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## HOW TO DONATE TO HEAD FORWARD CENTRE

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As a charity organization we are always grateful for donations large or small. If you would like to donate or would like further information please contact :  
Jill Faulkner on 0161 434 2150 or  
Email: [headforward@tiscali.co.uk](mailto:headforward@tiscali.co.uk)



Help us to continue promoting the social and community reintegration of people with TBI.

Company No. 03958445  
Charity No. 1089450


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Head Forward Centre  
— MANCHESTER —

*Social Rehabilitation for  
Traumatic Brain Injury*




 [www.headforward.org](http://www.headforward.org)

 [headforward@tiscali.co.uk](mailto:headforward@tiscali.co.uk)

 0161 434 2150

 Withington Methodist Church, 439 Wilmslow Road,  
Manchester, M20 4AN

 Programme director: Martin Casassus  
Centre Manager: Jill Faulkner

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## WELCOME

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Brain injury due to head trauma represents one of the major challenges to the National Health Service. Advances in medical care have improved the mental and physical recovery rates following head injury. However, even with further and much needed improvements in the acute and transitional care provided by the hospital services, the latter cannot address the long term personal, social and employment readjustment difficulties experienced by those who suffer severe head injuries. There is, therefore, a profound and chronic need for community-based social rehabilitation facilities, particularly in the North West of England and the Greater Manchester area.

The Head Forward Centre continues to provide a social environment where attendees can make friends, receive psychological support, discuss issues of personal concern and readjust themselves socially at their own pace. A unique feature of the Head Forward Centre is that the staff, volunteers, trustees and members of the management committee all have either personal involvement in caring for a seriously head-injured relative, or are professionals with particular expertise or experience in the welfare and rehabilitation of patients with brain injury.

D Neary MD FRCP  
Professor of Neurology  
Greater Manchester Neuroscience Centre

## What are the effects of a brain injury?

It is important to remember that the long-term consequences of a brain injury are unique to the person concerned and the outcome is often dependent on:

1. the seriousness of the original injury
2. the age and physical fitness of the person
3. the domestic circumstances of the injured persons family.

However, some of the more common disabilities associated with TBI can include difficulties with memory, poor concentration, tiredness, loss of hearing and sense of smell, post-traumatic epilepsy, mood swings, and a difficulty understanding new or complex information.

Many people with TBI also have difficulty organising their thoughts and day-to-day activities and may have an unrealistic understanding of their disability or capabilities. This can make it difficult for them to predict or foresee the outcome of what they say or do.

These and similar TBI problems must not be seen in comparison with so called 'normal behaviour' but as an outcome of a persons life-threatening event which needs patient support and long-term understanding.

## What about the family?

The consequences of TBI affect the whole family. There may be significant stress on family relationships, as all involved try to come to terms with their altered situation.

The Head Forward Centre can offer welcome respite to the family and at the same time provide a safe, friendly environment for the person with TBI to gain confidence and practice important social and personal skills.

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## FAQs

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### How is TBI caused ?

Road traffic accidents: 40-50%

Domestic/industrial: 20-30%

Sports/alcohol related: 10-15%

Assaults: 10%

Males sustain TBI more often than females in an estimated proportion of 10:2

### What is a traumatic brain injury (TBI)?

Although most types of brain injury are classed as 'acquired brain injuries' TBI is clinically defined as 'damage to living brain tissue that is caused by an external or mechanical force'. TBI is not a degenerative disorder, and the injured person can often make significant improvements over a period of time.

However, many of those with TBI who may look physically fit can be left with life-long neurological, cognitive or psychological impairments-such as epilepsy, memory and communication problems, reduced stamina, and a lack of social confidence.

### Is there a cure for brain injury?

Advancements in acute medical management and pharmacology have greatly improved the survival rates of those with TBI. Nevertheless, it is unrealistic to claim that damage to brain tissue can be 'cured' in the accepted sense of the word. For most, adapting to an altered life-style and changed circumstances becomes the main focus of rehabilitation, both for the individual, their family and their carers.

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## ABOUT US

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The Greater Manchester Head Forward Centre (HFC) is an independent charity (no.1089450) based in Withington, Manchester. Established in 2000, our main purpose is helping people who have suffered a traumatic brain injury (TBI) to re-integrate socially.

We are located on the ground floor of Withington Methodist Church. At our Centre we provide a range of hands-on activities which are both helpful and fun. It is a friendly place where those who may have become socially isolated because of brain injury can join in activities at their own pace. We are also here to offer head injury information and individual or family carer counselling.

The HFC charity has a management committee and Board of Trustees and we draw heavily on their goodwill and voluntary professional services. In line with current good practice our trustees, staff and volunteers are all DBS checked-and we greatly appreciate the interest and support of our patrons:

Rt. Hon. Lord Bradley of Withington

Mr. John T Kennedy CBE, KSG, KMCO, DL

Professor D Neary MD FRCP

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## ACTIVITIES

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The operational policy at the Head Forward Centre is intentionally based around ordinary day-to-day social activities which can be done at the individual's own pace.

Although our activities are never a test of an attendee's individual abilities they are aimed at encouraging a wide range of important social and personal skills.

Regaining patience and concentration after TBI can be a slow process, but joining in group discussions, word games, quizzes, pool and craft projects, in a stress free and friendly atmosphere, can help to strengthen these abilities.

Each attendees participation level is noted in a daily log book and reviewed at regular intervals. These reviews are informal and are not intended to be used as a critical measure of the attendees capabilities or potential.



A relaxed and friendly atmosphere encourages participation and helps attendees forge new and lasting relationships in an appropriate way.

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## CENTRE MANAGEMENT

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Our Centre Manager is Jill Faulkner.

Jill has been her husband's carer since 1999 when he suffered a TBI. Jill has had several years of experience as a volunteer at Head Forward Centre and took over the role of Centre Manager in September 2015.



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## VOLUNTEERING OPPORTUNITIES

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The Head Forward Centre offers unique volunteering opportunities for university students who have a special interest in TBI and its long-term consequences. Since we opened in 2001 we have welcomed students from Manchester University, Manchester Metropolitan University, Salford University and Bangor University studying medicine, psychology, social work or speech and language therapy.

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## LEGAL SERVICES

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Depending on the circumstances of the injury some of you may want to make a personal injury claim or may already be involved in such a case. Before choosing a firm of solicitors to represent you, it is advisable to consult the local Law Society to confirm which solicitors have a proven record of experience in this specialist field.

For details about the Law Society you can ring 0207 242 1222 or visit [www.lawsociety.org.uk/findasolicitor](http://www.lawsociety.org.uk/findasolicitor)

Additionally, Headway-the Brain Injury Association ( phone: 8002244 ) produces a list of solicitors with expertise in head injury litigation.

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## SERVICE LEVEL AGREEMENT/FUNDING

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The Head Forward Centre provides a Service Level Agreement which sets out the terms and provisions of our voluntary sector service and forms the basis of an agreement between the Head Forward Centre and the referring agency– such as Social Services, a Trustee or an individual family.

After an initial referral our Centre Manager will work with the referring party to establish funding ( which is set at a daily rate) either from Social Services, Trustee or family.



**Pool** is one of the quickest ways of joining in and making new friends. Hand/eye co-ordination, team work and emotional control are all tested and strengthened by this activity.



**Word games** such as cross-words and scrabble are a valuable tool in helping to regain word power.



**Art and craft projects** can help improve manual dexterity as well as hand/eye co-ordination.

In addition to these activities, we also have a weekly discussion group where attendees can share their thoughts and feelings. Once a month our Programme Director leads a discussion group focusing on aspects of TBI.



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## CARERS NEEDS

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Having an accident or suffering an assault which results in a brain injury can often become a big problem for the injured person's family. In a UK wide random survey of Headway group members carried out as part of a larger research ( Flanagan, 1998, Brit. Journal of Clinical Psychology, 37, 431-439 ), head injury family carers were invited to rate in importance what extra help they felt they needed in their care-giving role. Immediate family members all rated Day Care and being able to talk to someone outside the family as the main areas that they would like more help with. The Head Forward Centre is able to fulfil these two main needs and we can also offer information about accessing home care and respite holiday breaks.

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## ATTENDEES

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Following an initial interview and assessment period of 2 to 3 sessions at the Centre, if it is mutually agreed that the Head Forward facilities are appropriate to his or her needs, the applicant can become an 'attendee'. Because of our modest staff resources and activity space, the number of attendees at the Centre each day is limited to a maximum of 12. Preference is given to applicants between the ages of 18 and 60 who have suffered a TBI within the last year and are now medically stable. However, we always give consideration to individual cases and encourage potential attendees to visit us and discuss their case on an individual basis.

### **The Head Forward Centre is not appropriate for those:**

- who have progressive brain conditions;
- who are unable to toilet themselves ( unless accompanied by a carer );
- who are unable to communicate in English;
- who are currently under Court Order;
- who are on alcohol or drug withdrawal programmes.

We also reserve the right to exclude people with significant behavioural problems.

### **Individual or family interviews**

Where necessary, or as requested, each attendee ( and his or her caring relatives ) can arrange a meeting with the Centre Manager or Programme Director to discuss specific concerns.