

# Surviving Brain Injury

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## HEREFORD BRAIN INJURY NETWORKING FORUM LAUNCHED

During the summer we launched our Hereford Brain Injury Networking Forum and were delighted with both the turnout and the enthusiasm for the event. The forum took place at De Koffie Pot at The Left Bank, on 9 July 2018 and was the first of its kind in Hereford, following a successful series of forums which we have held in Shropshire.



Our two guest speakers, Dr David Quinn, Consultant Neuropsychologist of Halliday Quinn Ltd, and Ian Stead, Chair and mental health lead for Healthwatch Herefordshire, both gave short educational presentations which were well received by those in attendance.

Rebecca Ashton, who attended the forum, said her father missed out on vital rehabilitation when recovering from a brain haemorrhage because his family did not know where to access support. Rebecca's father sustained the injury just over 10 years ago and the pair attended the event, which Rebecca said "opened her eyes".

*"My dad had a brain haemorrhage almost 11 years ago, so when I saw the event advertised, I knew we had to attend,"* Rebecca said.

*"The event was extremely interesting and it was positive for dad to have some of the ongoing effects acknowledged, when it was mentioned that severe fatigue is incredibly common but underreported, for example."*

*"Another thing that stood out was the realisation that dad had been offered no rehab. When this came up we both turned to look at each other in surprise!"*

*"Given that he only had a 10% chance of survival, we were so relieved he was going to be okay that rehab wasn't even on our radar at the time."*

*"The hospital staff and air ambulance did an amazing job dealing with the acute aspects and we'll always be grateful to them, but the rehab side being lacking was a disappointment as dad could have been in a much better position otherwise."*

Neil Lorimer, brain injury specialist at Lanyon Bowdler Solicitors, said the lack of easily-accessible rehabilitation for patients was a common theme.

*"We speak to patients and their families on a regular basis when dealing with compensation claims, and accessing rehabilitation is often a problem,"* he said.

*"Rebecca's situation with her father is a classic example: people are quite understandably so focused on survival that the next stage of their recovery is sometimes overlooked."*

*"The aim of the Brain Injury Networking Forum is to bring people together and share information about the support which is available, so we are delighted that Rebecca found the Hereford event useful."*

Our next Hereford Brain Injury Networking Forum is due to take place on 3 December 2018 at 9am at Herefordshire Headway, Headway House, Trenchard Avenue, Credenhill, Hereford, HR4 7DX. The event is FREE to attend and a light breakfast will be provided. Guest speakers include Helen Mapp, CEO of Herefordshire Headway and Helena Bowles, speech and language therapist.

**To book your place for our next Hereford Brain Injury Networking Forum visit Eventbrite or follow the link <http://bit.ly/2NduDi8>**

**For more information about any of our Brain Injury Networking Forums, contact us on 0800 652 3371 or email [sbi@lblaw.co.uk](mailto:sbi@lblaw.co.uk)**



Pictured (L-R): Dr David Quinn, Ian Stead & Neil Lorimer

“ **Leading Shropshire firm advising on an extensive breadth of personal injury cases, including high-value claims. Particularly experienced in acting for clients with spinal and cerebral injuries.** ”

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## THE MOVEMENT CENTRE



**There have been some exciting recent changes at The Movement Centre.**

After a busy year and a growth in the number of children accessing Targeted Training therapy, The Movement Centre has restructured to enable them to continue to move forwards.

Victoria Handbury-Madin who was previously Head of Fundraising and Marketing was appointed as Chief Executive Officer on the 1st July 2018.

Pauline Holbrook, Head of Clinical Services, will now concentrate solely on her clinical role working with the many families who access The Movement Centre. Physiotherapist Sarah Bew and Assistant Physiotherapist Lynne Ford will continue to assist Pauline.

Polly Roberts has been appointed to the role of Operations Manager and Ann Norwood joins the team as their new Children's Therapy Assistant allowing Curtis Langley to work solely on fundraising and marketing, as Fundraising and Marketing Officer.

Victoria said “We are all excited about the changes and feel TMC is well equipped to move forwards and continue to grow and develop, enabling us to help more children access Targeted Training therapy.”

## HEADWAY SHROPSHIRE



**Over the summer, Headway Shropshire hosted a very special tea party to wish Jean Robinson farewell as she celebrated her retirement after 19 years of service.**

On 1 August 2018 Debbie Wilcox took over the role of Chief Executive and Michael Harper was appointed as Deputy Chief Executive.

Debbie said; “I am honoured to have been chosen by the board of Headway Shropshire to replace Jean Robinson as CEO. I look forward to carrying on Jean's hard work in developing our existing services, as well as developing new opportunities to offer our client group, their families and stakeholders in the future.”

“We wish Jean a happy retirement and hope she will be able to spend her days tending to her garden and spending quality time with her grandchildren. We appreciate all of the time and effort she has given to the charity over the last two decades” Debbie added.

## ROYAL VISIT TO HEADWAY WORCESTERSHIRE

**On 10 September 2018 Princess Anne visited Headway Worcestershire to officially open their new kitchen and to meet some of the brain injury survivors the charity supports. Our Sophie Davies and Phillip Roberts were fortunate enough to be invited along for the special occasion.**

The Princess Royal was shown around the building and took the time to speak individually with many of the clients, listening to their stories. At the end of her visit, she was presented with a small wooden birdhouse which had been made for her in their workshop.

Kathryn Davis, CEO said; “Headway Worcestershire was thrilled and delighted to welcome HRH Princess Anne to Headway. What an exciting day for all our clients and guests who attended. Everyone had the opportunity to meet Princess Anne, shake her hand and tell her about the activities they were doing or explaining how their acquired brain injury had changed their lives. There was plenty of laughter during the visit. It's a day I and the Headway team will always treasure.”



“Renowned practice working on a wide range of serious personal injury matters including brain injury and spinal injuries and multiple orthopedic cases.

Chambers UK

## A BRIEF OVERVIEW OF SPASTICITY TREATMENTS

Written by Clive Bezzina,  
Consultant in Rehabilitation,  
Royal Stoke University Hospital



### Principles of Treatment

Spasticity needs addressing only where it is causing harm. Spasticity is a feature of damage to the upper motor neurone syndrome and is a consequence of an injury to the brain or spinal cord. It causes muscles to lose their control from the brain and spinal cord and to over-react to sensory inputs. As a result, they become shortened and this leads to stiffness and spasms. The problems arising can be

- Generalised: affecting two or more limbs, e.g. in hemiplegia
- Regional: affecting muscles around adjacent joints, as in a whole arm or leg
- Multi focal: affecting muscles around several unconnected joints, e.g. in a hand or foot
- Focal: affecting muscles around on joint

### Treatment

There are a number of available treatments in a specialist service for spasticity management, but the underlying treatment is through good physical management of the patient to maintain the length of the muscles. Botulinum toxin can greatly assist in this process and acts as an adjunct to physical management and therapy in addressing multi-focal and focal problems of spasticity. It can also be required for some patterns of segmental spasticity, such as around the elbow and knee. If spasticity is generalised in nature, oral medications such as baclofen and tizanidine could be useful. If spasticity is mainly an issue in lower limbs, then intrathecal baclofen could be an option. The treatment option/ options need to be tailor made for the patient, with appropriate setting of goals.

The indications for treatment are to:

- Improve function, where it is possible to do so, e.g. mobility, dexterity;
- Relieve symptoms, e.g. ease pain, decrease muscle spasms, allow patient to wear orthoses;
- Postural, to improve body image and reduce abnormal posturing, associated reactions, etc.;
- Decrease carer burden, e.g. allow better hygiene, dressing, positioning in bed or wheelchair;
- Facilitate NHS functioning by preventing complications (e.g. pressure sores, contractures), facilitating therapy and assisting surgery to lengthen tendons.

Oral muscle relaxants, botulinum toxin and intrathecal baclofen treat spasticity. This must be distinguished from contractures, which can develop as a result of the spasticity. These may need to be addressed by stretching limbs through serial splinting or by surgery.

Acknowledgement to Prof AB Ward for material relating to the content of this article.

## PERSONAL INJURY AWARDS



**We were delighted to receive the news that our clinical negligence team have been shortlisted in the Eclipse Proclaim Personal Injury Awards 2018 for ‘Clinical Negligence Team of the Year’. The winners will be announced at a presentation ceremony in Manchester in November.**

Kay Kelly, head of clinical negligence at Lanyon Bowdler, said “We are delighted to be shortlisted for the award which recognises the experience and expertise of our legal specialists, but I am very proud of the whole team and their determination to provide the best client service possible.

“Here in Shropshire, clinical negligence claims have become more high profile in recent years, with the national enquiry into the maternity care at the Shrewsbury and Telford NHS Hospitals Trust. National media coverage has drawn attention to an increasing number of baby deaths and/or brain injury sustained during birth.

“We all wish to support the NHS but not at the expense of falling standards. In all cases it is vital to ensure people who have suffered serious injuries or lost loved ones have the financial means to rebuild their lives. A successful clinical negligence claim is also important to highlight where things have gone wrong and to push for lessons to be learned.

“Being recognised in a national awards scheme like this emphasises what an important role Lanyon Bowdler is playing in this area of law. I am very proud of our highly professional team who always provide the best service at what can be the most traumatic times of a client’s life.”



“Lanyon Bowdler’s team has a particular strength in road traffic accidents and also handles workplace injuries. The practice handled a multimillion-pound claim for a client who received catastrophic injuries in an accident at her partner’s home

Chambers UK

## SHREWSBURY BRAIN INJURY FORUM

During the spring we welcomed guests, old and new, to our Shrewsbury Brain Injury Networking Forum which took place at The Peach Tree on 24 May 2018.

Guests enjoyed a complimentary breakfast and the opportunity to network in a relaxed and friendly environment with short informative presentations from Jessica Lightwood of Inclusively Fit and Rachel Chamberlin of Elysium Healthcare.

Our next Shrewsbury Brain Injury Networking Forum is due to take place back at The Peach Tree on 22 November 2018 and we will be welcoming guest speakers; Rachel Turlton a volunteer from The Encephalitis Society and Sheri Taylor, Registered Dietitian.

The event is FREE to attend however booking is essential.

To book your place for our next Shrewsbury Brain Injury Networking Forum visit Eventbrite or follow the link <http://bit.ly/2zJ1dow>

For more information about any of our Brain Injury Networking Forums contact us on 0800 652 3371 or email [sbi@lblaw.co.uk](mailto:sbi@lblaw.co.uk)



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**Brain Injury**  
**Networking Forums**  
Nov & Dec 2018

Thu 22 Nov & Mon 3 Dec 9am

Join us for another unique networking opportunity to continue the discussions arising out of our hugely successful conference 'Surviving Brain Injury The Journey'. Includes light refreshments and is free to attend.

**THU 22 NOV - SHREWSBURY**

To book your place please visit:  
[www.eventbrite.co.uk](http://www.eventbrite.co.uk)  
and search **Brain Injury Networking**

**VENUE:** The Peach Tree, 18-21 Abbey Foregate, Shrewsbury, SY2 6AE

**MON 3 DEC - HEREFORD**

To book your place please visit:  
[www.eventbrite.co.uk](http://www.eventbrite.co.uk)  
and search **Brain Injury in Hereford**

**VENUE:** Headway House, Trenchard Avenue, Credenhill, Hereford, HR4 7DX

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