

HEADWAY

Bringing **positive change** in the lives of those affected by Acquired Brain Injury

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I am forever grateful...thanking you so much for all you do...it is really fantas

Headway training centre helped me to

attend a driving school for people with

Headway...has made me stronger in every way

disabilities and now I'm a successful driver

Headway helped me to control my anger. I now have skills to help me to cope

The Headway staff were always there building up my confidence

learned to be assertive

It's great to mix with people who are the same as myself

”

CHAIRMAN'S STATEMENT

These are disturbing times for the entire healthcare system and for the voluntary sector in particular. Unprecedented economic turmoil threatens to derail public services, on which many of the most vulnerable sectors of society depend.

The shortfall in the public finances is such that everyone is being called upon to make do with less. This is bad news for society's dependants – those with more serious dilemmas than whether to accept a reduction in their earnings or eliminate redundant work practices or institutions that the State can no longer afford.

Headway is focused on one such dependent group – those whose lives have been dramatically changed and whose families have been traumatised by the sudden impact of a brain injury. Every year, an estimated 10,000 Irish people are afflicted in this way – as a result of stroke, trauma caused by sporting injuries or road traffic accidents or a range of other causes. Brain injury is the foremost cause of death and disability in young people, with those between 15 and 29 three times more likely to be affected. Symptoms vary widely, from minor but perplexing behavioural changes to profound loss of cognitive functions.

The onset of the condition is, by definition, frighteningly sudden. Families often have great difficulty in accepting the concept of brain injury and need the moral support and reassurance that Headway and its sister organisations provide.

Victims of an acquired brain injury need speedy intervention to provide the best chance of recovery and the restoration of a good quality of life.

There are many inspiring case studies that demonstrate the life-changing impact of Headway's work. Each, while very gratifying, serves to add to our frustration that we cannot do more, reach wider numbers who need our help – and add to

our fear that even our current levels of service may be under threat.

It is incumbent on everyone concerned to ensure that current services to ABI sufferers are at least maintained. We recognise that the HSE – which provides the bulk of our funding – is facing very difficult choices and must ensure maximum value from reducing budgets. Headway delivers a vital front line service through a cost effective and fully accountable structure operating to the highest standards of governance. We have articulated a medium term strategic plan, an important element of which is the exploration of opportunities for co-operation or amalgamation with other complementary organisations, with the single objective of delivering better services to more people at a lower cost.

Headway's mission is to bring positive change to the lives of those affected by acquired brain injury. It is clear that Kieran Loughran and his dedicated and professional staff are passionately committed to this mission. I want to thank them for their ceaseless efforts on behalf of their clients and for their willing acceptance of the personal consequences of the current economic difficulties.

Finally, I want to thank my fellow Board members, who give their time and considerable skills so selflessly to the Headway cause, and the many volunteers who work tirelessly to raise funds and to spread the Headway message of hope to the victims of ABI and their families.

David Holden
Chairman



CHIEF EXECUTIVE'S REVIEW

The staff of Headway have a very clear mission – to provide the best possible service to people with an acquired brain injury and to their carers and families.

Our seven strategic goals give a focus and direction to our work and our annual operational plan allows us measure progress towards these goals. I am pleased to report that, despite the worsening financial situation, we delivered fully on our annual plan in the year under review, providing over 60,000 hours of direct service to 661 unique individuals. Most significantly, many of our clients made outstanding rehabilitative progress, illustrating the efficacy of the interventions that we can bring to bear on their behalf.

Summary of principal activity - 2008

Unique individuals attending Headway services	661
New cases created	274
Needs Assessments completed	160
Open cases at year end	560
Helpline contacts	1,005
Average age of individuals with ABI presenting	43
Average duration post injury in years	7.7

The statistics relating to acquired brain injury reveal that Headway reaches only a small proportion of those affected and the demand for our services can cause us to attempt too much – thereby diluting our overall effectiveness. In order to ensure that we achieve the highest standards across our services, we have adopted a three year strategic planning process that helps us to establish priorities and focus our efforts on those areas where we can have maximum beneficial impact.

We believe that there is scope for significant improvements in collaboration between the various services for people with acquired brain injury and Headway has been actively pursuing such opportunities. The coming together of complementary services will deliver cost efficiencies, more streamlined services and, most importantly we believe, an improvement in the quantum of ABI sufferers who can be treated from within existing resources. We are hopeful that we may be in a position to progress this initiative during the current year.

Advocacy

Headway, through its various services, treats and helps to ameliorate the symptoms of Acquired Brain Injury. We also recognise our obligation of being advocates for the rights of our clients and to educate on the reality of ABI. We encourage and support client advocacy groups and, in Limerick, we have developed an effective client advocacy

model which is in the process of being rolled out in other Headway regions. In due course, we plan to have a national advocacy group in place with a direct line of communication to the Headway Board.

Funding

Some funding cuts have already been imposed and it is clear that we face into a very challenging environment. The Health authorities acknowledge that services to people with ABI are inadequate and should be improved. There is also a realisation that failure to provide such services almost inevitably results in much higher costs arising from acute interventions and/or hospitalisation. In these circumstances – and despite the acknowledged strains on the public finances – there is a clear logic to maintaining the level of service provided by Headway to this very vulnerable group.

Corporate Governance

Headway is in receipt of substantial funding from the State and we recognise that this imposes on us an obligation to be fully accountable and transparent. The structures we have in place ensure detailed oversight of the financial management of Headway by the audit committee, the Board and our external auditors. We believe – and can demonstrate – that our output represents significant value and compares favourably with other NGOs and with the health service mainstream.

The voluntary healthcare sector will come under increasing pressure to address the service gaps that are an inevitable consequence of reducing public sector funding. The additional dimensions of voluntary effort and personal commitment, which characterise many voluntary bodies, deliver significant added value for the public monies invested in them. We are fully supportive of the efforts of the HSE to rationalise the sector and to put in place agreements that define the services that voluntary bodies provide in return for public investment. However, should the operation of these service level agreements stifle the enthusiasm and enterprise of the voluntary sector by excessive intervention, they will serve only to reduce its effectiveness.

And Finally

My thanks to an enlightened and supportive Board, a wonderful and passionate staff, and the many selfless volunteers who support our work.

Kieran Loughran
Chief Executive

Headway's mission is to bring positive change in the lives of those affected by an acquired brain injury



Rehabilitation Services – Dublin

Deana Conaty
Manager

Numbers of clients accessing service

Day Rehabilitation Service		Rehabilitative Training	
Clontarf	16	Clondalkin	15
Lucan	20	Finglas	15
Ringsend	21		

The service

Day Rehabilitation Services brings together people with an ABI to participate in a programme of activity tailored to their needs. This holistic approach combines a range of cognitive, social, educational, creative and rehabilitative activities in a supportive environment with a community focus.

Rehabilitative Training (RT) provides rehabilitation to those with an ABI in an effort to maximise their potential for independence in their own community. When the client leaves the programme, ideally they will have gained the skills to engage in employment, volunteering, education or other community opportunities.

Waiting lists

Day Rehabilitation Service		Rehabilitative Training	
Clontarf	10	Clondalkin	21
Lucan	13	Finglas	13
Ringsend	8		



Psychology Services – Cork & Kerry

Mairead Ni Eidhin
Senior Clinical Psychologist

The service

Psychology Services Cork provides clinical input to Limerick and Kerry in terms of clinical supervision and direct client assessment and therapy.

The service offers individual psychotherapy, neuropsychological assessments, neurorehabilitation, social work, supervision, consultation, needs assessments, and currently coordinates the scientist practitioner project (to ensure service quality and best practice within Headway).

All newly referred cases are now offered family education workshops, after which family members may attend a monthly support group. We provide assessment and intervention to children with ABI and children whose parents have an ABI.

The coming year will see an increase in group work, refinement of research involvement, development of child services, training and development within the psychology services in Headway Limerick and outputs from the scientist practitioner project.



Rehabilitation Services and Community Integration – Cork

Liz Owens
Regional Manager South

The service

Ballincollig services have been exceptionally well attended in 2008 with numbers of referrals and attendees on all services up on previous years. The range of activities provided increased to include horticulture and boat building. A greater diversification of age groups has been represented on our services this year.

The Cork service handled 35% of Headway's total client volumes in 2008, with 87 new cases presenting and some 35 further people on waiting lists for a range of services.

During the year, the Ballincollig Services achieved the FETAC Quality Assurance Award – which allows Headway to offer programmes leading to FETAC awards on the national framework of qualifications.

The Community Access programme took on a number of new challenges, involving clients in a wider range of community activities, working with clients who have more challenging and complex conditions and developing a new social group in which clients are encouraged to build on the skills gained through previous interventions.

The service

Headway in Limerick provides the following services:

- Rehabilitative Training.
- Vocational Training.
- Specialist Resource Training.
- Psychology Services
- Family Support Group
- Jobs Club

Therapy and counselling are integrated in all training. Included in an holistic support programme, the Limerick centre provides music therapy, art therapy, speech and language therapy, assistive technology training and advocacy training. Partnerships that have been established and maintained for the benefit of clients include physiotherapy, occupational therapy and VEC support. Headway staff input specialist ABI knowledge and strategies as part of these partnerships.

Client direction and progress is monitored and recorded on an individual basis. Feedback from clients and family members is pro-actively sought and integrated into forward planning of services.

The service

Services offered include:

- Neuropsychological assessments
- Individual psychotherapy for people with ABI and their carers
- Therapeutic/educational groups (2 ABI support groups, 1 Carer's support group, 1 Pain & Fatigue management group and 1 Memory group),
- Biofeedback.

Among additional services to be offered in 2009 is a "Buddy Project" - clients matched to a trained peer who also has ABI for support and social stimulation.

The Psychology team are battling against increasing waiting lists, the effective management of which was a key goal during 2008. The targets set, which were achieved, aimed to reduce waiting time for neuropsychological assessment to six months and other services to less than one year. While improvements were achieved, these waiting times are still unacceptably long.

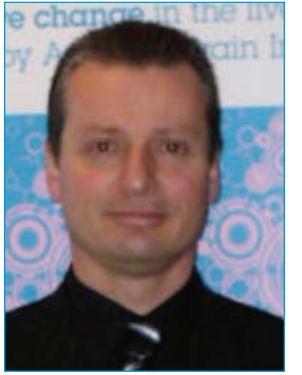
The service

The Headway Information and Support service provides a range of information and outreach services, which are important to people with an ABI, even in areas where Headway has no physical presence. More than 1000 people utilised the services during 2008, an increase of 18% on the previous year. More than half were professionals, a quarter were family members and the remainder were people with a brain injury. There was further growth in web contacts, which now represent 17% of all contacts to the service. A new contact relationship management system was put in place to improve information handling and responses.

We also increased our outreach activity and made presentations to key stakeholders at Beaumont Hospital and the National Rehabilitation Hospital, as well as a number of other agencies (The Courts Service, Supported Employment Services, Disability information days, and

Rehabilitation Services – Limerick

Denis Mangan
Manager



Client Numbers

Rehabilitative Programme	21
Bridging Programme	16
Special Resource Training	3
Psychological Interventions	28
Family Support	10
Jobs Club	10

Waiting List

35

Psychological Services – Dublin

Suvi Korpelainen
Clinical Neuropsychologist



Current waiting lists for psychological services

Neuropsychological assessments	17
Psychotherapy for ABI clients	9
Carers/family members	6
ABI support group	13
Carers' support group	25
Emotional management	3
Pain & Fatigue	6
Memory group	9

Information and Support

Richard Stables
Manager



schools, amongst others). Of particular note, were two very successful collaborations with BRI to provide "pamper" days to carers of people with brain injuries. These low-cost events were very well received by the participants and addressed a hitherto unmet need.



Shortly after his retirement from Ballinahina Dairies, Jim Hegarty suffered a brain haemorrhage. Without warning, his entire life changed. He suffered from continuous headaches, he tired easily, his memory was affected and he was unable to recognise people he had known all his life. He retreated from the active life he had known and spent much of his time indoors.

After some months, he was inducted into the Headway Day Service Programme, which he now attends two days a week. Apart from the stimulation of meeting others with similar problems, the programme involves art and design projects, movements to music and programmes that aid memory. There are regular outings on the Headway bus to visit museums and galleries, coffee shops and garden centres. Jim is working towards a FETAC level 3 award in art, he has participated in a Community Access programme and started a training regime in a local gym.

Last year, he attended a Forum on Disability in Aras an Uachtarain and travelled to Spain for his daughter's wedding. Once a keen fisherman with his own boat, he now relies on a friend to take him to sea.

Jim is among those lucky enough to have gained access to appropriate services. He now has realistic hopes and dreams for his future. He intends to travel to Australia to visit his son but mostly "to live a long life and watch my grandson as he grows".



Financial Statements

Revenue Income and Expenditure Account

For year ended 31 December 2008

	2008	2007
	€	€
Income	4,131,016	3,389,118
Administrative Expenses	4,079,854	3,431,968
Operating Surplus/(Deficit)	51,162	(42,850)
Interest Receivable	22,827	8,580
Surplus/(Deficit) on ordinary activities before taxation	73,989	(34,270)
Tax on (deficit)/surplus on ordinary activities	—	—
Surplus/(Deficit) for the financial year	73,989	(34,270)
Balance brought forward	353,614	387,884
Balance carried forward	427,603	353,614

Balance Sheet

	2008		2007	
	€	€	€	€
Fixed Assets				
Tangible Assets		310,869		422,698
Current Assets				
Debtors	692,191		783,648	
Cash at bank and in hand	932,663		790,586	
	1,624,854		1,574,234	
Creditors: Amounts falling due within one year	662,812		771,775	
Net Current Assets		962,042		802,459
Total Assets Less Current Liabilities		1,272,911		1,225,157
Grants	845,308		871,543	
	427,603		353,614	
Reserves				
Income and expenditure account	427,603		353,614	
Members' Funds	427,603		353,614	



Keith Barry
Ambassador

Keith Barry joined
Headway as Ambassador
in September 2008

HEADWAY

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those affected by Acquired Brain Injury

Patron

Mary McAleese,
President of Ireland

The Board of Directors:

David Holden – Chairperson
Clive Brownlee
Frank Ahern
Allison Bingham
Dr. Orla Hardiman
Pam Kearney
Seamus Mulconry
Martin Naughton
Professor Ian Robertson

Company Secretary:

Kieran Loughran

Solicitors:

Sheridan Quinn Solicitors
29 Upper Mount Street
Dublin 2

Bankers:

Allied Irish Bank
Georges Street
Dun Laoghaire
Co. Dublin

Auditors

Grant Thornton
Chartered Accountants &
Registered Auditors
24-26 City Quay
Dublin 2

Registered in Ireland No:

198247

Charity No:

CHY 7417

Registered Premises

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