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How to find out more

For details of membership, information on making a donation, local Groups and Branches, or general issues to do with brain injury, contact us at:



Headway - the brain injury association, Bradbury House
190 Bagnall Road, Old Basford
Nottingham NG6 8SF

- Telephone: 0115 924 0800
- Fax: 0115 958 4446
- Email: enquiries@headway.org.uk

Our free telephone helpline number is:

0808 800 2244

Open Monday – Friday 9am – 5pm

Helpline email:

helpline@headway.org.uk

Website:

www.headway.org.uk

Brain Injury Explained



Headway
the brain injury association

What is brain injury?

Acquired brain injury (ABI) refers to any form of brain injury that has occurred since birth. This includes traumatic brain injury (TBI), which is the result of a severe blow or jolt to the head and is most commonly caused by road traffic incidents, falls and assaults.

Other common causes of ABI are strokes (including haemorrhages caused by ruptured aneurysms), viral infections (e.g. encephalitis and meningitis), brain tumours, and hypoxic/anoxic (lack of oxygen) injuries.

How common is brain injury?

In 2011-12 there were over 350,000 UK hospital admissions for the types of acquired brain injury described above.

This equates to one admission every 90 seconds. The rate of admissions in the UK population is 558 per 100,000.

Approximately 170,000 admissions were for non-superficial head injuries. Of these, 10,000 to 20,000 people will have sustained a severe traumatic brain injury.

It is estimated that at least one million people in the UK have long-term disabilities as a result of acquired brain injury.

What are the effects of brain injury?

Brain injury affects each person in different ways. Even seemingly subtle problems can completely change the lives of people with brain injury and their loved ones.

Physical problems:

- Weakness or paralysis
- Sensory impairment
- Epilepsy
- Movement and co-ordination problems
- Fatigue
- Sexual problems
- Hormonal imbalances
- Speech difficulties

Emotional problems:

- Anxiety and depression
- Mood swings
- Apathy and loss of motivation
- Anger and irritability
- Impulsivity and disinhibition
- Personality changes

Cognitive problems:

- Memory problems
- Reduced attention and concentration
- Reduced speed of information processing
- Impaired insight and empathy
- Impaired understanding of language
- Difficulty recognising faces or objects

About Headway

At Headway, we want to help people understand about brain injury. We provide information, support and services to people with a brain injury, their families, carers and professionals.



A network of over 100 Groups & Branches across the UK provide an opportunity to talk to others in a similar situation. Members can receive practical help and support in coping with the challenges they are experiencing, find out what local services are available, and share in the emotional roller-coaster that is life with a brain injury.

Across the UK, there are more than 60 Headway Centres. These facilities are run in a relaxed and welcoming environment. They help brain injury survivors to learn new skills, regain lost ones and re-integrate into society. Headway Centres also provide much needed respite for families and carers.

A wide range of activities, from memory improvement to practical life skills, is offered at Headway Centres. These activities are based on the needs of the individuals attending. Some people attend for several years; others attend for a shorter time before moving on, perhaps to an educational course or some form of employment.



What do people say?

“ I come here because there are people at the Centre to talk to and there are lots of activities. I have found that it has helped me to do new things and has given me more confidence when meeting new people. ”

Headway Centre attendee

“ Headway has been the only consistent source of information, support and advice throughout our experience. ”

Wife of brain injury survivor

“ It is not until I became involved with my local Headway Group that I began to realise the true effects of brain injuries on the individuals and their families. Ten years later, I am still learning from the members and never cease to wonder at their capacity to survive and to cope with their problems. ”

Neurosurgeon

Here we present the following information in a range of languages:

Have you or someone in your family sustained a brain injury? Do you need more information or details relating to a support group or Headway services in your area? Headway – the brain injury association has a specialist helpline in the UK. You can call us in confidence on 0808 800 2244.

আপনি কিংবা আপনার পরিবারের কোন ব্যক্তির কি মাথায় আঘাত জনিত রোগ আছে? আপনার কি আরও তথ্যের প্রয়োজন কিংবা আপনার স্থানীয় এলাকায় অবস্থিত সাপোর্ট গ্রুপ কিংবা হেডওয়ে সার্ভিসগুলি সম্পর্কে বিস্তারিত জানতে চান? হেডওয়ে - দি ব্রেইন ইঞ্জুরি এসোসিয়েশন-এর একটা একান্তভাবে নিয়োজিত ইউ কে হেল্প লাইন রয়েছে আপনি বিনামূল্যে, এবং বিশ্বস্ততার সঙ্গে 0808 800 2244 নম্বরে ফোন করতে পারেন। (Bengali)

क्या आपको या आपके परिवार में किसी को मांसिक चोट पहुंची है? क्या आपको अपने स्थानीय क्षेत्र के किसी सहायता समूह या हेडवे सर्विसेज के बारे में अधिक सूचना या विवरण चाहिए? हेडवे - मांसिक चोट सम्बंधी संस्था (brain injury association) का एक समर्पित युके हेल्पलाइन है। आप हमें मुफ्त में और गोपनीय रूप से 0808 800 2244 पर फोन कर सकते हैं। (Hindi)

Souffrez-vous, ou un membre de votre famille, d'une lésion cérébrale ? Souhaitez-vous obtenir plus d'informations ou de précisions émanant d'un groupe de soutien ou des services de Headway dans votre zone urbaine ? Headway, l'association contre la lésion cérébrale, dispose d'un service d'assistance téléphonique spécialisé au Royaume-Uni. Vous pouvez nous joindre gratuitement par téléphone et en toute confidentialité au 0808 800 2244. (French)

你或你的家人是否有腦損傷? 你想獲取鄰近支援組織或前進服務的資料嗎? 前進 – 一個腦損傷協會 特設英國求助熱線, 你可信任我們, 免費給我們來電, 電話: 0808 800 2244。 (Chinese)

Siz ya da ailenizden biri, beyin travması geçirdiniz mi? Bir başka deyişle, beyniniz zedelendi ya da hasar gördü mü? Bu konuda daha geniş bilgi almak ve hangi kuruluşların size destek olabileceğini öğrenmek ister misiniz? Beyin travması konusunda uzman bir kuruluş olan Headway'i 0808 800 2244 numaradan ücretsiz olarak telefonla arayıp gerekli bilgileri alabilirsiniz. (Turkish)

کیا آپ یا آپ کے خاندان میں کوئی شخص دماغی چوٹ کا شکار ہے؟ کیا آپ کو اپنے مقامی علاقے کی کسی امدادی جماعت یا ہیڈوے خدمات کے بارے میں مزید معلومات یا تفصیلات چاہئے؟ ہیڈوے - دماغی چوٹ سے متعلق تنظیم (brain injury association) کا ایک مخصوص یو کے امدادی لائن ہے۔ آپ ہمیں مفت میں یا خفیہ طور پر 0808 800 2244 پر فون کر سکتے ہیں۔ (Urdu)

શું તમને અથવા તમારા કુટુંબમાં કોઈને પણ મગજમાં ઈજા છે? શું તમને વધારે માહિતી અથવા તમારા ક્ષેત્રમાં સહયોગ જૂથની વિગતો અથવા હેડવે સેવાઓ વિશે જાણકારી જોઈએ છે? હેડવે-મગજ ઈજા સંસ્થાની એક ખાસ યુકેની હેલ્પલાઇન છે. તમે અમને 0808 800 2244 પર મફત અને ખાનગી રીતે ફોન કરી શકો છો. (Gujarati)

¿Sufre usted o alguien en su familia de una lesión cerebral? ¿Desearía obtener más información o pormenores en relación a un grupo de apoyo o a los servicios de Headway en su área local? Headway, la asociación de personas que sufren lesiones cerebrales cuenta con una línea de ayuda especializada en el Reino Unido. Puede llamarnos de modo gratuito, y con total confianza, al número de teléfono 0808 800 2244. (Spanish)