



Community Support Service

HEADLINES

FEBRUARY 2011

Headway Essex

Upcoming Support Groups for 2011

Basildon

Tuesday 8th February
Tuesday 8th March
Tuesday 12th April

Venue:

St John Ambulance South
Essex Headquarters,
Sandon Road, Pitsea,
Essex, SS14 1TH
7.30pm - 9.30pm

Chelmsford

Tuesday 15th February
Tuesday 15th March
Tuesday 19th April

Venue:

Swift House, Hedgerows
Business Park, Colchester
Road, Springfield,
Chelmsford, Essex,
CM2 5PF
7.00pm - 9.00pm

Tendring

Tuesday 1st March
Tuesday 3rd May

Venue:

Tendring Stroke Services,
85 Frinton Road,
Holland-on-Sea,
CO15 5UH
7:00pm - 8:30pm

Carers Support Group

Friday 25th February
Friday 25th March
NO MEETING IN APRIL

Venue:

The Headway Centre,
2 Boxted Road,
Colchester, Essex,
CO4 5JD
10.30am - 12.30pm

Colchester Social Club

Monday 7th February
Monday 7th March
Monday 4th April

Venue:

Phone 01206 845945
The Headway Centre,
2 Boxted Road, Colchester,
CO4 5JD
7.00pm - 9.00pm

VOLUNTARY WORK - a possible route back to paid employment after acquired brain injury (ABI)

As all those who have sustained ABI will know, the route back to work can be both frustrating and daunting. People may question whether they are able to fully regain the skills they possessed prior to their injuries that will re-equip them to return to the workplace. When the possibility of voluntary work is suggested, people's reactions vary. Some wonder about the benefits of doing work without a financial reward, and others may have made enquiries at local charity shops and sometimes have found the response they receive unhelpful. Whilst accepting these viewpoints, there are some positive aspects that could be worth considering.

Doing something productive can build self-confidence and helps people get back into the type of working routine they were once used to. In addition, the possibilities offered are broader than are often thought. Doing voluntary work can be a way of trying out things you have not done before and finding out what your strengths and weaknesses are. People can learn new skills, gain experience and meet new people. There is a possibility that it will lead to paid work at some time in the future, and even if people are not able to return to the workplace, voluntary work can be a worthwhile and rewarding thing to do.

Essex has numerous Volunteer Centres where you can meet people to discuss the possibilities available, some of whom who are in a 'supported volunteering' role and are able to help you along the first steps of the way. To contact your local Volunteer Centre, either use the website www.volunteersex.org or find the number in your local telephone directory. Another useful organisation to contact is www.do-it.org.uk where you can search your area to find out work available which matches your personal interests. Most of the posts advertised are linked directly to Volunteer Centres, so you can apply online or contact the relevant Centre.

A number of people Headway Essex supports have benefited from doing voluntary work. We would be happy to hear from you about the experiences you have had - both positive and negative. If you would like to learn more about voluntary options, please contact the Community Support Team on **01206 768797**.

CARERS - LOOK AFTER YOURSELF!

'*Looking after me*' is a course for adults in mid-Essex who care for someone with a long-term health condition or disability. The course is free, runs for six consecutive weeks and requires a two and a half hour commitment for each session. The course looks at relaxation techniques, dealing with tiredness, exercise, healthy eating, coping with depression, communication with family friends and professionals and planning for the future.

For further information, contact Carol Roe on **01376 333286** or email her on carol.roe@midessexpct.nhs.uk
Also visit www.midessex.nhs.uk/epp

LEGAL SURGERIES

We would like to remind you that our legal surgeries are now up and running for the benefit of all those who use Headway Essex's services and their families. A solicitor will be able to give people up to half an hour of advice and guidance on any legal matter, for free. Sessions are held on the first Friday of each month from 10.00am to 12.00pm at **The Headway Centre, 2 Boxted Road, Mile End, Colchester, Essex, CO4 4JD.**

For those who are not able to get to the Centre, it will be possible to have a telephone discussion with the solicitor by prior arrangement.

The next surgery will be on Friday 4 February, and please call the Community Support Service on **01206 768797** to make an appointment for that day or for future dates. (Please note that the solicitor will not be able to see people unless an appointment has been made.)

SAGA RESPITE FOR CARERS TRUST AWARD

Nominations are now open for the Trust's third year. It is to reward people who care selflessly for their loved ones by giving them a well-earned holiday, while ensuring continuity of care. If you are a carer who is unable to take a break from your responsibilities, or if you know of someone who is a carer and deserves one, you can fill in a nomination form. The carer should:

- ◆ Be over 50 years old;
- ◆ Have been caring for someone for more than one year;
- ◆ Not have taken a significant holiday away from their caring responsibilities within the last year;
- ◆ **Not** be a professional carer.

How to apply:

- ◆ You can apply yourself or nominate someone you think deserves it by filling in the online nomination form.
- ◆ Nomination forms can also be obtained by post from, **The Trust Manager, Saga Respite for Carers Trust, The Saga Building, Enbrook Park, Folkestone,**

SAGA TRUST (continued)

Kent, CT20 3SE. (Please enclose a stamped, self-addressed envelope.) For further information contact www.saga.co.uk/health/carers/carers-trust/

Source - SAGA

ENDEAVOUR DANCE!

Creative and fun!

The Endeavour sessions are for adults with disabilities and take place at **Colchester Leisure World** on Friday afternoons. There are two different sessions:

- ◆ The first is from 2.00pm to 4.00pm and includes activities such as trampolining, basketball, table tennis, football and short-mat bowls. (Cost £3.80.)
- ◆ The second is from 4.00pm to 5.00pm when people can dance using scenes, props and music. (Cost £4.00.)

If you want to exercise through sport and movement, contact Colchester Leisure World reception on **01206 282000**. If you wish to attend both sessions, you will be able to do so at a reduced price of £6.50.

INTERNET ACCESS FOR THE TERRIFIED!!

Tendring Community Voluntary Services (CVS) provide help in this area between 2.00pm and 4.00pm every Tuesday. At a cost of just £2.00 a volunteer will be happy to show you how to use a computer, surf the internet and send emails.

Their 'Internet Café' - every Monday between 10.00am and 12.00pm - also gives people the opportunity to do the same as well as meet people and obtain information about local services and activities. This will cost £3.00, including refreshments.

Tendring CVS also offers a range of courses that might be of interest. In February and March they include 'Cultivating Confidence', 'Speaking with Confidence' and 'Getting back in Control'. For information about all of the above, contact **01255 425692** or www.cvstendring.org.uk

If you require any further information, please contact any team member at the Community Support Service on 01206 768797 or email us at: communitysupport@headwayessex.org.uk