

## Newsletter May 2022



**ACTION FOR**

**BRAIN INJURY WEEK 2022**

**16-22 MAY**

'*See the Hidden Me*' will amplify the voices of people with brain injuries and focus on what, for many, are 'hidden' disabilities, challenges and misunderstandings experienced in their daily lives. The aim of the awareness week is to empower individuals to talk about when these hidden disabilities has made life more challenging, whilst also asking the general public for more understanding and respect through better insight into the invisible challenge's individuals experience every day.

### Some common quotes from our members



CWP NHS Acquired Brain Injury Service has produced 2 digital stories for Brain Injury Awareness Week Find out more here:

1. Link to digital story, '*speak up, believe in yourself*'
2. Link to digital story, '*inside tells a different story*'

<https://www.youtube.com/watch?v=JvmdlxLybrs>



### Sleep - A hidden problem

Article by Dr. Crawford Thomas, Consultant Clinical Neuropsychologist and Chair of Trustees and Megan Thackeray – Assistant Psychologist at the Acquired Brain Injury Service.

Some level of sleep disturbance is normal and natural. For example, it is not uncommon to have one night of poor sleep each and every week; even the best sleep management and routines may not overcome this. This is perfectly normal and is nothing to lose any sleep over!

**However around 50-70%, of brain injury survivors experience sleep problems which is far higher than the general population.**

**Insomnia** can be broken down into 3 separate components, however sometimes insomnia can be a combination of these. These are: difficulty going to sleep, difficulty staying asleep, and/or problems in early morning waking.



## 7 golden rules for insomnia:

1. Fix upon a good routine that you stick to for going to bed and waking up – within that routine, ensure there is a wind down period before bedtime.
2. Avoid blue light products eg. smartphones, TVs, laptops, for 30-60 minutes before sleep time (within that, do not take your smartphone to bed).
3. As best you can, create a restful bedroom which is designed primarily for sleep and nothing much else.
4. Avoid caffeine especially coffee after lunchtime.
5. Avoid big meals for a minimum of 4 hours before bedtime.
6. Ensure your bedroom is completely dark for the duration of the night; if it is not, consider black out curtains or blinds.
7. Ensure you get a good dose of morning sunlight before lunchtime as best you can; spend a minimum of 30 minutes outside if possible.

Very frequently, sleep experts are asked what is the most important thing that their patients should focus on. Our own preference is for the emphasis on light: **get the right light at the right time.**

If you require any help and advice regarding sleep problems your local brain injury service or GP is ideally placed to screen for and assess all of these problems. Sleep apnoea, hypersomnia and restless legs are more specialist areas that you should speak to a specialist about.

## Introducing New Care Providers in Cheshire

### Ellesmere Port - Cheshire Springs



Specialist care provider, Exemplar Health Care, is set to open new complex needs care home in Ellesmere Port

Exemplar Health Care is one of the UK's leading providers of specialist nursing care that focuses on maximizing independence and empowering those living with complex needs to live as fulfilled lives as possible.

Set to open on 6th June 2022, Cheshire Springs, will be Exemplar Health Care's first home in Cheshire West and Chester and will specialise in supporting 20 adults living with complex mental health needs, neuro-disabilities, brain injuries, spinal injuries and complex dementia.

**As always, a huge thank you to all our members  
for your continued support!**

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