



Headway
East Lothian
SC10 035535
Newsletter

www.headway-eastlothian.org.uk



Issue 20/10

October 2020

**ACTION FOR
BRAIN INJURY WEEK 2020**

28th September – 4th October

**MEMORY
LOSS**
A campaign to remember

Memory problems after a brain injury can be life changing and are hugely different from the usual, everyday memory frustrations many of us experience. They can make a survivor feel alone, angry and confused and can impact every aspect of their life.

A recent study by Headway – the brain injury association found that 72% of brain injury survivors feel that the people in their life don't understand their memory problems, with 81% reporting that their life would be improved if people had a better understanding of this complex condition.

Memory loss is one of the most experienced effects of brain injury and can have a profound impact on the lives of survivors and their loved ones.

A study released today as part of Action for Brain Injury Week 2020 found that the issue of memory loss is widely misunderstood, with more than 2,000 respondents labelling their experiences as frustrating, confusing, devastating and debilitating.

Study findings

- 70% of brain injury survivors struggle to recall personal memories, such as their wedding or the birth of their child.
- 65% of brain injury survivors feel that their personal relationships have been affected because of their memory problems.
- 85% of brain injury survivors feel that memory problems have a negative impact on their life.
- 72% of brain injury survivors feel that the people in their life don't understand their memory problems.
- 71% of brain injury survivors feel unfairly judged or treated because of their memory problems.

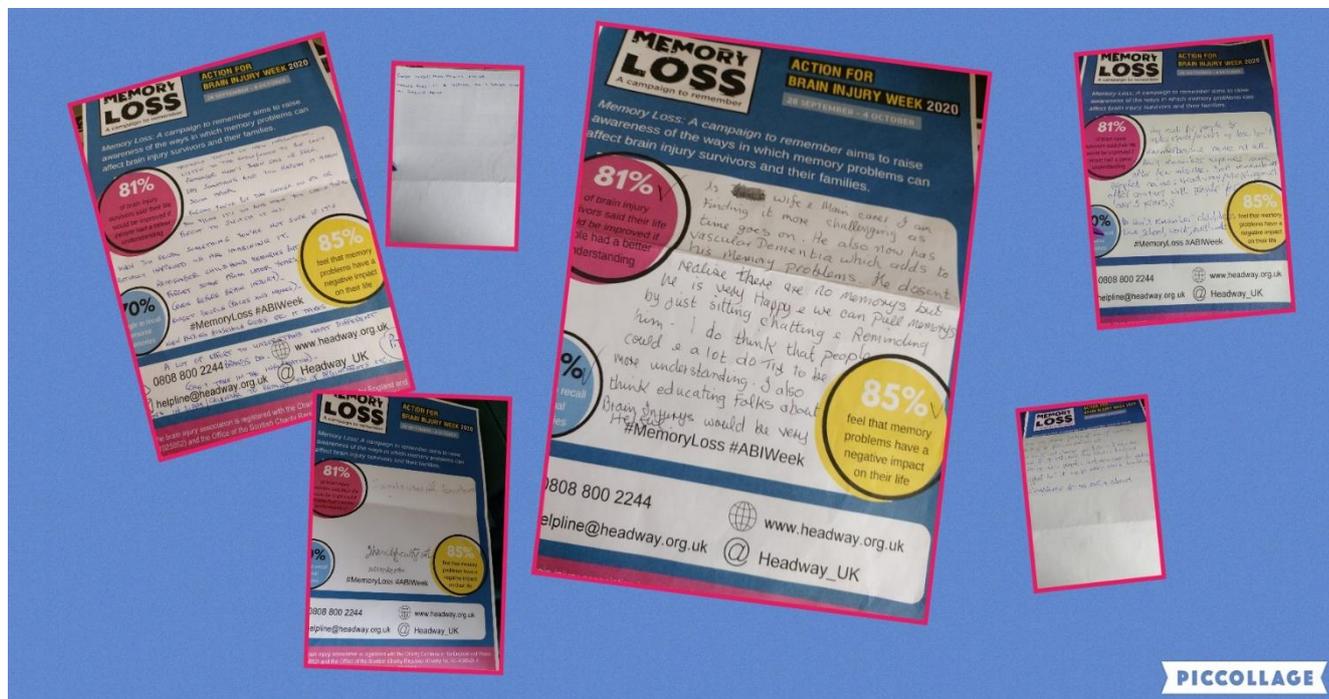
There is a lack of understanding about the challenges memory loss can present for brain injury survivors and their loved ones.

These findings highlight the vital importance of raising awareness of this often-hidden effect of brain injury, with which many survivors continue to struggle with long after the initial injury.

It is a matter of real concern that so many brain injury survivors have told us that memory problems have had a profound and negative impact on their lives.

Through this campaign we are attempting to raise awareness of the disabling effects of memory loss and improve life after brain injury.

We asked a few of our members to tell us how they are affected by memory loss & this is what they said:



FIRE AND RESCUE SERVICE

Scottish Fire & Rescue Service: A new online fire safety quiz has been launched by the Scottish Fire and Rescue Service to support people to stay safe at home – and potentially save lives. The 'Fire Safety in the Home - Self Assessment' survey asks a series of simple questions and then automatically generates a home fire safety report for them. People are also encouraged to sign up for a free Home Fire Safety Visit from firefighters who can provide further safety advice, check smoke detectors and fire evacuation plans. These visits would be conducted in line with present social distancing and safety restrictions. [FIRE SELF ASSESSMENT](#)

The Coronavirus pandemic means that most of us will be spending more time at home. We want to ensure your home is as safe from fire risk as possible and would therefore encourage you to go through our questionnaire and follow our advice and guidance.

When answering each question, you will get some useful tips for each topic. Once you have completed the questions, you can download a bespoke PDF that provides additional advice and links to further information. If you feel that you require further, more detailed advice, you can request a free Home Fire Safety Visit from our trained crews.

Due to the current Social Distancing restrictions, we are currently only providing Home Fire Safety Visits to those at highest risk - identified by answering a few questions when requesting a visit. If you don't fit into the highest risk criteria, we will still take your details and arrange a Home Fire Safety Visit in the future once our full Home Fire Safety Visit programme has recommenced and restrictions have eased.

To book a Home Fire Safety Visit please call us on: 0800 0731 999

Trivia Quiz (No cheating – no googling – answers next issue!
Or e-mail your answers to Joyce)

1. What was the cost of the first tour arranged by travel entrepreneur Thomas Cook in 1841?
2. What problem did Leonardo da Vinci, Winston Churchill, Albert Einstein, have in common?
3. What did All Nippon Airways do to prevent its planes from sucking birds into their engines?
4. What English earl had both a coat style and a furniture style named for him?
5. Before the introduction of the hair dryer in 1920, what common household appliance was promoted for its hair drying ability?
6. What was the first living creature ever ejected from a supersonic aircraft?
7. To whom did Mahatma Gandhi write for advice on diet and exercise?
8. In 1964, a capsized freighter was refloated in Kuwait by filling its hull with polystyrene balls. Where did this idea originate?
9. What famous Englishman's experiments with freezing meat in 1626 caused his death from exposure?
10. Who was billed as "The Human Mop" when he joined his family's comic acrobatic vaudeville act at age 3?
11. The term "Siamese twins" originated with the birth of two brothers joined at the chest. What were their names?
12. What did Lizzie Borden, Napoleon and Titian all have in common?

Answers to previous Trivia quiz

1. Aberdeen, 2. Longformacus, 3. Newtonmore, 4. Bishopbriggs, 5. Aberchirder, 6. Stonehaven, 7. Auchterarder, 8. South Queensferry, 9. Bridge of Earn, 10. Peterhead, 11. Stornoway, 12. Montrose, 13. Arbroath, 14. Dundee, 15. St Andrews, 16. Boat of Garten, 17. Pittenweem, 18. Cumbernauld, 19. Thurso, 20. Eyemouth

As Always, your Board, Volunteers and Development Officer continue to work to support you all, please do not hesitate to contact any of those listed for support, advice & information

Joyce Cattanach – Development Officer	07895 193974
Jim Maryniak - Chair	07920 195743
Gordon Wallace - Volunteer	01875 853491 or 07880 825529
Dottie Wallace - Volunteer	01875 853491 or 07788 500014
Teresa Martin – Board member	07471 339211
Katy Lamb - Board member	01877 387264

Joyce will be on Annual Leave from Monday 5th – Friday 9th October inclusive.



A very Happy Birthday to
Dottie Wallace
Dominic Jordinson and
Marie Armstrong

Hope you all have a lovely day and we are thinking of you!

**Thank
You!**

We are delighted to have received funding from



Response, Recovery, Resilience

Thank you to our existing funders

The Coop Community Fund, The Robertson Trust, Comic Relief- Shift the Power, The Corra Foundation, Bank of Scotland, The Soil Association, Tesco, Community Well-being Fund, The Champ Fund



Thank you to all those who have made individual donations and continued to take part in fundraising challenges through Virgin Money Giving and on Facebook – they are all so very gratefully received

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Improving life after brain injury