



The United Kingdom  
Acquired Brain Injury Forum

NEWS REPORT | September 2017

# Professor Mike Barnes runs 'white continent' half-marathon

## SPONSORS REQUIRED!



Mike Barnes's half marathon in Antarctica

**UKABIF is calling for sponsors as Professor Mike Barnes, the UKABIF Chair, takes part in the 'white continent' half marathon, and hopes to raise £20,000 to mark the charity's 20<sup>th</sup> anniversary.**

Most runners do half-marathons on their local 'turf' but not Mike; this one is referred to as the 'southernmost half-marathon on the planet' – it's in Antarctica.

Mike joins the ranks of adventure marathoners and ultra-athletes who are always looking for the next big challenge. Mainland Antarctica represents the last frontier, the final great wilderness to be conquered. On 24<sup>th</sup> November 2017, Mike will be participating in the Frozen Continent

Half-Marathon covering 21 km. This race presents a formidable and genuine Antarctic challenge with underfoot conditions comprising snow and ice throughout, an average windchill temperature of -20C, and the possibility of strong Katabatic winds to contend with. Furthermore, the event takes place at an altitude of 700 metres. The marked course is prepared in advance and snowmobile support, aid stations and medical personnel will all be on hand for the duration of the race.

Mike said: "I'm not expecting a quick time; apparently winds can blow from the Pole at a steady 10-25 knots so this will be a challenge for even the most experienced runners. There will also be a lack of crowds cheering us along the route – in fact it will probably be eerily quiet so I'll be running in very strange circumstances".

**Training for the event is well underway and Mike, who is no stranger to marathon running, would welcome sponsors, so please visit his Virgin Giving sponsorship page: <http://uk.virginmoneygiving.com/MikeBarnes>**

### Cheyenne and Bridget run 30K in 3 days to raise funds for ABI charities

**In August, a mother and daughter from Birmingham, Cheyenne Taylor and Bridget Tatham, ran a total of 30K in aid of three ABI charities including UKABIF.**

Running 10K in three different cities, on three consecutive days, the women raised over £2,800. Read their story on page 3.



Cheyenne and Bridget



**SHORT FILM COMPETITION**

**Deadline for UKABIF Short Film Award fast approaching**

*The deadline for the UKABIF Film Award, sponsored by Elysium Neurological, is the 29<sup>th</sup> September 2017, so make sure you get your entries in as soon as possible.*

Entries must be short, informative and a 'must-see' five minute film about the impact of Acquired Brain Injury (ABI) which will inspire and educate people about the challenges and consequences. The winning entry will receive £750, plus a trophy, and the two runners-up will each receive £250.

The winner and runners-up will be announced at the UKABIF Annual Conference in November.

**For further information visit: [www.ukabif.org.uk/filmaward](http://www.ukabif.org.uk/filmaward)**

**>>> STOP PRESS >>> STOP PRESS >>> STOP PRESS >>>**  
Register for UKABIF's 9<sup>th</sup> Annual Conference – 13<sup>th</sup> November 2017, Royal Society of Medicine, London  
For more information and to register, please contact: [info@ukabif.org.uk](mailto:info@ukabif.org.uk)  
For further information, please visit: [www.ukabif.org.uk](http://www.ukabif.org.uk) (see page 2).

## Navigating the future for brain injury survivors: health, rehabilitation and beyond' UKABIF's 9<sup>th</sup> Annual Conference

*The UKABIF Annual Conference takes place on Monday, 13<sup>th</sup> November at London's Royal Society of Medicine in Wimpole Street, W1.*

The theme of this year's conference is 'Navigating the future for brain injury survivors: health, rehabilitation and beyond', and promises to be a stimulating day with a host of eminent speakers.

The conference will explore innovations in assessment and rehabilitation, and will consider how cuts in health and social services are impacting on the lives of people with ABIs.

Professor Mike Barnes, conference chair will be joined in the morning by speakers such as Dr Emmanuel Stamatakis, Addenbrookes Hospital who will review cognitive enhancers and functional MRI, Professor Helen Dawes, Oxford Institute of Nursing, Midwifery and Allied Health Research discussing the use of technology to monitor rehabilitation, and Dr Michael Grey, University of East Anglia speaking about the use of virtual reality and neuroplasticity.

In the afternoon Dr Nada Andelic, Oslo University will discuss transitional care and Yogi Amin, Irwin Mitchell will look at the moral and legal issues that arise in a best interests framework and the denial of rehabilitation and care.

**To register for the conference, please visit:**  
[www.ukabif.org.uk/](http://www.ukabif.org.uk/)

## Rehabilitation Prescription Seminar

### 14<sup>th</sup> December, Leeds

As part of the development of the Major Trauma pathways in 2010, the Clinical Advisory Group recommended that every patient with major trauma should receive high quality rehabilitation, and that every patient admitted to a Major Trauma Centre should have their rehabilitation needs assessed and documented through a Rehabilitation Prescription (RP).

However, the National Clinical Audit published in October 2016 'Specialist Rehabilitation for Patients with Complex Needs Following Major Injury (NCASRI)', highlighted that the use of RPs was inadequate, and patients rarely received a copy.

This seminar, sponsored by Stewarts Law LLP, and taking place at their offices on the 14<sup>th</sup> December in Leeds, will look at the history of RPs, what their role should be, why current usage is inadequate, and what needs to change in the future so that patients, carers/families and GPs receive a copy of this important document to ensure rehabilitation needs are met.

*To register for this seminar, please visit:*  
<http://ukabif.org.uk/event-registration/>

## Cheyenne and Bridget supporting ABI charities

*Mother and daughter Cheyenne Taylor and Bridget Tatham achieved a personal challenge to run 10K in three races in just three days. Running in Nottingham, London and York they raised £2,800 for three charities; Headway, Queen Elizabeth Hospital Birmingham Neurosurgery department and UKABIF.*



Cheyenne and Bridget said: "We really believe in the work these fantastic organisations are doing for those affected by ABI. This ranges from providing support to both patients and families going through this life changing event to raising awareness and fighting for quality in service, to the skilled NHS staff that treat ABI admissions daily - 1 every 90 seconds. Thank you so much for helping us raise money for a cause that is very close to our hearts".

Their story is all the more remarkable not only because both women were novice joggers but also because of Bridget's story.

In May 2016, whilst at home, Bridget suffered a subarachnoid haemorrhage, as a result of an aneurysm. Fortunately she managed to get to her neighbours next door who responded quickly and helped save Bridget's life. Four days later Bridget woke up on the neurosurgical recovery ward at Birmingham's Queen Elizabeth Hospital.

Fortunately Bridget is one of only a third of people that recover from a brain injury with no long term deficit. Many are not as fortunate and they and their families need ongoing support, treatment and care from not just the dedicated NHS staff, but from charities such as UKABIF.

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# Prince Harry launches Headway identity cards



**Headway, the UK-wide charity that works to improve life after brain injury, recently launched the Headway Brain Injury Identity Card, designed to help police officers and staff more easily identify brain injury survivors and ensure that they receive an appropriate response and support.**



The complexities of brain injury can make it difficult for people to ask for support. Carrying an official Headway Brain Injury Identity Card can provide individuals with the confidence to know that if help is required, their needs can be easily identified, whether in social situations, or if they come into contact with police officers or other emergency services.

The card can also provide brain injury survivors with added confidence in everyday social scenarios. Each card is personalised, helping the card holder to explain the effects of their brain injury and request any support they may need.

**For further information, please visit <https://www.headway.org.uk/news/national-news/apply-for-a-brain-injury-identity-card/>**

## Pushing the Boundaries: A Personal Account of Recovery from Stroke

**This recently-published book by David Guthrie looks at the rehabilitation journey he and his wife Rita, travelled following her life-threatening stroke.**

David writes from the carer's perspective because Rita was left with physical and cognitive disabilities. With no training and knowing nothing about stroke, David took on the job of main carer and was determined that his wife would overcome her disabilities and lead a normal life again.

The couple moved to South Africa and on arrival in Fish Hoek, near Cape Town, Rita was wheelchair bound, incontinent and could not make a cup of tea without help. It looked like a long, hard struggle for them both, but over time and with excellent rehabilitation therapy, Rita 'climbed her mountain to recovery' and the book details how this came about.

**Publisher: Dartas Books  
ISBN/EAN: 0995582009 /  
9780995582002**

## ABI Alliance plans next steps

**The ABI Alliance recently met and agreed to look at a campaign to raise awareness of the issues surrounding ABI, and seek improvements in support and services for people directly affected by ABI and also their families and carers.**

Established in 2016, the ABI Alliance is a collaborative venture between charities, professional groups and industry coalitions working in the field of acquired brain injury. The purpose of the Alliance is to use collective influence and work together to improve the lives of those affected by acquired brain injury.

Its mission is to improve the management and service provision for children and adults with ABI in the UK. Its vision is that ABI will be recognised as a chronic, life-long condition. All children and adults with ABI in the UK should receive coordinated and patient-focussed care that includes rehabilitation.

**The campaign strategy is currently being developed and more information will be available later in the year.**

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**REHAB  
WEEK  
2017**  
17-20 JULY 2017  
LONDON, UK



## Rehab Week – technology is the future

London hosted Rehab Week in July; combining four renowned international conferences on rehabilitation technology over four days. Rehab Week brought together engineers, clinical researchers and clinicians from around the world and looked at basic science, the translation of technologies across fields, and clinical delivery. There was a strong user involvement, inspiring the younger generations and galvanising experts to tackle the challenges ahead through collaboration.

**Toronto will host Rehab Week 2019.**

## Guardian rehabilitation supplement

In July UKABIF partnered with Mediaplanet UK to produce the 2017 Rehabilitation Campaign which appeared in The Guardian newspaper and online.

The supplement provided motivating insight from expert leaders and discussed the issues surrounding rehabilitation.

**For more information, please visit: <http://bit.ly/2mjXKCT#Rehabilitation> or email [info@ukabif.org.uk](mailto:info@ukabif.org.uk) to request a hard copy**



Tony Hart, ABIL Chair

## ABIL marks its 10<sup>th</sup> anniversary at December conference

**The Acquired Brain Injury Forum for London (ABIL) will be celebrating its 10 year anniversary at the ABIL Conference on Tuesday 5 December 2017.**

ABIL's focuses on London where it raises awareness of ABI, encourages the development and dissemination of good practice, and campaigns for better services for ABI survivors and their families and carers.

Membership is open to clinical and other professionals, people who have had a brain injury, their relatives and carers, and anyone who has an interest in furthering the work of the Forum.

New members are welcome to join and the organisation is affiliated to UKABIF.

**For more information on the conference visit <http://www.abil.co.uk/event/abil-10-year-anniversary-conference/>**



## Neuro Rehab Times

Keep up with latest research, developments and news in rehabilitation. For professionals working with brain and spinal injury clients across the UK. Produced in association with UKABIF.

**If you would like to advertise in the next issue please visit [www.nrtimes.co.uk](http://www.nrtimes.co.uk), or email [info@nrtimes.co.uk](mailto:info@nrtimes.co.uk) for a media pack, or to find out how to be an NR Times partner.**



## UKABIF celebrates its 20<sup>th</sup> anniversary in 2018

UKABIF will be celebrating its 20<sup>th</sup> anniversary in 2018. Plans are underway to mark this event which will kick off with Mike Barnes' half marathon which aims to raise £20,000 for the charity.

**Please get in touch and email [info@ukabif.org.uk](mailto:info@ukabif.org.uk) if you have ideas on how to celebrate, fundraise and raise awareness of our 20<sup>th</sup> year.**

Advertising opportunities are available in the UKABIF News Report which is published biannually. To discuss these further, please contact Chloë Hayward Email: [info@ukabif.org.uk](mailto:info@ukabif.org.uk) Telephone: 0845 6080788

UKABIF aims to promote better understanding of all aspects of Acquired Brain Injury; to educate, inform and provide networking opportunities for professionals, service providers, planners and policy makers and to campaign for better services in the UK. UKABIF is a membership organisation and charity, established in 1998 by a coalition of organisations working in the field of Acquired Brain Injury.

**For further information please contact Chloë Hayward on behalf of UKABIF**

**Website: [www.ukabif.org.uk](http://www.ukabif.org.uk) Email: [info@ukabif.org.uk](mailto:info@ukabif.org.uk) Telephone: 0845 6080788 Mobile: 07903 887655**

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**UKABIF – giving a voice to Acquired Brain Injury**

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