

# Brain Injury is more common than you might think...

Each year as many as 1 million people attending hospital in the UK will have sustained a brain injury. Of these about 135,000 are confirmed as having a traumatic brain injury and are admitted to hospital.

Those most at risk are people in the 15 – 29 age group, particularly men.

**Traumatic brain injury is caused mainly by;**

- Road traffic accidents
- Assaults
- Accidents at work or during leisure pursuits
- Falls

Damage to the brain can also be caused by stroke, infection or haemorrhage. Injuries like these are known as “**acquired brain injury**”.

**In about 85% of cases the brain injury is classed as mild.** Although full recovery is usually made, some people will experience longer term problems.

**In about 5% of cases, the brain injury is classed as severe** and people in this category will have complex enduring problems and need long term rehabilitation.

Brain injury can completely change the lives of the person with a brain injury and those around them.

## How to Contact us:

### By post

Headway North Derbyshire  
c/o North Derbyshire Disability Services,  
Mulberry,  
Clay Cross Hospital,  
Market Street,  
Clay Cross,  
Chesterfield, S45 9NZ

### By phone

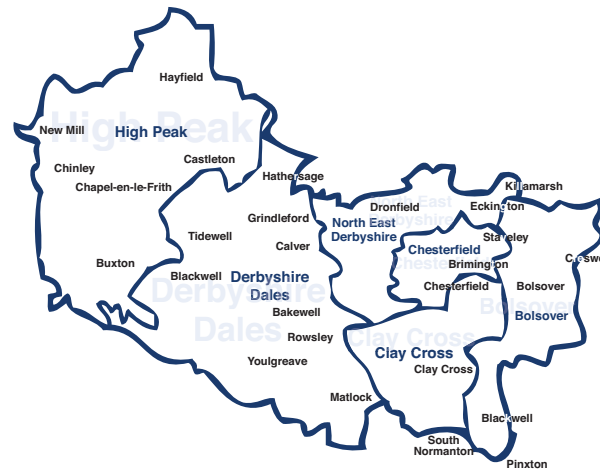
07940 729544

### By email

[mail@headwaynorthderbyshire.org.uk](mailto:mail@headwaynorthderbyshire.org.uk)

Visit the website, for news and information

[www.headwaynorthderbyshire.org.uk](http://www.headwaynorthderbyshire.org.uk)



Headway North Derbyshire  
subscribes to and is a Branch of  
Headway – the brain injury association

Registered Charity No. 1025852  
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Registered in England No. 2346893

# Headway North Derbyshire

Supporting  
people affected  
by brain injury



the brain injury association

# Who we are

**Headway North Derbyshire is a self-help group**, and is part of a network of local Groups and Branches affiliated to Headway, the charity set up to give help and support to people affected by brain injury.

**We draw our members from around Chesterfield and North Derbyshire**, and have an age range from young adults to senior citizens.

The management of our Branch and the support services we give are provided by a team of volunteers, many of whose lives have been affected in some way by brain injury.

**We support each other in coping with the consequences of brain injury**, either as a survivor, family member, or worker.

We have a growing membership, including brain injury survivors, carers and families, plus professional workers.

# What we provide

**Support, information and fun** in a relaxed environment at Social meetings held on the second Wednesday in each month at the Leonard Cheshire Resource Centre, West Street, Chesterfield, from **7 to 9pm**.

Ongoing information and support for people with a brain injury, their carers and families.

Dedicated telephone helpline for contact with members and information.

News and information in our monthly newsletter and a library of information.

**Social and recreational events** including Ten Pin Bowling, Complementary Therapy, Indoor and Outdoor Leisure activities and Outings.

Liaison with North Derbyshire Health Trusts, Social Services, GPs and Local Authorities to promote the needs of Brain Injury Survivors and their carers.



# Our Aims

- **To campaign** for better service provision for brain injury survivors, their carers and families.
- **To raise** public awareness of brain injury issues, including prevention and safety.
- **To promote** an information and signposting service, for such topics as Legal Matters, Caring, Access to Services, Brain Injury Related Health Issues, Home Equipment, Transport, and Welfare Benefits.
- **To develop**, in the medium term, our services for social rehabilitation to a wider catchment area in North Derbyshire and longer term re-establish a Headway House.

**See contact details overleaf for further information about Headway North Derbyshire or Headway in general.**