



## HEADWAY PEMBROKESHIRE DECEMBER NEWSLETTER

Hello All!

Welcome to the December edition of the Headway Pembrokeshire Newsletter.

### **Brain Injury Identity Cards**

Headway-produced brain injury identity cards are now available to brain injury survivors receiving support from Headway Groups and Branches. During a trial of these cards, Headway received very positive feedback from survivors who were able to produce the cards in shops etc to secure greater patience and understanding.

The card is free-of-charge and the application can be made by a brain injury survivor or somebody else can apply on their behalf. The following are needed:

- A photo of the survivor.
- Verification of the brain injury.
- Confirmation that the survivor receives support from a Headway Group/Branch.

The application form (online and offline) can be accessed via this web page: <https://www.headway.org.uk/supporting-you/brain-injury-identity-card>.

### **Headway Training Courses – Wednesday 12<sup>th</sup> April 2017 (Venue to be decided)**

Headway UK's training department is planning a number of training courses which will be free to attend for Headway survivors, carers and volunteers.

Each region can choose from one of the following:

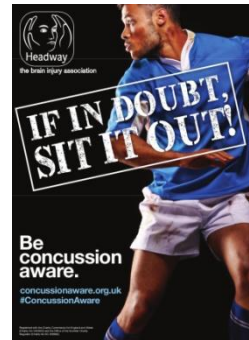
- Understanding Brain Injury
- Cognitive Rehabilitation Issues
- Sex and Sexuality following Acquired Brain Injury
- Challenging Behaviour following Acquired Brain Injury
- Communication Difficulties after brain injury
- Insight and psychological adjustment after brain injury

I have attached a document containing further information on each of these courses. I would be grateful if you could let me know which course you would prefer.

## Concussion Aware Campaign

Local Headway groups are supporting Headway UK's campaign to make more people 'concussion aware'. Targeted at grassroots sports clubs, the campaign aims to raise awareness of the dangers of concussion as well as promoting the message 'If in doubt, sit it out!' Headway want people to enjoy playing sports but to be better protected from the risks of concussion.

Headway members are encouraged to promote and support the campaign if they are involved with local sports clubs but also through social media. If you are a Twitter or Facebook user, it would be great if you could tweet about the campaign, for example "Proud to be #concussionaware. @HeadwayUK" or "We support @HeadwayUK Be #concussionaware campaign."



## Moving Stories

You may recall from the November newsletter that some of our members have engaged in the "Moving Stories" project in which brain injury survivors, their carers and families are filmed sharing their experiences. The aim is to raise awareness of the support that Headway can provide as well as the need for more support services in Pembrokeshire. The project is in its editing stage. The film is due to be screened to the members involved in January.

## Bingo and Quiz Night



A very successful and well attended evening was held on Thursday the 8 December at the Mind Centre. Many thanks to Kevin for as usual managing to combine all the best attributes of Magnus Magnusson and Bruce Forsyth!



## South West Wales Brain Injury Group (SWWGIG) Annual Awards Ceremony

This took place at the Liberty Stadium, Swansea on the 13 December. It was an inspiring and often moving evening of stories of bravery and achievement in the face of hardship and adversity. The event was a testament to the skill and commitment of the Brain Injury Service at Morriston. The evening concluded with a "flash mob" who took to their feet from the audience before marching to the stage and uniting in a rousing course of "Do You Hear the People Sing" from Les Miserables! The choir showcased the fine vocal talents of your Chair and the more questionable vocal "skills" of your Secretary!

## **Website**

It has been agreed that we will pool resources with other neighbouring Headway branches in order to set up a joint Headway website.

## **Cardiff Christmas Bus Trip**

This trip went ahead at the end of November and was an enjoyable and successful trip – parking fine notwithstanding!

## **Dates for the Diary**

The Christmas Dinner is going ahead on the 13 January at the Bristol Trader and will take the place of January's Social Night.

The next Social Meeting will be on Thursday the 9 February at 6.30pm at the Mind Centre.

Please note that Dr Rodger Weddell is planning to attend that meeting.

Dr Abi Barker-Smith, a Clinical Psychologist working in Hywel Dda Local Health Board is also planning to attend. Dr Barker-Smith has recently started a new post which is a job share with Dr Nia Davies, Clinical Psychologist as part of a multidisciplinary team which will help to set up a rehabilitation service for people with acquired brain injury in West Wales. Dr Barker-Smith would like to meet Headway members to understand what they would feel a good service would look like and what they would want from a rehabilitation service. I am sure that it would be very worthwhile for members to attend to give this feedback to Dr Barker-Smith.

## **Headway Research Project**

Grace Major, a Third Year Forensic and Clinical Psychology Trainee at the University of Birmingham, is carrying out research into how carers of family members/partners with an acquired brain injury understand behaviour that they find challenging and how they help the person they are caring for. If you would like to participate in this research by completing a questionnaire (which should take no more than ten-fifteen minutes) then please click on the link below or type it into your web browser:

<https://lesweb2.bham.ac.uk/surveys/index.php?r=survey/index/sid/561617/newtest/Y/lang/en>

## **Hywel Dda Local Health Board Survey of Outpatients' Views**

Hywel Dda Local Health Board have invited Headway Members to complete a survey providing feedback in relation to outpatient experience. If you would like to participate in the survey in order to try to help Hywel Dda Local Health Board improve their outpatient service, please click on the following link or type it into your web browser:

<https://www.surveymonkey.co.uk/r/W8L6Z2J>

## **Public Health Wales Workshop: Thursday 19 January 2017**

Public Health Wales's Improvement Division is holding a series of workshops across Wales to ask people who work with communities to improve health to tell them what kind of support is needed.

The workshop for West Wales is being held at the Halliwell Centre, University of Wales Trinity St David, Carmarthen Campus, College Road, Carmarthen, SA31 3EP on Thursday the 19 January 2017 at 10am-3pm.

If you would be interested in attending, please contact Victoria Hannah on 02920 104689 / [Victoria.Hannah@wales.nhs.uk](mailto:Victoria.Hannah@wales.nhs.uk)

With best wishes for a Merry Christmas and a happy and healthy New Year from Headway Pembrokeshire's Executive Committee,

Matthew

### **Contact Details**

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Royal Mail/Monthly Newsletter Items – Matthew Owen, Headway Pembrokeshire, Venture Court, Waterside Business Park, Valley Way, Enterprise Park, Swansea, SA6 8QP.

Attachments:

1. Information on Headway Courses