



Headway
Essex

Social Impact Report 2018/19



Transforming lives after brain injury

Our Vision

THE WORLD WE WANT TO SEE...

All adults in Essex living with the effects of acquired brain injury have the opportunity to realise their potential and lead a fulfilling life.



Our Mission

WHAT WE DO TO ACHIEVE OUR VISION...

We transform the lives of people living with acquired brain injury; taking them from a place of surviving to thriving. We help clients and their carers by working together to develop a renewed sense of purpose and social structure.

Impact Summary

Specialised

We work alongside clients and their carers to build a fulfilling life after brain injury. Our professional support staff are highly skilled and have an in-depth understanding of acquired brain injury. They live and breathe our values and are committed to improving the lives of the people they support.

Inclusive

We ensure that all adults in Essex living with acquired brain injury can access our services and we proactively work to break down barriers to participation.

Sustainable

Having been supporting local communities for over 35 years, sustainability and consistency of service remains vitally important to us. Clients and their families can feel safe in the knowledge they can rely on us for many years to come.

This means Headway Essex is able to provide hundreds of people each year with direct, emotional and practical support and advice...



Bruce shows how having a brain injury shouldn't stop you achieving life goals

As soon as Bruce starts to speak, people listen; something he thought would never be possible.

Bruce had a stroke, aged just 32, which left him aphasia (a disorder of language and communication), a weakness on his right side and difficulties walking.

For an advanced scuba-diving instructor with a promising career at a large bank, life changed beyond recognition. The first few years were a real struggle. But, with structured support from Headway Essex and the University of

Essex, and a lot of determination, he gradually learnt how to speak again.

Bruce is now helping other people; he is volunteering at the University's MSc and BSc Speech and Language Therapy programme and at The Headway Centre in Colchester.



Giving Tara more hope for the future

In February 2014, Tara's life changed forever. She was pulling out of a road when her car was hit at high speed by somebody under the influence of alcohol. She sustained a life-changing brain injury and had to re-learn how to do everything again; walking, talking, eating, cooking and self-care. It's been a long and exhausting journey, but being able to attend the Headway Centre and having access to Headway Essex's Community Support Service has helped Tara tremendously. She says "Headway Essex has really helped me push forward with my life as I've met people going through the same as me. My injury does not define me anymore. I am very positive about my future."



RESULTS IN...

A MORE FULFILLING LIFE

We support clients and carers in making a positive difference in their lives by working together on a range of factors that impact on their quality of life.

We promote a brighter future through...

- COUNTY-WIDE COMMUNITY SUPPORT**
- PEER SUPPORT GROUPS**
- SUPPORT TO RECONNECT WITH OTHERS**
- COMMUNITY PARTICIPATION**
- COGNITIVE & PHYSICAL REHABILITATION**
- BRAIN INJURY EDUCATION**
- IT TRAINING**
- IDENTIFYING VOCATIONAL OPPORTUNITIES**
- COUNSELLING**

Increased self-care

Reduced negative feelings

...which is evidenced through outcomes in...

Improved relationships

SELF-AWARENESS

By focusing on each client's potential rather than their challenges, we take them on a journey of self-acceptance and discovery so that they can realise their own goals.

CONFIDENCE

Clients are empowered to make their own decisions, encouraged to explore new opportunities and become more confident in living the life they want to lead.

WELLBEING

An increase in self-awareness, belief and confidence has a positive impact on mental wellbeing. Through our Day Services, we also support clients with tailored cognitive and physical rehabilitation plans.

Healthier lifestyle

Better working prospects

Lessening of financial & housing worries

Increased ability to manage symptoms

Impact: How we transform lives after brain injury

SPECIALIST SUPPORT

“That initial meeting with the community support team changed my life forever. I was arguing with everyone and suddenly there was somebody putting things in a different way and I could see what they were saying was right. Everything started to fit.”

Lucy, Headway Essex client

“Headway helped me along the way to building a worthwhile life again. They had perseverance and patience that was put to the test many times by me”

Trevor, Headway Essex client

86%

of Headway Centre clients agree that with Headway Essex support, they've developed new strategies to cope with their brain injury.*

100%

of delegates on our Understanding Brain Injury training course feel more confident in supporting people living with acquired brain injury.

We have worked with over a

thousand

adults living with acquired brain injury in the past five years.

During 2017/18 we held

72

client and carer support groups across Essex in easily accessible community locations.

We respond to the needs of our clients by setting up

services

and outreach programmes targeted at hard-to-reach communities and demographics.

INCLUSIVE

“Headway Essex helped me break down each concern. I've learnt that having a brain injury or a disability should not stop you doing the things you want to do.”

Stuart, Headway Essex client

“Having other people to talk to who are caring for a loved one with a brain injury means you feel much less alone”

Pauline, Carer

2019 will see us

expand

our services dramatically in South Essex with the support of National Lottery funding.

*Statistics taken from the Headway Centre 2018 client survey.

SUSTAINABLE

The landscape for charities is changing. Pressure on the NHS to deliver efficiency savings and cuts to local government funding means an increased pressure on charities to deliver services with little money available from the statutory sector.

In response to this we are working hard to ensure long term sustainability by developing and improving our services, whilst identifying new sources of income, growing fundraising income and keeping our costs down.

Through...

Individual Support

Without Headway Essex, the vast majority of our clients would have nowhere else to turn. We're here to make sure adults do not have to face living with an acquired brain injury alone.

Support in the Community



From the hospital bedside to a home visit, the community support team provides direct, emotional and practical support and advice to help people cope and manage the changes in their life following brain injury.

Dedicated Helpline

Free to access, the Headway Essex Helpline **01206 768797** operates five days a week Monday to Friday.

Day Services



At the Headway Centre in Colchester, we provide a broad range of physical, cognitive, social and educational activities. These help clients regain lost skills, develop new ones, build their confidence and promote independence.

Support Groups



Each month, we hold 6 support groups across Essex. Here, clients meet other people living with acquired brain injury, to share information and to hear from experts in brain injury care and rehabilitation.

Counselling

It's not uncommon for those living with an injury to be also dealing with depression, anger or grief. At Headway Essex, we are able to provide psychotherapy that has been carefully modified for those with an acquired brain injury.

Training

Headway Essex provides training in issues that affect those living with acquired brain injury. This is part of our vision to help the wider community understand the causes and effects of acquired brain injury and the healthcare questions it raises.

Resulting in...

A more fulfilling life



SELF-AWARENESS

“Headway Essex has really helped me push forward with my life and I’ve met people who are going through the same as me. At first, I didn’t want to go to the Headway Centre because I thought I was different to everyone else but my journey proves I wasn’t different. I’ve just sustained an injury. It doesn’t define me anymore.”

Tara, Headway Essex client.

85%

of clients who exited our Community Support Service in 2017 said Headway Essex helped them understand the effects of their brain injury on themselves and others.

CONFIDENCE

“Going to Headway Essex has given my daughter an insight into her injuries and brought her confidence up. She talks to other people and it has brought her out of herself.”
John, dad and carer.

“Their help has been invaluable. It is a catch-all for people like me. Without Headway Essex I would truly have been lost and directionless.”

Lucy, Headway Essex client.

85%

said Headway Essex has empowered them to make their own decisions and...

88%

say they make use of new strategies to cope with their brain injury.

WELLBEING

“Making contact with Headway Essex is the best thing I’ve done. They’ve provided me with some light in what has been a very dark place.” Chrissy, Headway Essex client.

“Headway Essex has made me whole again and the carers group has empowered me. They have made me feel I am not the only one going through this.”
Sheila, wife and carer.

96%

of clients surveyed said Headway Essex supported them through highs and lows and...

81%

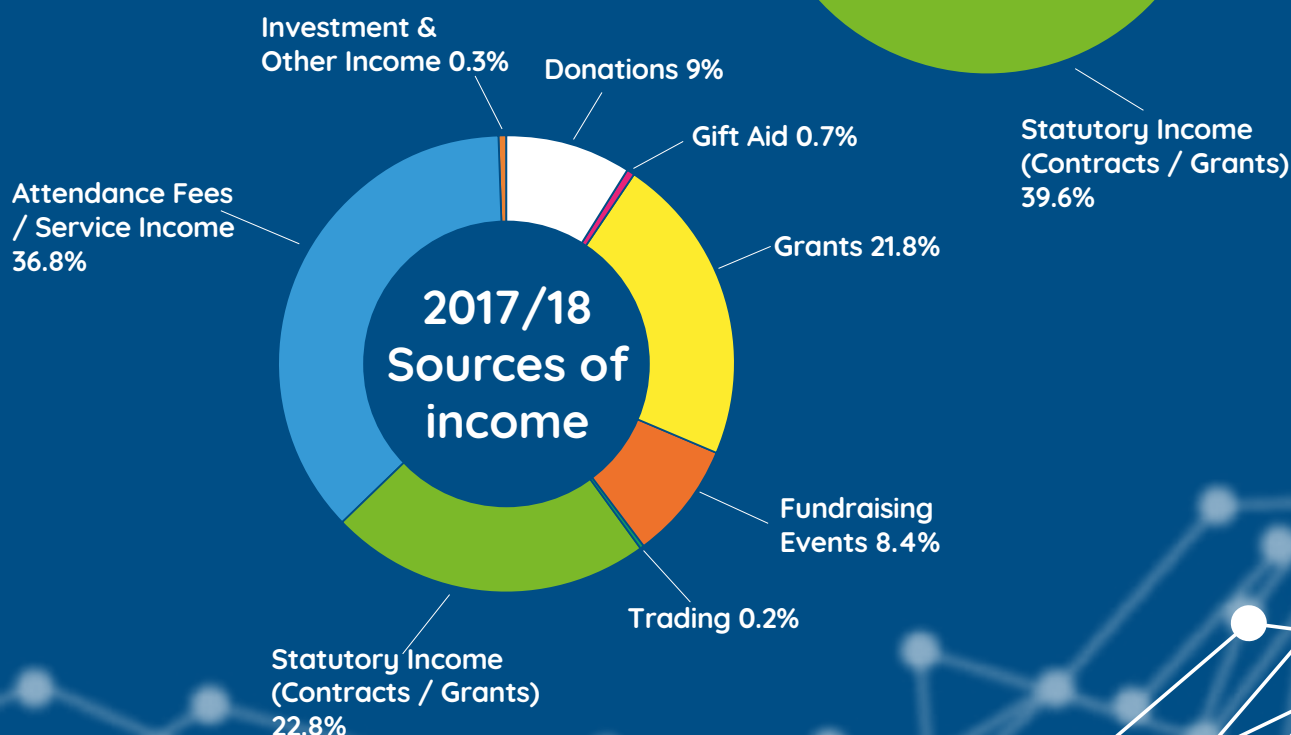
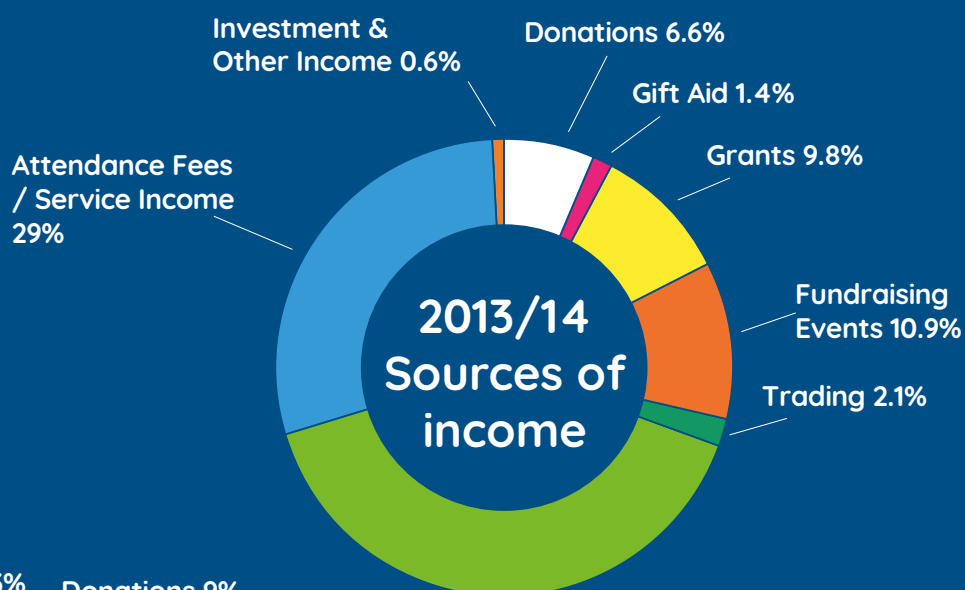
feel better able to manage and cope with life.

Funding Matters

Headway Essex, like many charities, has seen a significant fall in funding from local government and health bodies over the last five years.

In response to this, we have restructured our fundraising team to increase awareness, grow income and develop new fundraising sources. At the same time, we are raising funds to improve the services we deliver and reach more people across the whole of Essex.

Changes in the sources of income is reflected in the charts below.





David Tennant,
Headway Essex Patron

Thanks

to all our supporters, partners, commissioners, trustees, volunteers and funders that have helped us during 17/18 - without their support we could not transform the lives of people living with acquired brain injury.



Contact us

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Headway
Essex



To demonstrate our commitment to providing high quality care, we are proud to say Headway Essex holds the Quality for Health quality assurance award.

