

do i know you?

Passing on the
knowledge gained by
a brain tumour sufferer

www.doiknowyou.co.uk
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Brain Injury & Brain Tumours

Headway is a national charity that helps and supports those with brain injury. They have local and regional branches. They deal with people who have acquired or traumatic brain and head injuries. The outcomes of these can be similar – sensory impairment, loss of confidence and self esteem, anger and frustration, memory loss, loss of coordination. Headway will help through one on one help, group support, advice and help, signposting and empathy.

www.headway.org.uk

See also:

Brain Injury Rehabilitation Trust
Cancer Research UK
Cancerbackup
Epilepsy Action
Brain tumour sufferers may find solace and support from these charities. They have helplines via the phone and via the internet, and are extremely helpful and supportive.

www.birt.co.uk
www.cancerresearchuk.org
www.cancerbackup.org.uk
www.epilepsy.org.uk

Memory

Memory loss has reduced Hazel's quality of life significantly. She lost it following a epileptic seizure.

Radiotherapy can affect memory both short and long term.

To help with your memory, there may be a Memory Clinic in your area.

You may want to seek an audience with a neuro-psychologist, who can monitor and measure your memory deficiencies, and discuss the emotional aspects of coping with memory loss.

Memory can be maximised if stress and anxiety is reduced.

See also:

MIND (mental health)
No Panic (anxiety, panic attacks)

www.nopanic.org.uk
www.mind.org.uk

Sight Loss

Royal National Institute for the Blind (RNIB) provides membership, newsletters, local contacts, regular contact, talking books and much more.
www.rnib.org.uk

Locally, Hazel has been in touch with the Wiltshire and the Oxfordshire Associations for the Blind. There may be a local group for you.

Hazel receives a talking newspaper every week from a local group, and there are similar groups in other localities.

If your sight impairment appears to be lasting, don't hesitate to seek to become registered as sight impaired. This brings other benefits, such as travel concessions, parking concessions and discounts into attractions and cinemas all over the country.

The Ophthalmic Department of your local hospital is a good place to seek advice.

See also:

Guide Dogs for the Blind
www.guidedogs.org.uk

Other Advice

Ensure that any benefits entitlement is maximised. This may include Incapacity Benefit and/or Disability Living Allowance. You may be eligible for Direct Payments through your Council.

Government Department

www.dwp.gov.uk

Your Council may also help through:

- Completing forms
- Hearing and Vision Team
- Support through the Libraries
- Social Services
- Disability Advice and Signposting
- Day Centres

There will be day support groups in your area. Try the local hospice, community centres and your GP – they will have advice and information

See also:

Shaw Trust
Macmillan Cancer Support

www.shaw-trust.org.uk
www.macmillan.org.uk

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Advice and support for Head Injury Sufferers

Hazel suffered a brain tumour in 2000. She had it diagnosed as a grade 2 astrocytoma in 2003 through a biopsy, and in 2005, she underwent surgery to remove the bulk of the tumour. Following the surgery, Hazel underwent radiotherapy on the remainder of the tumour. As a consequence of the tumour, the surgery and the radiotherapy, Hazel has emerged with less tumour, but with impaired sight and severe short term memory loss.

During the time that she has had the tumour, and since the loss of sight and memory, Hazel and her friends and family have gained a lot of knowledge about help and support that is available, help and support that perhaps wasn't available or properly signposted to us. The aim of this leaflet is to pass on that knowledge to people who might find themselves in the same situation.

Hazel is 39, and lives in Swindon.

doiknowyou.co.uk

Hazel's website tells Hazel's story and provides links to many of the organisations set out in this leaflet.

Particular thanks to Headway Swindon and the Prospect Hospice, Wroughton

www.headwayswindon.org.uk
www.prospect-hospice.org.uk