



# Newsletter

March 2019

[www.headwayblackcountry.co.uk](http://www.headwayblackcountry.co.uk)

01384 869961 - [admin@headwayblackcountry.co.uk](mailto:admin@headwayblackcountry.co.uk)



@HeadwayBC



[www.facebook.com/braininjuryadultsurvivors](https://www.facebook.com/braininjuryadultsurvivors)

## New Lottery Project

We are delighted to announce that we have been successful in securing a further grant to support our work from The National Lottery Community Fund.

The funding totals £270,000 over the three years starting April 2019. It will enable us to continue to develop our services to those affected by acquired brain injury and to their families and informal carers across the Black Country.

Through this project we aim to:

- sustain and develop our Community Outreach capacity so that we are better able to serve and support people affected by brain injury in their communities, at home or while still in hospital
- continue our partnership with Citizens Advice Dudley to support our client's with benefits, finance, housing etc. issues
- improve awareness of brain injury and the take up of support services for survivors and families particularly in minority ethnic groups
- To develop a new service to meet the needs of young adult survivors (18 to 30) of brain injury
- To develop a new Community Support Service to enable individual survivors to receive specialist support with day to day living

These various elements will be rolled out gradually over the duration of the project and will also be supported with funding from Headway Black Country's own resources. In parallel with these initiatives we will continue to develop our centre based rehabilitation activity sessions at Dudley, Willenhall and West Bromwich.

We are delighted to be supported by the National Lottery Community Fund and we would like to thank National Lottery players for their support.



## We Are Recruiting

**Community Outreach Worker**

**20 hours per week**

**£11,960 pa (full time equivalent 37 hours £ 21,126pa)**

For more details and a recruitment pack please see: <https://www.headwayblackcountry.co.uk/about-us/vacancies/community-outreach-worker/>

## Fatigue Survey

Fatigue – or excessive tiredness – is one of the most commonly experienced effects of brain injury. Indeed, it is the most commonly cited effect of brain injury reported by the 11,000 callers to Headway UK's helpline each year.

Our brains control everything we do, think and feel. They are the control centre that dictates our actions and reactions, and the pace at which they happen. They are our batteries, recharged with sleep and rest. But after brain injury, these batteries drain far more quickly and therefore need recharging on a much more regular basis – often every few hours.

As part of Headway UK's Action for Brain Injury Week campaign, *Brain Drain: Wake up to fatigue!*, it is **inviting brain injury survivors** to complete a survey on the extent to which 'pathological fatigue' (or excessive tiredness) can impact life after brain injury.

The survey can be completed online at [www.surveymonkey.co.uk/r/fatigueafterbraininjury](http://www.surveymonkey.co.uk/r/fatigueafterbraininjury). Paper copies can also be provided; please contact Amber-Rose Perry, Publications and Research Manager, on [publications@headway.org.uk](mailto:publications@headway.org.uk) or 0115 784 8525 to request these.

The survey will remain open until 26 April 2019, with the results published during **Action for Brain Injury Week (20-26 May)**. Please take part !



## Thank You !

We have received an amazing donation of **£1,000** in memory of Philip Austin. Sadly Philip passed away on Boxing Day following a brain injury sustained from a hit and run road traffic collision in October last year. Philip's daughter, Michelle Greenfield helped to raise the money amongst family and friends. She is picture here with Lorraine Marklew and with Kath and Nick our Community Outreach Workers.



Image: from Express and Star Newspaper

We have also received a generous **£325** donation from the Waitrose Green Token scheme. Donations such as these are really important to sustaining our work with those affected by acquired brain injury – **thank you !**

## Can You Help Us ?

Do you have a real interest in our work ? Do you have financial skills, ideally in accountancy ? Could you help to ensure high standards of financial management and help to shape our strategic plans ? Could you spare a couple of hours each month as **volunteer Treasurer** on our Board of Trustees?

If so, we would love to hear from you. More information about this voluntary role is available at <https://www.headwayblackcountry.co.uk/about-us/vacancies/honorary-treasurer-trustee/> or call us on 01384869961.