12.30pm

**On:** Friday 23rd September  
Friday 28th October  
Friday 25th November

### South Essex

**At:** Benfleet Methodist Church, High Street, South Benfleet, Essex,  
SS7 5LH from 7.00pm to 9.00pm

**On:** Thursday 22nd September  
Thursday 27th October  
Thursday 24th November

## SOCIAL EVENINGS - please contact 01206 845945 if you wish to attend

**At:** The Headway Centre, 2 Boxted Road, Colchester, Essex, CO4 5JD  
from 7.00pm to 9.00pm

**On:** Monday 1st August  
Monday 5th September  
Monday 3rd October

If you require any further information, please contact any team member at  
the Community Support Service on 01206 768797 or email us at:  
[communitysupport@headwayessex.org.uk](mailto:communitysupport@headwayessex.org.uk)