



Newsletter

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www.headwayblackcountry.co.uk

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New Life Skills Sessions at our Willenhall Centre



Shortly we will be offering new life skills activity sessions at our Willenhall Centre on Fridays, extending that Centre's opening to five days every week.

Our activity sessions are for groups of survivors of acquired brain injury. They are led by skilled rehabilitation workers and therapists, and are designed to support those attending to meet their individual goals.

The first new session is "IT Strategies"; focussing on "real life" use of IT skills to support independence, enhance communication and aid daily living. The group will run from 9.30am to 12.30pm.

The second new session is "Creative Multimedia"; using multi-media tools such as video (story boards), drama, creative writing, photography, film making in creative projects that apply and develop a range of cognitive and team working skills. The group will run from 12.30pm to 3pm.

It costs £30 each week to attend one of these groups or £50 to attend both groups. Full details of all of our Life Skills Activity sessions at our Willenhall, Dudley and West Bromwich locations are available at: <https://www.headwayblackcountry.co.uk/our-services/specialist-brain-injury-life-skills-service/>

For more information please call us on 01384 869961.

Brain injury survivors may be missing out on council tax benefit

Headway UK has reported that thanks to campaigning work by the team at MoneySavingExpert, the Welsh Government has become the first to standardise the information it gives about rebates for the Severely Mentally Impaired (SMI) and to offer one simple application form across all its 22 local councils.



Council tax discounts for the Severely Mentally Impaired (SMI) were introduced across **England**, Scotland and Wales as long ago as 1992. But lack of promotion by councils and irregular policies from post-code to postcode mean that tens of thousands of people who are eligible are not benefiting. As well as applying for the rebate, some councils may also consider a claim to reimburse residents for council tax which has already been paid. MoneySavingExpert has produced this guide (<https://www.moneysavingexpert.com/reclaim/severe-mental-impairment-dementia-council-tax-rebate/>).

Nesting Boxes for Sale

We are very grateful to Will who has supplied us with a range of nesting boxes and bird tables crafted with his own hands !

The bird boxes (example below) are available for £5 each and the bird tables £10—proceeds to Headway Black Country.

We have a limited supply so early birds will



have the best chance to get one. Call us on 01384 869961 to reserve yours.

Event for Carers

11 am on Thursday 25th July at
the Red House Glass Cone,
Wordsley.

If you care for someone affected by acquired brain injury you are very welcome to join us for this informal get together. Pottery painting and lunch will be available—all free of charge.

To book your place call us on
01384 869961 before Friday 28th



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. Paper copies can also be provided; please contact Amber-Rose Perry, Publications and Research Manager, on publications@headway.org.uk or 0115 784 8525 to request these.

The survey is open until **26 April**, with the results published in **Action for Brain Injury Week (20-26 May)**.

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 .

There is more information on this voluntary role at <https://www.headwayblackcountry.co.uk/about-us/vacancies/honorary-treasurer-trustee/> or call us on 01384869961.