

LIFE

after

BRAIN INJURY



Headway



**Meet
Stumpy
our
newest
member**

HEADWAY
PEMBROKESHIRE
Issue 2: Spring 2016

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HELLO!

Hello again and welcome to our second issue!

We are a group of people living in Pembrokeshire whose lives have been affected by acquired brain injury. Between us we have many years of experience in rebuilding our lives after brain injury and we are here to show that it can be done!

If you or your family have recently sustained a brain injury, you may be confused, exhausted, frightened and depressed. We have been there too. Over time, some problems resolve on their own as the brain starts to heal. At the same time, many of us find therapies and treatments which are of benefit, and we start to develop strategies for dealing with the problems which are more long-term. You may find it useful to read the section “What is an Acquired Brain Injury”.

Our aim is to produce a magazine with a wide range of readers, including the brain injured, their families, carers and friends and interested health professionals. To ensure this, we hope that any of our readers will send in articles. Whoever you are and whatever you have to say, whether you attend our meetings or not, please send it in!

We hope you find our magazine helpful and if you don't currently come to our group, we look forward to welcoming you in the future!



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Venture Court, Waterside Business Park, Valley Way,
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Generous donations by private individuals and groups including many who have given their time and energy to fund-raise, and/or who do sponsored activities for us.



“I’m not feeling well” said the patient to his doctor. “Do you think it might be my diet?”.

“What have you been eating?” asked the doctor.
“Snooker balls” replied the patient. “I’ve had two reds for breakfast, three blues for lunch, and a pink for dinner”.

“I think I see what the problem is” says the doctor
“You’re not getting enough greens”.

FROM THE CHAIR

Happy 2016 All

I know I, for one, am looking forward to spring arriving with its promise of new life and beautiful Pembrokeshire scenery and sounds from our birds.

Did you set yourself a new goal as the old year slipped away and the new one arrived? I did - Mine wasn't to lose weight or finish a project that I had started and never finished. Mine is to spend more quality time with the people I love and to ensure that I make more time for them and myself this coming year.

I have been so very fortunate. I have been blessed with the gift of life and that is such an amazing thing.

Sometimes I get complacent with this gift and forget that I am ill - not such a bad thing I guess, but then I pay the price for it when my brain reminds me that I have to "pay back" for being so disregarding of its daily struggle to keep me going.

My injury is what the Medical world call an ABI (Acquired Brain Injury) that is, it happened from the inside. I had a brain haemorrhage. There are also TBI (Traumatic Brain Injuries) which happen to you from injury, for example a car accident.

In my family, my father suffered an ABI 30 years ago, mine happened over 9 years ago and my brother suffered from one over 5 years ago. It is genetic in my family. My mum has nursed my father through his, helped nurse me through my early days and my brother through his, I know it was so hard for her. Amazingly in my family, all three of us have survived.

Living with a brain injury is different for all of us as, it affects each of us in different ways, but then it also shares some effects in us which are similar and we can identify and share them with our fellow "brain friends".

This is what Headway is all about, it gives us the

opportunity to talk to our fellow headfriends and realise we are not alone. Somebody else really does understand and more importantly it is perfectly alright to feel the way we do.

So does it really matter if you can't or just don't want to do something today? It took me a long time to wrestle with that one and to accept that maybe some things could wait until tomorrow.

But Headway is about much more than that, it also offers support to our carers, our family and our friends. These people are such an important part of our daily lives. Without them to care and bolster us, we would not achieve the things we do. Being a carer to someone with a brain injury can be a frustrating position to hold, I know this all too well, especially if the person with the brain injury is strong willed (I know I am). The carer needs other people to be able to talk to that understand what they are going through. Headway can give them this. Oh goodness am I grateful for mine.

Our social evenings are a great source of information and sharing as well as laughter. We tend to sit round a table and talk. We invite professionals in to talk to us and share with us their experiences.

Last year we had a visit one evening from our local AM Paul Davies as well as visits from Neuropsychologist Rodger Weddell.

We are quite an active group and have gone on group visits to the Botanical Gardens in Carmarthen, a Chocolate Factory in Haverfordwest and the Winter Wonderland in Cardiff, gone Kayaking in the Millpond in Pembroke, held a BBQ and a Christmas Quiz as well as a Christmas Dinner to mention but a few things.

The committee also welcomed Matthew Owen from JCP Solicitors.

Our committee are already planning events to do this

coming year and we warmly welcome ideas from anyone. This is your social evening.

In December I was invited to attend the TBI Team award ceremony in Swansea. In 2014 I was fortunate enough to be receiving awards at the same event, not so lucky this year. This year I had to “sing for my supper”. I want to share with you what I took from that event. I attended to tell a little about my story, to inspire and encourage and share a track from an album I am currently working on. I was singing when my brain haemorrhage struck me and I have had to reteach my brain and myself how to sing.

I was last on. I sat throughout the award ceremony watching people with brain injuries just like me, some whom I have worked alongside on projects in 2014. They were being awarded trophies/certificates for other achievements they have gained and I felt a huge amount of pride and I was humbled. I cried. Why? Because when I acquired my brain injury I was scared and I did not know how I would be left - but I knew one thing - I was pretty darn determined!

All those people who achieved awards that evening are amazing. Every single person who lives with a brain injury is amazing. Because everyday they take small steps to becoming the bigger person and they do so feeling alone and scared most of the time. I know this because I felt that too, I had simply forgotten just how far a journey I had travelled.

And that evening in Swansea I was reminded of that. But none of this would have been possible without the support of my loved ones and friends and my amazingly talented neuro team.

Courage is a wonderful thing to own but it isn't always easy to find and often easily deserts us. It left me many times over the past 9 years, but thank God I somehow always managed to find it again and always kept on smiling.

My biggest award/reward is my life. My proudest moment was standing tall and leaving the hospital for the first time - even though I could barely put one foot in front of the other. My most joyous moments were many - they were and still are to be able to hold the ones I love.

I have so much to look forward to, I am currently writing two books, one about my brain journey and one a story for children and

.....I am planning My Wedding.

What an inspiring, courageous, grateful and wonderful bunch of friends I have found within Headway and the TBI team.

If you already come along to the Headway Social Evenings we all look forward to seeing each other again.

If you are thinking of coming along, please do, A warm welcome is always here and we are only strangers until the first "Hello".

Have a safe and happy 2016

Keri

Chair



A young Pembrokeshire lad goes shopping and sees a Thermos Flask. He asks the sales assistant what it does. "It keeps hot things hot and cold things cold" replies the shop assistant". He buys one and takes it to work the next day. "Look at this" he says to his work-mates. "It's a Thermos Flask. It keeps hot things hot and cold things cold". "What have you got in it" asks his friend. "Two cups of coffee and a choc ice".

What is

AN ACQUIRED BRAIN INJURY

An acquired brain injury (ABI) is an injury caused to the brain since birth.

There are many possible causes, for example:

- Trauma (falls, car accidents etc)
- Tumour • Aneurysm
- Hypoxic/anoxic brain injury (oxygen starvation)
- Haemorrhage • Encephalitis (inflammation)
- Hydrocephalus (fluid build-up) • Stroke

The brain controls the whole body, so there are many types of changes which can occur with an ABI. Here is a list of just some of them:

Cognition

Poor memory, slow thinking, poor concentration, problems with understanding, perception problems.

Awareness

Reduced-awareness states such as coma, vegetative state, and locked-in syndrome.

Communication

Speech disorders, problems understanding language.

Emotional / Behavioural

Depression, anxiety, anger, irritability, apathy, obsessional behaviour, disinhibition.

Executive Function

Difficulties with; multi-tasking, planning and organising, decision making, concentration, problem-solving (all needed daily for even quite simple tasks).

Hormonal Imbalances

These result from damage to the hypothalamus and/or pituitary gland (hypopituitarism); fatigue, weight gain, muscle weakness, headaches, constipation.

Physical Problems

Incontinence, balance problems, problems with vision, hearing, taste and smell, fatigue, epilepsy, swallowing problems, digestive problems.

The list of effects doesn't necessarily convey clearly just how devastating a brain injury can be. A recently injured person will frequently find themselves very disorientated, crippled by fatigue, frustrated by being unable to carry out apparently simple tasks, confused because of their difficulties processing information, and depressed because of their lost memories, knowledge, skills and physical abilities. To their families, their personality may appear to have changed, and they may need an overwhelming amount of support just to achieve the everyday tasks of daily living. Relationships frequently suffer under these multiple strains.

However, armed with the right knowledge, and given the right medical help, rehabilitation therapy, and emotional support, the brain-injured and their families can adapt to their changed circumstances. Skills can be re-learned, coping mechanisms can be developed, and lives can be rebuilt. This can be quite a long-term process, unfortunately, so patience is key.

Thought for the Day:

**A successful man is one who makes
more money than his wife can spend.**

**A successful woman is one
who can find such a man!**



"I'm not feeling well" said the patient to his doctor. Do you think it might be my diet?". "What have you been eating?" asked the doctor. "Snooker balls" replied the patient. "I've had two reds for breakfast, three blues for lunch, and a pink for dinner". "I think I see what the problem is" says the doctor "You're not getting enough greens".

ABOUT US

Headway Pembrokeshire first met on 18th October 2002. We are a branch of Headway - The Brain Injury Association (headway.org.uk), a national charity which aims to 'promote understanding of all aspects of brain injury and provide information, support and services to survivors, their families and carers'.



We currently meet for a social meeting once a month and organise various other events throughout the year.

We provide a Helpline, so if you are in Pembrokeshire and would like to speak to someone about brain injury, please contact one of the Helpline numbers, to be found on our 'Contact & Links' page.

Our group aims to provide support for all acquired brain injury survivors in Pembrokeshire, both children and adults, and their families, carers and friends. There are many different types and causes of brain injury and we aim to provide support to all.

Certain types of injury, however, and/or other problems relating to/affecting the brain, notably stroke, multiple sclerosis and epilepsy not caused by injury, have their own support groups in the area; those seeking support for these conditions may find more targeted help in these more specific support groups.

For those not ready to attend our group, we can offer an outreach visit. Please contact our Helpline to find out more.

We welcome visits from interested local health professionals at our social meetings!



facebook.com/headway.pembrokeshire

SUDOKU

	2	4	3	8				
					6			7
	5	8				4		
4				1				
			7		5			
				2				8
		1				6	7	
3			5					
				4	9	2	1	

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**Fill in the blank squares so that each row,
each column and each 3-by-3 block
contain all of the digits 1 - 9.**

Solution on P22.



In a Pembrokeshire second hand shop a customer goes back to complain. “When I bought this rug you said it was used, but in perfect condition. I get it home and find it’s got a hole in the middle!” “Well” replies the shop keeper, “that’s correct sir but if you recall, I did say that it was in mint condition”.



Press release / Datganiad i'r wasg

Paul Davies AM / AC

Welsh Conservative Member for Preseli
Pembrokeshire / Aelod y Ceidwadwyr Cymreig
dros Preseli Sir Benfro



Ceidwadwyr
Cymreig

Welsh
Conservatives

Deputy Leader of the Welsh Conservative
Assembly Group and Chief Whip / Dirprwy
Arweinydd y Grwp Ceidwadol yn y Cynulliad
a Prif Chwip

PAUL DAVIES VISITS HEADWAY BRANCH IN HAVERFORDWEST

Local Assembly Member Paul Davies visited Headway Haverfordwest to discuss some of the challenges facing survivors of brain injuries in Pembrokeshire. The local branch meets on the second Thursday of each month at Haverfordwest Rugby Club and meetings are open to anyone who has been affected by a brain trauma.

Mr Davies said, *"I was delighted to visit Headway Haverfordwest and hear first-hand how the group is supporting and working with people with brain injuries in Pembrokeshire. Sadly, there are a lack of support services locally that provide support and services to people following a brain injury and so the work of Headway Haverfordwest is crucial for local people who desperately need help adjusting to life after a serious injury. I commend the work of the local branch which is making a real difference to people in Pembrokeshire, showing that there is life after brain injury. I will do everything that I can to raise awareness of their excellent work both locally and at the National Assembly for Wales."*

ANAGRAMS

Rearrange the letters of a word or phrase
to produce other words,
using all the original letters exactly once.
Solution on P22.

CREATURES

LONE EGG DEAL (6,5)
TIP UP SHAMPOO (12)
LAST BOARS (9)
A LONE PET (8)
ANY CAR (6)
SO EMU (5)
NO CALF (6)
AT GORILLA (9)
MAIN GOLF (8)
A RADAR CUB (9)
RAPTOR (6)
NIP HOLD (7)
GREAT DRIP (9)
A MALL (5)
A PENCIL (7)
OR BELTS (7)
PAROLED (7)
FIG FEAR (7)

COUNTRIES:

ULTRA ASIA (9)
BIG MULE (7)
COLD ANTS (8)
NEAR GYM (7)
NICE LAD (7)
SLENDER THAN (11)
ANY ROW (6)
A SNIP (5)
NEAR GIANT (9)
LIZARDS WENT (11)

MEET THE COMMITTEE

KERI



Chair

KEVIN



Vice-Chair

REBECCA PROCTOR



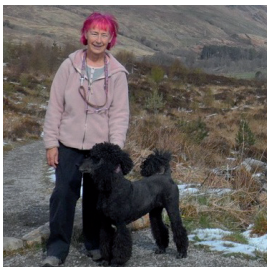
*Treasurer
Head Injury Solicitor*

GWYNETH



Joint Secretary

BARBARA



Committee Member

KEVIN



Committee Member

MEET OUR NEWEST MEMBER



Allow us to introduce 'STUMPY' - the newest member of Headway, Pembrokeshire.

Stumpy, who stands at around 5ft tall, was created by Headway member Luke to be part of a Celebration of Inclusive Art at Clynyfw Care Farm.

He will be on view there, nestled in the woodland, along with a plaque made by Headway member Antony Davies.

**Celebration of Inclusive Art
at Clynyfw Care Farm
on Disabled Access Day - March 12th 2016.
All Welcome! Come and meet Stumpy and
enjoy an exhibition of art work
created by local disabled artists.**

**It should be a fun event!
For further details, contact Jim Bowen
Clynyfw Care Farm, Abercych,
Pembrokeshire SA37 0HF
www.clynfyw.co.uk**

TRIP TO A CHOCOLATE FACTORY

In December, Headway Pembrokeshire organised a trip to Wickedly Welsh Chocolate Company in Withybush, Haverfordwest. There we were able to view the factory, learn about chocolate making and its history, experience some chocolate making skills and, most importantly, try some of their delicious goods!

A great morning was had by all and we extend our thanks to the accommodating staff of Wickedly Welsh.



WORD SEARCH

D N J H H N C T P X Y B R
V E N X A H D R Y K J E T
O S Z A O N O Y S H N E Z
R U T P M K D V A G G T S
A K I R O U O E A H I H I
K N B F A K H W L D T O L
P O I G I V K C R E R V E
R E B A C H I E S H A E Z
V R H X W X V N I T Z N C
E C M E N D E L S S O H N
T R E B U H C S P K M T Y
B R A H M S M O L H Y I V
X R E L H A M P P N K N R

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Classical Music Composer Word List

BACH	HAYDN	SCHUBERT
BEETHOVEN	LISZT	SCHUMANN
BRAHMS	MAHLER	STRAVINSKY
CHOPIN	MENDELSSOHN	TCHAIKOVSKY
DVORAK	MOZART	VERDI
HANDEL	PROKOFIEV	WAGNER

**Find all the words shown in the word list.
Words may be forward, backward, vertical
or diagonal within the puzzle.
Solution on P22.**

A STAY IN HOSPITAL

by Barbara

I've had my brain injury a long time, over the years we've learned to accommodate each other - me pushing the boundaries; it rebelling a bit then forward progress. Always respecting its needs for rest and quiet times, I now have a very good life. A massive shock then, having to go into hospital as an emergency after breaking my hip. It made me realise just how difficult life can be out of my comfort zone.

To start there was the shock of the accident then the long hours in A&E at the wrong end of the day. The poor head is flagging, just when it needs to be alert and able to understand and then answer a lot of questions. Luckily I'd a good friend with me who helped when I faltered. I know it's difficult for people to understand about my brain injury, I've learned to present so well. I think we all hate the vulnerability of people knowing just how brain injury affects us, what a struggle 'normal' life can be.

It was difficult to sleep that first night in hospital, so many things whizzing through my head. And the discomfort of my hip. The staff on Ward 3 were fantastic, making time to listen when I explained "Yes, I'm hearing you and answering you. But maybe the answer is wrong because I've not understood the question properly - maybe in 10 minutes I've completely forgotten the conversation."

The op had to be postponed a day, adding to the head's distress. Obviously the hospital wards are noisy, the sleep I usually have for a couple of hours in an afternoon becomes nonexistent.

I have to ask for a bed pan as I'm not allowed to move

the broken hip. This almost always results in a wet bed! Bang goes my self esteem, though the staff are gracious about it. Also it seems a lot of man-handling which brings discomfort.

The op day comes and the anaesthetist comes to talk with me. Again I have to explain - I may appear to be listening and understanding etc., etc. This man wrote things down so I could keep the info with me. In the theatre annex, staff who remembered me from my knee ops. That helped enormously if another professional says something it is easier to accept. A bit of a hiccup with the anaesthetic after the op. I was being allowed to walk with a zimmer frame, all is well, I feel good. Then my blood pressure goes through my boots and I'm back in bed. Adding another day to my recovery. At least I'm by a window and can enjoy the trees and sunshine.

The next day is Saturday, not a lot of physio staff. I did get a walk to the loo and even washed myself down. Bliss. A physio came up from A&E. We discussed the equipment I needed for home. She went off and brought it all back late in the day. I was lucky to have visitors who all wanted to help. It sounds ungrateful and I was glad to see them. All that tiring the head along with the business of the ward.

That night I had to be moved to Ward 4 at midnight! It was very stressful going into a very noisy, hectic ward. No time to talk with me about the brain injury, they were all frantically busy. Still, I'd been promised home by 1pm. It was arranged and I fixated on that. A busy morning showering myself, then with the physios walking up and down the staircase to prove I was capable.

When Liz, my P.A., arrived we were told I couldn't go until after 2.30pm. No one had realised about my injection. It was all too much and I dissolved into tears. The nurse, not understanding, assured me that once

home I could do my own injection in a very lecturing voice, not listening to me at all. Until I explained, rather loudly, that because of my brain injury, I was unable to learn anything just then.

I felt a complete failure, after doing so well. This nurse had been too busy to look through my notes.

The whole system had broken down. I lay trying to rest and weeping with exhaustion and frustration.

Good to see Liz again to collect me, only for another difficulty to arise. Thankfully she sorted that.

It was so good to get home and into my bed for a bit of sleep before Delli, my dog, came home.

It took a lot of sleep and quiet for the head to recover.

In bed at 8pm, I feel like I've regressed years.

Still, I'm lucky, staunch friends to walk Delli and help with my heavy chores.

At first afraid to do anything, the threat of the hip popping out hanging over me.

Soon I began to realise I can pick up the threads of my life again. It's much easier to physically recover. The head having had to cope with so much is exhausted.

What, if anything, can we do to help alleviate hospital stays?

Barbara is now well recovered and back enjoying walks with her poodle, Delli.



COLOURING FUN



© www.coloring-pages-adults.com

Colouring books for adults have become the latest trend, and could be good for you as this activity can relieve stress and anxiety as well as training your brain to focus and helping your fine motor skills and vision. Plus it's fun!

POETS CORNER

For Mam on Mother's Day

Indulge me just a little time
An ode of love and thanks to rhyme
For all my mam has done for me
So lovingly and selflessly.
Always there to have a chat
But points out where I play the prat;
Calms me down where I would fret
But tells me when I'm being wet.
My health and happiness she sought
My corner she has always fought;
When I was only four or five
I saw how for me she would strive:
The dinner ladies at my school
With quite the iron fist did rule.
Though then, as now, when time to dine
My fare I rarely would decline,
Accosted by their custard foul
My practice was to heave and howl.
And so my lunch they laced with spite;
To milkshake they withdrew my right.
'Like both or none!' with glee they'd cry
As on their broomsticks they did fly.
But mam refused to let this pass,
Mam kicked some dinner lady ass
And left those dinner-witches sweeter
Pouring milkshake by the litre.
Their foul regime mam overturned
So where injustice would have burned
This memory like all the rest
With joy and love my mam she blessed.
Her all she gave and always will
My every empty cup to fill.

Matthew
Owen



*Committee
Member
Head Injury
Solicitor*

6	2	4	3	8	7	5	9	1
1	3	9	4	5	6	8	2	7
7	5	8	1	9	2	4	3	6
4	9	6	8	1	3	7	5	2
2	8	3	7	6	5	1	4	9
5	1	7	9	2	4	3	6	8
9	4	1	2	3	8	6	7	5
3	6	2	5	7	1	9	8	4
8	7	5	6	4	9	2	1	3

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PUZZLE SOLUTIONS

D N J H H N C T P X Y B R
 V E N X A H D R Y K J E T
 O S Z A O N O Y S H N E Z
 R U T F M K D V A G G T S
 A K I R O U O E A N I H I
 K N B F A K H W L D T O L
 P O I G I V K C R E R V E
 R E B A C H I E S H A E Z
 V R H X W X V N I T Z N C
 E C M E N D E L S S O H N
 T R E B U H C S P K M T Y
 B R A H M S M O L H Y I V
 X R E L H A M P P N K N R

COUNTRIES:

AUSTRALIA • BELGIUM • SCOTLAND • GERMANY • ICELAND
NETHERLANDS • NORWAY • SPAIN • ARGENTINA • SWITZERLAND

CREATURES:

GOLDEN EAGLE • HIPPOPOTAMUS • ALBATROSS • ANTELOPE
CANARY • MOUSE • FALCON • ALLIGATOR • FLAMINGO
BARRACUDA • PARROT • DOLPHIN • PARTRIDGE • LLAMA
PELICAN • LOBSTER • LEOPARD • GIRAFFE

WHAT HAPPENS IN A TRAUMATIC BRAIN INJURY?



Dr. Tracey Ryan-Morgan
Consultant Clinical Neuropsychologist

A head injury can be seen as a series of individual events and is not limited to the initial trauma.

In general it can be split into three stages:

The First Injury - There are three types of first injury; closed (the most common type, where there is no open wound), open (when there is an open wound) and crush (the least common, when the head is squeezed between two objects). The first injury can cause bleeding, bruising and other microscopic damage to the brain cells

The Second Injury - This is where the brain is starved of oxygen because of a blocked airway. This may be caused by vomit, blood or by the person's body position.

The Third Injury - This can occur in hours or days after the first and second injury and usually is a result of bleeding or leaking of fluid into the brain cavity. The space inside the skull is limited and so any excess fluid or blood can cause the brain to swell and press against the skull.

Common Consequences of Brain Injury: There are a number of consequences of a brain injury which people have in common, regardless of the type of injury. These can include things like:

- Fatigue / tiredness – changes to sleep pattern
- Difficulty concentrating
- Headaches
- Changes in mood

- Problems with memory
- Problems managing one's own behaviour
- Difficulties maintaining relationships with people
- Changes in personality. Sometimes placid, easy going people could become more agitated or angry.

The period of time following a head injury is often very difficult and can feel overwhelming. People often have a large number of changes to get used to and a lot of extra stresses in their life which can leave them feeling down. If you are struggling after your head injury it is important to communicate this with your Neuropsychologist and your GP because they can try to help.

Although it may seem difficult to find motivation at these times, there are things you can do which could help improve your mood. *Remember that there is nothing 'wrong' with these feelings and there are things which can be done to help.*



David Cameron is on holiday and skating on a frozen Pembrokeshire pond when the ice cracks and he falls through. Luckily three little boys are on hand to pull him out. "You've saved my life" says David. "How can I repay you?". "I'd like a toy car" says the first boy, "I'd like a toy plane" says the second boy. "I'd like a motorised wheelchair" says the third boy. "Why would you want a motorised wheelchair?" asks David. "You look very healthy to me." "I am" says the little boy, "but I'm going to need one when my Dad finds out I saved David Cameron!!"

SUBMITTING ARTICLES

Please send us anything of interest; it doesn't have to be about brain injury. Articles can be serious or light-hearted and of any length.

Electronic copies are the easiest for us to deal with but please, if you can only provide a paper copy, typed or handwritten, don't let that put you off! Pictures are very welcome, either electronically or paper copies to be scanned in.

Please send your contributions by email to headwaypembrokeshire@hotmail.co.uk, indicating that it is a submission for this magazine, or you can pass a paper copy to any committee member.

Articles will be printed with the author's first name only, unless you indicate that you would like your surname included or wish to remain anonymous.



Headway Pembrokeshire Member Antony gets some assistance from Kitty in writing his article for our next issue. If you would like assistance with writing an article, please contact us at headwaypembrokeshire@hotmail.co.uk

USEFUL ORGANISATIONS

BASIC (Brain and Spinal Injury Centre):
basiccharity.org.uk

The Brain and Spine Foundation:
brainandspine.org.uk

Brain Injury is BIG: braininjuryisbig.org.uk

Brain Injury Rehabilitation Trust (BIRT)
thedtgroup.org/brain-injury

Brainline (USA organisation): brainline.org

Child Brain Injury Trust:
childbraininjurytrust.org.uk

The Children's Trust for Children with Brain Injury:
thechildrenstrust.org.uk

PAVS (Pembrokeshire Association of Voluntary Services) : pavs.org.uk

The Pituitary Foundation: pituitary.org.uk

South West Wales Neurological Alliance:
swwna.com

The United Kingdom Acquired Brain Injury Forum:
ukabif.org.uk

CONTACTS AND LINKS

HELPLINES

Headway Pembrokeshire

01646 622977 (Kevin and Carol)

07908 538538 (Keri)

Headway Pembrokeshire Facebook Page:
facebook.com/headway.pembrokeshire

Social meeting:

2nd Thursday of every month

6.30pm - 8.00 pm at

Haverfordwest Rugby Club, Pembroke Road,
Merlins Bridge, Haverfordwest SA61 1LY

(Please note, we cannot give medical advice)

Headway UK

0808 800 2244

helpline@headway.org.uk

headway.org.uk

Headway UK Health Unlocked Community (forum)
healthunlocked.com/headway

Let's finish on . . .

A HAPPY NOTE

On Wednesday 27 January, because I have been feeling unwell, I has an MRA scan at The University of Wales hospital and later saw my consultant.

For over nine years I have lived with an aneurysm that was unsafe and challenging and has required numerous operations as it has a very wide neck. The last operation was a 'Y stent procedure' .

The MRA scan revealed that the neck of the aneurysm is actually beginning to heal. How amazing is my brain?!

Since August 2006, I have lived each day as it came . . .
Now I am relearning that there is a tomorrow.

Happy days

Keri

<p>Thought for the day Success is relative – the more success, the more relatives!</p>
--

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01348 873 671

Haverfordwest
01437 764 723

AN APPEAL

For those of you reading who have no direct experience of brain injury, it is difficult to comprehend just how devastating it can be. It is a sad reality that, at present, there is very little support or aftercare available for the brain-injured from the NHS in Pembrokeshire, beyond the stage of treating the medical emergency and stabilising the injured person to the point where they can leave hospital. In this county, Headway Pembrokeshire is a valuable source of support for the brain-injured and their families, offering the opportunity for all affected to share their stories, to be taken seriously, and to swap advice. Our funds for providing this kind of support are extremely limited, so if you feel you would like to make a donation towards our work, however small, this would be truly welcomed. Currently, we can receive donations via bank transfer.

Our bank details are as follows:

Headway Pembrokeshire. Lloyds Bank.

Sort Code: 30-16-20 Account Number: 22551760



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