

LIFE

after

BRAIN INJURY



**Headway
Pembrokeshire**

Issue 4: Spring 2017

INDEX


P1	Hello!
P2	Sponsors • What is an Aquired Brain Injury
P3	From the Chair
P7	About Us
P8	#Concussion Aware
P11	Living with my Brian Injury <i>by Headway Pembs member Barbara</i>
P13	Poet's Corner
P14	Sudoku
P15	Headway Bingo & Quiz Night
P17	Headway Pembrokeshire Christmas Dinner
P18	Meet the Committee
P19	Date for your Diary
P21	Ready for Boarding?
P24	Word Search
P25	Carers: <i>tips for looking after yourself</i>
P28	
P30	Useful Organisations
P31	Contacts and Links
P32	How to submit an article • Puzzle Solutions



Cover photo:

St. Davids Cathedral
in Springtime

by kind permission of

 Pembrokeshire
Moments

HELLO!

Hello again and welcome to our Spring 2017 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.

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!



JOIN OUR FREE MAGAZINE MAILING LIST

If you would like to receive a copy of future issues by email, please send us an email with your request to:

headwaypembrokeshire@hotmail.com

OUR SPONSORS

Headway Pembrokeshire is very generously helped by:

Redkite Law LLP

(Headway Head Injury Solicitors List 2017)

Shaftesbury House, Main Street, Pembroke 01646 683222

18 - 20 Old Bridge, Haverfordwest 01437 763332

14 - 15 Spilman Street, Carmarthen 01267 239000

Slater & Gordon Lawyers

(Headway Head Injury Solicitors List 2017)

Landore Court, 51 Charles Street, Cardiff CF10 2GD

Tel: 02921 921813

JCP Solicitors

Venture Court, Waterside Business Park, Valley Way,
Enterprise Park, Swansea, SA6 8QP

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.



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, road accidents etc), Tumour, Aneurysm, Hypoxic/anoxic brain injury (oxygen starvation) Haemorrhage, Encephalitis (inflammation), Hydrocephalus (fluid build-up) and Stroke.

FROM THE CHAIR

It seems only fitting that I quote, *“Be joyful and keep your faith and your creed. Do the little things that you have seen me do and heard about. I will walk the path that our fathers have trod before us”* St David.

Daffodils were being really brave this year and were already dancing in the breeze in early February - their golden yellow flowers always remind me of bonnets. I saw some wonderful clusters of snowdrops in early February too. The evenings are drawing out, so can we relax and dare to hope that spring is just around the corner with its promise of all things new?

Winter is always a testing time when most life events seem to be even more difficult to cope with. Throw into that mix living with a brain injury and some days life can become pretty impossible. Dark mornings with afternoons that have drawn in, lack of sunshine and the cold and wet days can all lead to misery with even more loneliness as we might not feel like going out or making the smallest effort to socialize.

Living with a brain injury can be very isolating especially if you live alone. Living within a loving and caring family environment with good support around you does not mean that you won't feel lonely at times. I understand this completely - nobody can truly understand you except those of us with brain injury.

Trying not to isolate oneself is often easier said than done, but making that first tentative step towards joining a friendly group of like-minded people can make life easier and sharing your experiences will help others too. It is amazing how many times we get a “lightbulb” moment as somebody shares with us their story and we identify ourselves within their story and suddenly we think “Oh, it's not just me then”

The Headway Pembrokeshire social meetings are a great place to meet other people who experience life with a brain injury.

Just like you we have all walked through that door for the first time – and loved it. We’ve laughed, cried and then laughed again. It’s not just a meeting for those of us with a brain injury; it’s for friends and family members too. We hold quiz and bingo nights, go out for meals together, go canoeing and shopping. We have access to lots of information that we can share with you, and we are open to all sorts of suggestions for future events we could hold – our social meetings are there for all of us

Being happy and content and having a sense of achievement are important for our wellbeing. Whatever our goals are, they could be small and simple, just to spend a half hour relaxing, reading, listening to music or walking slowly along our beautiful beaches allowing ourselves to unwind and enjoy our spectacular Pembrokeshire scenery. Whatever our goal, making it happen is down to us, *“small steps eventually lead to bigger ones”*

At the end of each day sit quietly and reflect on your day, think of three things that were good about your day. Our natural focus is on what goes wrong in our day, this exercise is about taking the time to notice the good things and getting more from them, retraining us to see the good in even the smallest of things.

Talking Stories

Some of our members have been part of a project called Talking Stories, where we have been making a film about our experiences of our brain injury and some of our family members have talked about their experiences of living with a member of their family with a brain injury. This project is reaching fruition now and we are looking forward to its masterpiece!

Brain Injury Identity cards

Headway-produced brain injury identity cards are now available to brain injury survivors who receive

support from Headway groups and branches. The application form can be accessed online

Supporting Children Booklet

When I acquired my brain injury I was a busy mum to my son who was 13 years old and 5 year old twin girls. Life was very busy. Ollie was already studying hard and the girls were just about to start school. We were living away from my extended family and only had my amazing friends in England to support me. There was no support or advice for my children. To be honest, like so many other brain injury survivors, I couldn't have fought my way out of a paper bag. My children felt lost, angry and terrified as their strong and resourceful mum who had always done absolutely everything for them was suddenly unable to do anything for them at all. Thank God for my army of friends who took over and, with a routine that was flawless, took care of them and me. On each of my stays in hospital my children have been terrified

Headway have produced a booklet - it's available to download free from their website. Its title *'Supporting children when a parent has had a brain injury'*

South West Wales Brain Injury Group (SWWGIG)

"Oh I am so blessed to be part of something so wonderful"

I can't and will not ever stop shouting and singing (literally) the praises of the amazing achievements of my fellow brain injury survivors. Every year it reduces me to even more tears as I witness the achievements of more courageous and talented, dynamic and determined people who just like me get up every morning and see a purpose in their lives and have a smile on their faces. Amen

This year, along with Matthew (secretary), I was part of a choir put together by the TBIS (Traumatic Brain Injury Service) team at Morriston Hospital. Some of us have brain injuries others did not. We all came together

and formed a choir. We flash mobbed the award ceremony with a rousing course of “Do you hear the people sing” from Les Miserables and rounded the evening off with “Rocking around the Christmas tree” – an excellent award ceremony which will no doubt have me crying again next year

It is truly amazing what someone with a brain injury will achieve.

There is an inspirational saying here in Wales that came out of the quote of our patron St David; “*Do the little things*”. If we can do the little things they will eventually add up to the bigger things.

Stay well and remember “*Do the little things*” Keri

Congratulations

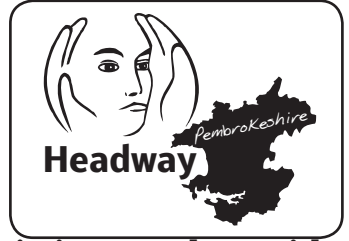
To Headway Pembrokeshire
members Keri and Chris
who were married
on New Year's Eve
at Picton Castle.



Our very best wishes
to you both for
a happy and healthy
life together.

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 (07958 105596) to find out more.

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



Further to the recent controversy relating to Northampton RFC's management of George North's concussion on the field of play and with the 6 Nations tournament in full flow, we at Headway Pembrokeshire feel that Headway's 'Concussion Aware' Campaign may be of interest.

Sport forms an integral part of our community and plays an important role in keeping us fit and healthy. However, even when all safety regulations are followed, accidents can happen - often resulting in head injuries or concussions.

At Headway Pembrokeshire we want to ensure that everyone is able to enjoy sport, while being better protected from the risks of concussion.

We are asking local sports clubs, schools and colleges to sign up to our new Concussion Aware Campaign and take an "If in doubt, sit it out!" approach to head injuries.

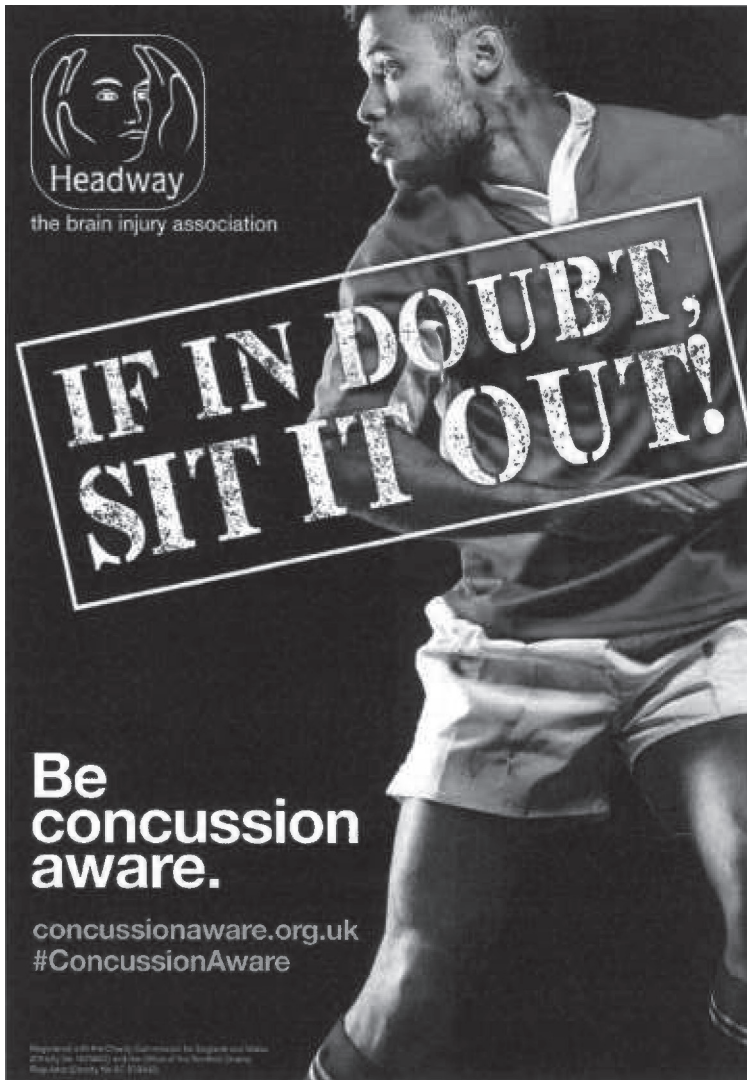
Everyone who plays sport should be concussion aware - particularly those at grass roots level who are playing purely for the love of it and do not have ambulances and doctors on standby should something go wrong.

We would therefore encourage anyone who loves playing sport to show they are Concussion Aware by pledging their support at

www.concussionaware.org.uk

or by contacting us at

headwaypembrokeshire@hotmail.co.uk



#ConcussionAware

In simple terms, a concussion – or minor brain injury – is a temporary disturbance in the brain’s functioning as a result of a blow to the head.

The effects of concussion can leave people with symptoms including dizziness, nausea, confusion or an inability to process or retain information, sensitivity to light, and vision distortion.

It is important to note that only around 10% of reported

concussions involve a loss of consciousness – so it's important to not solely rely on this as an indicator.

Concussions are notoriously difficult to identify, particularly in the midst of a sports match. It can be an evolving condition, with the symptoms taking time to display themselves, while many of the symptoms require honesty from the individual,

If any of the above symptoms are experienced following a blow to the head, the player must be removed from the game to seek medical attention and not be allowed to return to the field of play.

Graduated return to play (and training) protocols must then be observed, with a player only commencing physical activity once he or she has received medical clearance to do so.

There are significant risks in returning to the field of play after sustaining a concussion. If a player sustains another blow to the head before the brain has had a chance to recover from the initial concussion, the damage can be exacerbated to the point that it can be – on rare occasions – fatal. This is known as Second Impact Syndrome and it is believed to be most common among children and young adults.

In addition to putting themselves at risk of sustaining a more serious brain injury by returning to the field of play following a concussion, players are more susceptible to other injuries as they will not be able to perform at their best – either physically or cognitively.

For more information about concussion in sport visit

headway.org.uk/get-involved/campaigns/concussion-in-sport

or

concussionaware.org.uk



LIVING WITH MY BRAIN INJURY

Barbara Moules

The cute terminology is 'Acquired Brain Injury'. I just went out and instead of new shoes or a new car, I acquired a BI (brain injury).

I've been living with it for over 20 years and I still have to live my life according to its demands. I say, to miss-quote Lady Diana "There are 2 people in my head - me and the brain injury". The me has great ideas and plans. The brain injury says Oh no you don't! Then a compromise is reached. Or I go ahead and the BI kicks me in the teeth. My capacity goes through the floor, I'm exhausted, very low and weepy. These are the days that I keep to myself. The private me. Not for public consumption.

After sufficient time of rest and recuperation, not always willingly I might add, the BI lets me live my 'normal' life again.

My normal life is quiet, shared with a few good friends and some family. Having the BI entirely sorts the wheat from the chafe as far as these are concerned. There are those who can't accept what happened to me and want me to be 'normal'. There are those who just think I'm being difficult and should get my act together. Then there are those who just accept me as I am and love me whatever. These tend to be new friends and often younger family members. Oddly enough, it's the old friends and family who I disappoint and who don't or can't understand the me I am now.

Don't go feeling sorry for



me though, I have a very good life, all things considered. I live in a beautiful place with fantastic sea views. There is great walking here and plenty of other dog owners to walk with. I have my beloved Delli dog who comes virtually everywhere with me, usually stealing the show. I have a group of dedicated helpers - a PA and some volunteers. They help when my capacity is low and drive me long distances to help make sure I don't flag too much. I always enjoy being with them, these friends, as much if not more than anything.

Then there is the support of Headway Pembrokeshire. Set up by a social worker who discovered other BI people in Pembrokeshire, offering them help for the first time. I've met and made friends with so many people there over the years, as I have at Rodger Weddell's (Consultant Clinical Neuropsychologist) meetings in Swansea. It's always a good place to go and share life's ups and downs. Rodger usually manages to help us and although I've had my arguments with him over the years, he too I now consider a much cherished friend who helped me get my life back on track.

My life after BI is like all lives - some good, some bad. It's there to be lived. For that I am lucky and thankful.



We see one of our main roles as raising awareness of the need for more support services in Pembrokeshire for survivors of brain injury and their families.

In September '95
Did chance and destiny connive
To place next door to me in hall
The girl with whom in love I'd fall.

Arriving at my fourth-year home
With slender waist and hair to comb
I saw a stunner on the stair
An English rose; a first-year fair.
She turned my head, she caught my eye
Courageously, I ventured: 'Hi'.
I chanced a glance at eyes blue-grey
She smiled and stole my breath away
Beneath her fetching nineties fringe
She little knew my life would hinge
Upon our paths combining there
To form a future we would share.

But tactically I was a mess
I must have thought I would impress
By skill at drinking game alone
And Welsh hymns in my baritone.

At last, one Friday that December
Came an evening to remember
Though detail I should not confide
There all my birthdays did collide.
As Friday turned to Saturday
My troubles all seemed far away
Until a certain flatmate woke us
Calling: 'Owen! Football Focus!'
And then disaster and dismay
The lock it slipped, the door gave way
And so James Williams lumbered in
All beady eye and dirty grin.

So memorably we came to be
(If somewhat lacking dignity)
And all the while you've been the one
My happiness depends upon
The one I treasure in my care
With whom my life I want to share.

POET'S CORNER

Valentine's Day Poem

Matthew
Owen



Committee
Member
Head Injury
Solicitor

SUDOKU

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

© Kevin Stone
Brainbashers.com

**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 P28.**

HEADWAY PEMBROKESHIRE BINGO AND QUIZ NIGHT 8/12/2016

At 6:30, on Thursday evening the 8th of December 2016, at the MIND building Haverfordwest, a bingo and quiz extravaganza was held.

Despite the wet wintry weather the turnout for the event was high – indeed there were no empty seats at the venue.

The evening got off to a cracking start with two rounds of bingo. The lucky winners were able to choose their prize from a selection that had been kindly donated. Kevin Patterson, who was calling the bingo numbers, ensured that everyone had great fun and an enjoyable time.



After the excitement of the bingo, it was time to enjoy the delicious buffet, and socialise with the other people at the event. Feeling energized after partaking of the buffet, it was time to get down to the serious business of the quiz. Seven teams competed enthusiastically answering the questions

on subjects ranging from geography to music, to language. Kevin Patterson took up the role of the quiz master, and again kept all the teams entertained with his jokes. After several hard fought rounds – the scores were added up and the winner declared.

The evening came to a close with the raffle being drawn and the prizes distributed to the winning ticket holders.



All profits from this very successful and enjoyable evening went to the Headway Pembrokeshire Charity. It was good to see so many people coming together. We plan to hold another quiz night in the Spring so in the meantime keep watching those editions of 'Pointless' to stay in the zone!





CHRISTMAS DINNER



This was held on Friday 13 January at the Bristol Trader. Despite the inauspicious date, the event passed without incident! Indeed, it was a very enjoyable evening and the staff looked after us well.



MEET THE COMMITTEE

KERI



Chair

KEVIN



Vice-Chair

REBECCA



*Treasurer
Head Injury Solicitor*

MATTHEW



Secretary

BARBARA



GWYNETH



KEVIN



Committee Members

DATE FOR YOUR DIARY

ACTION FOR

BRAIN INJURY WEEK 2017

8-14 MAY

Putting brain injury survivors, carers and families right at the very heart of this year's campaign, inviting them to share how brain injury has impacted their lives.

This year's theme **A New Me** will provide a platform for people to creatively share their experiences in order to challenge misperceptions of brain injury while demonstrating the value of having access to the right help, at the right time, such as the support provided by Headway groups and branches and other frontline services.

Brain injury is generally misunderstood, while those whose effects are largely hidden can struggle to get the help and support they need.

There will be a wide range of content to promote the campaign, from blogs and expert commentary pieces to first-person features exploring how brain injury survivors handle the anniversary of their brain injury. A series of powerful personal testimonies and the results of a new survey of survivors will paint a picture of how brain injury can change lives.

for updates on events visit
www.headway.org.uk

HATS FOR HEADWAY DAY

FRIDAY 12 MAY 2017

A simple, fun, and easy way
to raise money for Headway.

It takes place during Action for Brain Injury Week

Just wear as novel and wacky a
hat as possible for the day
in return for a donation.

Here's the Headway
Pembrokeshire group
showing how it's done!



< < < NEWSFLASH > > >

Pembrokeshire Headway members recently watched
the first edit of a new short film featuring our
members, created by moving stories.

Moving stories is collaboration between spacetocreate
– a community arts organisation specialising in
participatory visual arts, and curious ostrich – a
community educational and documentary video
company. The project aims to work with people of all
ages and abilities using visual arts and digital media
to tell stories that can be used to shape the planning
and delivery of services in Pembrokeshire.

Watch this space for more details . . .

MOVING stories space to create

movingstories is a [spacetocreate](http://spacetocreate.org) project, supported by The Big Lottery Fund



ARIENIR GAN Y LOTERI
LOTTERY FUNDED

READY FOR BOARDING?

Holiday organisers are increasingly considering the needs and wants of disabled people.

There are, however, steps you can take to help ensure your holiday goes as smoothly as possible.



Planning your ideal holiday

Choosing the perfect break can sometimes feel overwhelming – after all, the world is a very big place and there's lots to see! Start by thinking about the places you'd like to visit and the type of holiday you prefer. Then think about the way your brain injury affects you on a day-to-day basis. This should help you to focus on a few options.

It's important that you or someone who knows you well does plenty of research before you book. For example, is a certain resort going to be too loud or busy for you? Is the local terrain going to be too hilly if you have mobility issues? If you have complex needs, there are a number of companies that provide accessible, supported holidays in the UK and some countries in Europe. You can research them online to ensure they are members of ABTA, while review sites can also be useful.

“My husband and I find bus tours fit in great with his disabilities; good value for money and we meet lots of new friends.” - (Irene Hannah Arnold)

“Do plenty of research before you go. My mobility is a problem since my traumatic brain injury so I need flat terrain that's not too hilly.” - (Kay Thompson)

Before you go

One of the most important things you need to do before setting off is to buy travel insurance. This will ensure that your costs are covered if anything goes wrong on holiday – from losing your luggage to needing expensive treatment or emergency evacuation back to the UK in the event of a medical issue. It is important to check that the holiday insurance policy covers any aids or equipment that you might need to take with you. It's always sensible to get quotes from a number of companies as prices can vary, and you should always give full details of your circumstances.

Do ensure that you have a good supply of medication and necessary aids and equipment to last you for your stay. Medicines and tablets should be clearly labelled. If in doubt, check with your doctor that it is safe for you to fly.

You should check any special health requirements for the countries you are visiting. Vaccination may be required, or advisable, against certain diseases.

“Give a copy of all your trip details to a family member or friend including flight numbers, times, dates, medication you're on etc. Make sure you have filled in your emergency contact details inside your passport.”

- (peaches2)

“I was worried about all the ‘what if’ situations. Best thing I got beforehand was an ID wristband containing details about my condition. It helps make me feel a little more confident about going out and about.”

- (moo196)

Travelling

While the idea of visiting far-flung exotic locations may be appealing, travelling long distances can be exhausting for anyone. Be cautious and honest with yourself: would a long flight and possible jetlag be



something you could cope with or would it take most of the holiday to recover from the journey?

Do ensure that you contact those concerned (airline, railway, accommodation) well in advance if you have any special requirements. Don't assume that staff members will know and understand your needs, make sure you tell them!

Allow enough time for boarding - you may not follow the same procedure as everyone else.

"Don't be afraid to ask for airport assistance. It takes away a lot of the stress for you and your travelling companions – especially in busy airports abroad."

- (Gordon Campbell)

"LOVE my good earplugs and dark eye mask so I can sleep almost anywhere, as well as my relaxation CD on iPod and phone." - (moo196)



When you're there

The temptation is always to try to cram too much into your holiday, but this can often leave you more in need of a rest than you were before you left!

Plan your holiday in advance. Think about what you'd like to see or do, and make sure you pace yourself with plenty of rest in between activities or trips.

"Listen to your body while away. If increased activity and stimuli have exhausted you – sleep. Don't over-plan whole days but plan for half days and see how you feel as you go." - (RecoveringH)

"Once on holiday, new stuff is tiring so we try to have clear days for crashing as I just run out of go. Try not to do too much." - (RogerCMerriman)

taken from Headway.org.uk

WORD SEARCH

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

U. S. Presidents Word List

ADAMS	BUSH	CARTER
EISENHOWER	GRANT	HARRISON
HOOVER	JACKSON	JEFFERSON
KENNEDY	LINCOLN	MADISON
MONROE	OBAMA	REAGAN
ROOSEVELT	TRUMAN	WASHINGTON

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

Solution on P28

CARERS: TOP TIPS FOR LOOKING AFTER YOURSELF

Carers play a vital role in helping loved ones after a brain injury. The pressure of supporting someone can take its toll, so it's vitally important that as a carer, you try to put time aside to care for yourself.



Here's a list of tips to help.

Maintain your interests and social life

It can be very difficult to combine an active social life with the demands of being a carer. This can mean that you lose contact with old friends and, when that happens, it can be difficult to re-establish friendships.



It is important to remember that maintaining friendships is a vital part of a healthy and happy life. Friends can be an important source of emotional support as well as providing an opportunity to get away from the demands of home life for a while, all of which can help you to look after yourself and

your relative more effectively.

It is also important to maintain your hobbies and interests, both those that involve social interaction and also solitary pursuits such as music, reading, watching films, etc. This may seem obvious, but it is easy to let the demands of caring dominate your life. Making time for activities that make you happy can make all the difference to your quality of life.

Stay healthy

Being a carer is very stressful and time consuming and it can be easy to let yourself stop making the effort to eat healthily and engage in exercise. This is self-defeating, because being fit and healthy helps you to deal with stress and cope better with everyday life.

Also, research shows that people who have high levels of stress are more prone to illness and slower to recover than less stressed people. Stress can even make cuts and other wounds heal more slowly. Maintaining a healthy lifestyle can counter these negative effects of stress and improve your sense of well-being and quality of life. Try to take time to do whatever forms of exercise you enjoy and make the effort to eat a healthy, balanced diet. It is also important to remember to see your GP with any health concerns. You can find information on exercise and healthy eating on the NHS website.



Take a break from caring

It is important to take a break from caring on occasion in order to rest and have some time to yourself. Provision and funding for respite care should be made in your relative's care package and the services provided by your own carer's assessment.

There are a number of options available for respite care:

Many residential and nursing care homes can provide short-term care for your relative.

Some Headway groups and other day services can provide respite care for a few hours a week.

There are many providers of holidays for disabled

people, which provide a break for both your relative and yourself.

It is often possible to arrange home support for your relative in order to go away on holiday yourself.



Some social services departments operate voucher schemes to provide respite carers. You can also use direct payments to pay for respite care. Contact your local authority to find out the help that they can provide. Carers' organisations can also provide details of respite and holiday providers.

Share your experiences

Often the best source of support is other carers in a similar situation to yourself. There are many groups providing support group meetings and one-to-one support for carers. These services are particularly helpful as they provide peer support from others in similar situations.

taken from Headway.org.uk



Part of the Brain Injury Association

Social Meetings

2nd Thursday of the month

6.30pm - 8.30pm

at The Mind Centre,
Quay Street, Haverfordwest
Pembrokeshire SA61 1BG

Monthly meetings in Haverfordwest giving help and support to people affected by brain injury, their families and friends.

Headway Pembrokeshire invites you to come along and share experiences with friendly people who understand and have experienced similar problems.

WHY NOT TRY . . . A MEAT FREE MONDAY?

About 12 months ago my then 15 year old son announced that he had decided to become vegetarian. Whilst admiring his reasons, I was inwardly groaning with the catering implications this presented to me and the rest of our meat loving family. Was I destined to prepare two different meals every evening?

In fact we have all been pleasantly surprised by the whole new world of veggie recipes opening up to us and decided that at least twice a week we were all going to eat veggie.

Expert evidence suggests more vegetables and less meat provided real health benefits and we have certainly seen the benefits in our weekly shopping budget!

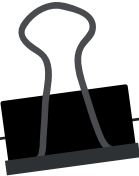
Why not try it for just one night a week and see if it suits your family?

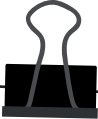
On the next page is one of our family favourites



CHILLI SIN CARNE

with
GUACAMOLE

- 
- 2 medium onions
 - 1 clove of garlic
 - 1 tablespoon olive oil
 - 2 teaspoons chilli powder
 - 1 fresh red chilli
(deseeded & finely chopped)
 - 1 heaped teaspoon ground cumin
 - sea salt and ground pepper
 - 1 packet of frozen Quorn mince
 - 2 tins chopped tomatoes
 - 1 tin red kidney beans
 - 1 tin chickpeas
 - ½ stick of cinnamon
 - 1 tablespoons tomato puree



For the Guacamole, just mix together;

- 2 avocados
peeled, pitted & mashed
- juice of 1 lime
- 1 teaspoon of salt
- 1 clove garlic *crushed*

METHOD

- Finely chop the onions & fry on a low heat until soft, crush in the garlic.
- Add the chilli powder, cumin, fresh chilli & seasoning
- Add tinned tomatoes, cinnamon stick & approx. 1 wine glass of water then bring to the boil
- Add tomato puree and Quorn, turn down to simmer
- After about 15 minutes, add the chick peas & kidney beans
- Cook for a further 5 mins, then remove the cinnamon stick

Delicious served with brown rice, the guacamole and some sour cream!

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

**Every 90 seconds,
someone in the UK
is admitted to
hospital with a
brain injury**



- Acquired Brain Injury admissions in the UK increased by 10% between 2005/6 and 2013/14.

- There were approx. 956 ABI admissions per day to UK hospitals in 2013/14 – or one every 90 seconds.

CONTACTS AND LINKS

HELPLINES

Headway Pembrokeshire
07958 105596

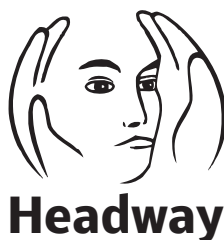


Social meeting:
2nd Thursday of every month
6.30pm - 8.00 pm at
The Mind Centre, The Old Wool Market
Quay Street, Haverfordwest
Pembrokeshire SA61 1BG

(Please note, we cannot give medical advice)

Headway UK
0808 800 2244
helpline@headway.org.uk

www.headway.org.uk



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

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.

PUZZLE SOLUTIONS

SUDOKU

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

WORD SEARCH

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

Head Injury? Demand a specialist.

Speak with our team today
jcpsolicitors.co.uk



JCP Solicitors
INJURY SPECIALISTS

Swansea
01792 773 773

Cardiff
033 33 20 92 42

Carmarthen
01267 234 022

Fishguard
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



Specialists in head injury

Our local, specialist, head injury solicitors have decades of experience in helping clients & their families through what can be a life changing experience. For solicitors who truly understand what you need, choose Redkite.

Call today: 01437 763 332 / 01267 239 000

Email: enquiries@redkitelaw.co.uk

Visit: www.redkitelaw.co.uk




redkite
solicitors • cyfreithwyr

CARMARTHEN • HAVERFORDWEST • PEMBROKE • TENBY • WHITLAND • CARDIFF

Your case **is our cause.**

**+ Slater
Gordon**
Lawyers



"My lawyers handled my case brilliantly. I cannot speak highly enough of the services they offer."

Adam Fitzgibbon

- + Specialist head and serious injury lawyers
- + Lawyers who are leaders in their field
- + Access to top quality rehabilitation
- + Range of funding options including "no win, no fee"
- + National UK coverage and home visits

To speak to a specialist lawyer,
call us today on

0800 884 0384
slatertgordon.co.uk

Slater and Gordon (UK) LLP is authorised and regulated by the Solicitors Regulation Authority.