



# Action for Brain Injury Week – What You Can do to Help

This week we have been shining a spotlight on brain injuries in an attempt to raise awareness about the condition that affects a large number of people across the UK.

The focus of this year's Action for Brain Injury Week is 'Memory Loss'.

We have explored [how brain injury can cause memory loss and tips for managing memory problems](#).

We have also looked into [Traumatic Brain Injury as a result of Road Traffic Accidents](#) and the [importance of rehabilitation](#), exploring the difficulties faced by those with brain injuries in accessing suitable Neurorehabilitation.

Finally, we have explored [how family and friends can support those who are suffering from a brain injury](#).

Even if you do not have a close connection with someone with a brain injury, there are lots of ways in which you can get involved and help out.

## Impact of Coronavirus on Charities

There are a number of charities who aim to help those who are suffering from a brain injury and need ongoing support during these difficult times.

Lester Aldridge is proud to be a panel solicitor for Headway, the charity who started this Action for Brain Injury Week campaign.

Unfortunately, all charities are suffering at the moment as a result of the Coronavirus pandemic.

With the cancellation of a large number of major fundraising events such as the London Marathon, and with lockdown resulting in a significant reduction of income and donations, charities are more grateful than ever for any assistance in raising funds.

## How you can help

There are a number of ways you can get involved.

### 1. Volunteering

There are many charities that provide community and residential support for people with acquired brain injury.

These charities rely on volunteers to assist with tasks such as gardening, DIY, collections or help arranging or planning activities and trips.

Unfortunately, due to the current situation with Coronavirus, it may not be possible to do certain volunteer projects that require close interaction with other people as it is important to comply with the current guidelines on social distancing.

Nevertheless, there is no harm in contacting your local charity to see if there is anything you can do to help while complying with government guidelines.

### 2. Fundraising

There are all sorts of ways you can [fundraise](#), such as a sponsored run, a hike, a cycle or even a skydive!

As long as you can gather some support from friends, family or your community, you can help.

### 3. Donations

There are also a number of different ways you can donate:

- [Direct Donations](#)
- [Indirect donations](#) by using certain links on Amazon, eBay and more. These direct a percentage of your purchase or sale towards the charity.
- Buying your Christmas cards from [Headway's shop](#)

## How can we help?

Our specialist Personal Injury and Medical Negligence team at Lester Aldridge have experience in dealing with claims relating to Brain Injuries.

If one of your friends or family has suffered a Brain Injury, and you are concerned about the events that caused the injury or the treatment they received, our [Personal Injury team](#) can assist on 0344 967 0793 or [online.enquiries@la-law.com](mailto:online.enquiries@la-law.com)