

Headway West Sussex

Strategy 2017-2020

Our purpose is: *To Improve life after Acquired Brain Injury for people who live in West Sussex*

Challenges for people living with ABI

Around 4,000 people admitted to A & E in West Sussex each year will have an Acquired Brain Injury (ABI). For many of them and their families, life will never be the same. Causes are numerous, for example strokes, tumours, falls, traffic accidents, haemorrhage. All of these can result in an ABI.

Even those whose ABI is considered mild or moderate can live with disabling symptoms for the rest of their lives; symptoms that may not be immediately obvious but can significantly affect family life, employment, hobbies and leisure interests – in fact all the things that most of us take for granted.

And yet ABI is not widely recognised or understood, either by the general public or within the organisations that are often turned to for help.

“It felt like they picked up a random stranger and put him down in our house with my kids and said this is Rick he’s your husband get on with it.”

“Ollie is constantly putting me down and hating me, he blames me for his injury but I wasn’t even there. He shouts at me every day and this is what has broken the person I was, making me so sad and lonely.”

“Mark so misses the life he had, all the physical activity and how super fit he was - there is not a day goes by that we don’t miss him too.”

“After six weeks in hospital, I went home alone, under the impression that after a few weeks I would be back to work and resume my normal life.

No one told me that I had ABI, I would never be able to work again and I would have to work very hard to regain my skills I had before.”

82% of families break down after a brain injury

93% of carers receive no help from Social Services with caring duties

89% of people feel their personality has changed following brain injury

64% are unemployed after a brain injury

What people say about Headway West Sussex

"I know now that I'm not alone
- there is life after brain injury. There are
times when we struggle with our confidence,
concentration, attention, but we're able to give
ourselves a boost, have a laugh and relax together.

When we have someone visit and talk to us about a brain
injury issue, I nod in agreement, and when I look round
the room, I see everyone else nodding as well. I find
that tremendously reassuring."

Sue, Support Group member

"I haven't been
out of my flat for three years but
I came to the support group and later
that week went out to play cards with my
old friends"

Support Group member

"For
me, the feeling of acceptance
was the biggest comfort, and the lack of
judging. Information helps me understand my
condition which has helped me emotionally as a
result"

*Support & Information Service
client*



During 2016

We provided over
12,000 hours of
peer support

80 Professionals
and 20 carers
attended our Brain
Injury Awareness
training

We delivered 96
counselling
sessions

84 people and
families were
given individual
support

By providing one-to-one support through our *Support & Information Service* we enable those living with ABI to access the services and specialist support they need to maintain independence and well-being. The effects of ABI can make accessing help seem very challenging and so a knowledgeable steer, an introduction or support to attend an appointment - all are things that provide the needed encouragement to keep track. Without this, we're aware individuals can risk homelessness, economic disadvantage, poor physical or mental health and isolation.

We have supported and listened to many people whose lives have been affected by ABI. Our response is to set out **five clear goals** for improvement:

Three years – Five clear goals

Raise Awareness

We will



Increase awareness in health and social care of benefits gained through timely and relevant support

1. Work with health and social care services to build their understanding of ABI and support needs
2. Campaign and raise awareness amongst decision-makers
3. Develop and publish evidence to show the benefits and value of community-based support

Improve Experience

We will

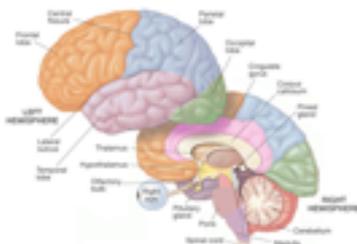


Improve experiences and outcomes for those living with ABI when engaging with statutory agencies and the public

1. Carry out awareness-raising activities, targeted at specific organisations, communities and groups
2. Develop and deliver training and awareness sessions
3. Support more people living with ABI and their families by growing our one-to-one and group services

Provide Information

We will



Ensure people living with ABI know where they can access information and support

1. Carry out awareness raising activities targeted at families and carers
2. Reach more people with our services that provide information and support
3. Work with hospital discharge teams, clinicians and neurology rehabilitation units to improve pathways into community support
4. Explore opportunities to maximise the impact of our services by working with other organisations

Enable Independence

We will



Enable people living with ABI to feel better able to manage their lives day-to-day and in the future

1. Reach more people with our training for understanding ABI and its effects
2. Develop opportunities for families and carers to learn more about ABI and coping strategies
3. Reach more people who find value in peer support meetings and social activity
4. Increase the number of individuals and families who benefit from personalised support and information

Strive for Quality

We will



Ensure the charity manages its activities within a framework of good governance and quality

1. Ensure our services and expected outcomes are clearly specified and based on evidence of need
2. Support staff and volunteers to deliver high quality services and develop their skills
3. Manage resources appropriately and carefully and strive to raise adequate funds to enable delivery of the three year plan

Headway West Sussex

Dove Lodge

49 Beach Road

Littlehampton

West Sussex

BN17 5JG

www.headwaywestsussex.org.uk

✉ info@headwaywestsussex.org.uk

☎ 07938 858153

www.facebook.com/headway.westsussex

@headwayWS

