**A busy Brain Injury Awareness Week!**

17 May, 2018

It’s national Brain Injury Awareness Week (14-20 May) and local brain injury charity Headway Birmingham & Solihull has been busy with a host of activities to highlight how a serious brain injury affects not only the individual, but their family, friends, colleagues and other wide ranging relationships too.

The theme for this year is ‘You, Me and Brain Injury’ based on the results of a study by Headway UK showing how positive relationships can help rebuild people’s lives following a brain injury. The study found that 69% of brain injury survivors reported breakdowns in their friendships after brain injury but on a more encouraging note, more than a third (35%) felt their relationship with their partner had strengthened post injury.

Sue Tyler, CEO at Headway Birmingham & Solihull, said: “What is clear from this study is that a little understanding goes a long way.

“Everyone who knows someone living with a brain injury is a ripple in the pond and can be impacted to varying degrees.

“But rather than being negatively affected by brain injury, we each have an opportunity to have a positive impact on helping brain injury survivors rebuild their lives and confidence, and once again enjoy healthy relationships with all those around them. Our annual Brain Injury Awareness Week helps us highlight this aspect.”

Locally, clients and staff at Headway Birmingham & Solihull have been busy having fun and raising awareness throughout this year’s Brain Injury Awareness Week.

The charity’s Carer Services team have been out and about at the region’s hospitals and medical centres (including Birmingham’s Queen Elizabeth Hospital, Harborne Medical Practice & Laurie Pike Health Centre in Aston) where they have been raising awareness of acquired brain injury, offering information and support and signposting individuals to the right services for their needs. Clients meanwhile have been enjoying extra activities on top of their regular rehabilitation and sports sessions, including an art class where they designed some posters to help promote Brain Injury Week.

The 10-year anniversary of the charity’s Leighton House brain injury unit in Rednal also happened to fall this week and so clients, trustees, staff, volunteers & supporters came together to enjoy a tea party with plenty of cake to celebrate this amazing milestone.

The annual Hats for Headway Day takes place on Friday 18 May, a chance for any workplace, business, school or organisation to don a silly hat, have a giggle and raise money for Headway at the same time! Several businesses from across the local area have embraced the idea and will be wearing their ‘Hats for Headway’ headgear with pride.

The week will come to a close at The Knowle Fun Run on Sunday 20 May where Headway Birmingham & Solihull is one of the charities chosen by Knowle & Dorridge Lions Club to benefit from the proceeds of this annual event, helping raise both awareness for brain injury as well as much needed funds towards the charity’s local services.

Sue Tyler ended: “This is a busy week in a busy year ahead for Headway as we continue to strive to improve life for those with an acquired brain injury while supporting their wider circle of family and friends too.”

She urged people to visit [www.headway-bs.org.uk](http://www.headway-bs.org.uk) for more information locally or [www.headway.org.uk](http://www.headway.org.uk) to download a range of free specialist brain injury publications.

**Ends**

**Photo Captions:**

***Photo 1:*** *A poster designed by clients to promote Brain Injury Awareness Week*

***Photo 2:*** *(L to R) Clients Craig & Mandy enjoy tea & cake to celebrate the 10-year anniversary at Rednal brain injury unit with staff members Pam & Di*

***Photo 3***: *Headway Co-ordinator Gill Davis with clients Mandy Bird & Neil Davies enjoying tea & cake*

***Photo 4:*** *Sun shines on 10-year anniversary celebrations at Leighton House brain injury unit in Rednal, with clients, staff & trustees*

***Photo 5****: Group of clients, staff, trustees, volunteers & supporters at the rear of Leighton House*

**For more information**

Contact Julie Wedgbury in the Fundraising department at Headway Birmingham & Solihull at fundraising@headway-bs.org.uk or 0121 457 7541.

**About Headway Birmingham & Solihull**

Headway Birmingham & Solihull is a registered charity helping to improve the lives of those affected by brain injury in the local area. Its aim is to promote greater understanding of all aspects of brain injury and provide information, support and services to the person with the acquired brain injury as well as their family and carers. For full information, visit [www.headway-bs.org.uk](http://www.headway-wm-org.uk) .