

## About 1,000,000 People

attend hospital every year as a result of having a head injury. Of these :

## About 150,000 People

will have a minor brain injury resulting in unconsciousness for 15 minutes or less. Many will have short term loss of attention, concentration and memory. They usually recover completely within 3-6 months.

## About 10,000 People

will suffer moderate brain damage causing unconsciousness for up to 6 hours. Some will still have physical and psychological problems after five years.

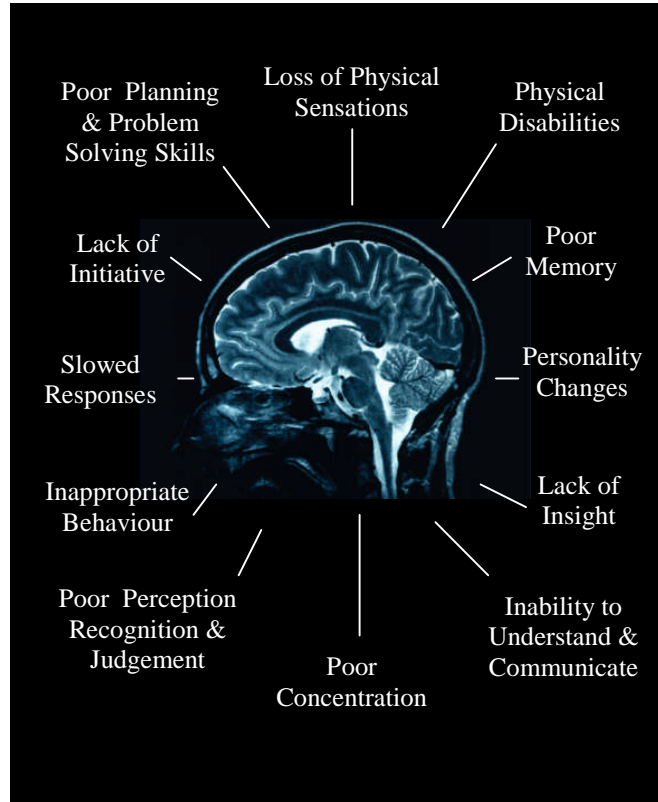
## Up to 11,000 People

will suffer severe brain injuries and be unconscious for 6 hours or more. Of these, only about 15% will return to work within 5 years. Many will not work again and around 4,500 will require full time care for the rest of their lives.

## More Than 120,000 People

in the U.K. are currently suffering from the long term effects of severe brain damage caused by brain injury. This number is increasing

## Possible Outcomes of Head Injury



## Headway Swindon & District

Registered Charity : 1021036

Headway House, Victoria Hospital,  
Okus Road, Swindon, Wiltshire, SN1 4HZ.

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# Headway Swindon & District

Supporting local people affected by brain injury



Since 1989 Headway Swindon & District has been supporting adults with traumatic and acquired brain injury, their families and carers.

Through Cognitive Rehabilitation Therapy and social rehabilitation, we help our clients regain skills lost or impaired or learn new skills and coping strategies.

Headway House is open Tuesday to Friday inclusive between 10:00am and 4:00pm

Headway Swindon & District is a registered charity (Charity Number 1021036) affiliated to Headway UK the brain injury association.



Headway Swindon and District is a registered charity set up in 1989 to :

- Support people with brain injury so they attain the highest possible quality of life.
- Assist people with brain injury to independent living.
- Provide information & support for people with brain injury, their families, carers & professional people.
- Increase awareness and understanding of brain injury and its consequences.
- Initiate activities and campaigns which will reduce the incidence of brain injury and improve services for people with brain injury, their families and carers.
- Promote improved approaches to brain injury screening, acute care, assessment, rehabilitation and community reintegration.

*"the treatment and support provided at Headway is excellent, the staff are experienced and qualified for the treatment they offer. I would not hesitate to recommend Headway for clients suffering from a traumatic brain injury. "*

*Professor Margot Albus  
Professor of Psychiatry, ReIntra Limited*

## Activities

As well as a safe meeting place, Headway provides facilities for improving educational and social skills.

In the morning we work on a one to one basis concentrating on specific problem areas. These may include memory, concentration, attention, information processing and audio/visual difficulties.

In the afternoon we work in groups. The activities are not only invaluable for brain stimulation and improving skills, but also tend to be fun and light hearted.

Activities include games quizzes, projects, discussions, art and music.

## Support

A carer's support group meets at Headway House on the second Monday of each month (Excluding August) between 7:30 pm and 9:30 pm.

Carers, relatives and clients are able to share their experiences, challenges and things they have found helpful.

Advice and guidance is also available from Headway staff.

## Funding

Although affiliated to Headway UK, Headway Swindon and District are financially autonomous and raise funds locally. Donations are always gratefully received.

## Case Studies

While walking home from a town centre night club John was struck over the head in a motiveless attack.

The injuries sustained left John with memory and concentration problems and permanent sight impairment. He is also prone to fits and panic attacks.

After coming to Headway for a number of years his confidence, concentration and memory improved greatly.

*"With the help and support of Headway my quality of life has improved considerably. Before, I was living a very sad existence because of the impact the injuries had on my life. Headway worked for me and now I help out at Headway as a volunteer."*

Neil was knocked down by a car and suffered several injuries including a fractured skull and broken cheekbone. He subsequently had short term memory problems which, over a period of two years, we were able to help him with.

*"The cognitive therapy and strategies for short term memory loss that I have learned have enabled me to complete my degree. Had it not been for Headway, I would not have had the opportunity to realise my potential."*

Hazel had surgery and radiotherapy for a brain tumour. This left her with severely impaired vision and limited short term memory. Headway has been able to support Hazel and her husband as they face various challenges.

*"Finding Headway was the turning point to Hazel's recovery. The team are welcoming, caring and supportive both to Hazel and those who know her."*

*The monthly support group for carers is a fantastic source of help and inspiration."*