



# FUNDRAISING HEADLINES



AUGUST 2010

HEADWAY ESSEX

## SUMMER SIZZLERS

### HOT DOGS AND SUN CREAM

It was one of the hottest days of the year for our Colchester Dogathon but that didn't put off more than 100 pooches and their walkers from joining in the fun and frolics with the sponsored walk, fun dog show and agility course.

To date over £5850 has been raised, including Gift Aid, with more to come in. Our heartfelt thanks go to the Mayor of Colchester, Cllr Sonia Lewis, for opening the event; our annual sponsors, Penrose & Partners Veterinary Surgeons; Snoopies Grooming Salon, and the Standard. We are also grateful to Barking Mad; Gary Wilson Photographic; Boxted Agility Team; the staff of High Woods Country Park, especially Jo & Richard; all our Headway volunteers who worked so hard on the day; Essex Police Dog Unit; Colchester Animal Officer; and the companies who donated doggy treats and prizes. Last but not least a big pat for all the dogs and walkers who made our day special.

To see some fabulous photos of the day go to:  
[www.garywilsonphotographic.co.uk](http://www.garywilsonphotographic.co.uk)



Cllr Sonia Lewis,  
The Mayor of  
Colchester lets  
the dogs out!

### COASTAL DOGATHON

For another fun day out for dogs and owners book in to our Coastal Dogathon on Sunday 19th September. A 2 1/2 mile walk along the Clacton prom and back, with a shorter route for those who prefer, will be followed by a Fun Dog Show. The event is sponsored by Barking Mad Home from Home Pet Care, Snoopies Grooming Salon and Gary Wilson Photographic. The registration form can be downloaded from our website, or you may also complete and return the enclosed form, email or phone.

### ANOTHER MOUNTAIN CONQUERED FOR HEADWAY



Nadzieja Askew, Keith Pepper, Phoebe Fuller  
Mike Fox, Emily Rogers

Our trekkers are back from the High Atlas Mountains, Morocco, reaching the summit of Mount Toubkal, North Africa's highest mountain (4,167 metres) on the last day of the 7 day trek. The trek, organised by Val Pryor of Mersea Island Fundraising for Headway, is estimated to have raised a minimum of £13,000 plus gift aid, to be shared between Headway, the brain injury association and Headway Essex. Val and husband Colin began helping Headway following their son Iain's road accident 8 years ago. Iain now attends our Day Centre in Colchester.

Four previous trekkers agreed that this was by far their most spectacular trek to date and first time trekker Emily Rogers described it as an 'unforgettable, exhausting and exciting experience'. 'It was agreed that this trek was strenuous and it certainly tested their stamina' Val told us. 'Apart from walking up to 9 hours daily in diverse terrain and below freezing temperatures at night, they coped with snow, mist, ice and 80 mph cross winds which were extremely challenging.'

'On behalf of Mersea Island Fundraising for Headway, Headway Essex and Headway UK I would like to take this opportunity to thank the 'Super 6' for taking up the challenge and to their sponsors and families for their support. We're very proud of them. My high altitude trekking days are over, but organising the treks is the next best thing - a great fundraiser for Headway. The treks are always challenging and not a 'holiday' and many of the routes are chosen by Doug Scott, CBE, the first Briton to climb Everest. MIFH's next trek will be to Machu Picchu, Peru in 2012. Date yet to be announced. If you are interested in joining this trek please contact Val on 01206 381456 or email:  
[valpryor@btinternet.com](mailto:valpryor@btinternet.com).

# LOOKING AHEAD.. AND WEARING A HAT!



## Hats for Headway

Friday 22nd October is going to be our very own 'Hats for Headway' Day. To help raise funds and increase awareness, we are encouraging Businesses, Clubs & Schools throughout Essex to take part. We are hoping that colleagues, club members & students will wear their favourite or wackiest hat for the day and make a £1 minimum donation in return. If you are part of, or know, an organisation, company or school that could get involved, please let us know and we will send out materials for the day. We will award some novelty prizes for daftest photos, so join in the fun and raise funds too! Please contact us on 01206 547616 or email [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk) for more information.

## 1940's Dance

There will be another opportunity to enjoy those great sounds of the 30's & 40's with the Locarno Big Band! The dance takes place on Saturday 25th September at Colchester Institute and tickets are £15. Guests are welcome to bring their own refreshments. Tickets are available now (see enclosed form). Last April's Dance was a sell-out, so book now to avoid disappointment.

## CycleBirdathon

A team of keen birdwatchers will be cycling round North Essex on Sunday 16th September aiming to beat their previous achievement of spotting 100 bird species in one day. They will be raising sponsorship for Headway, so visit: [www.justgiving.com/Sean-Minnscycle-birdathon2010](http://www.justgiving.com/Sean-Minnscycle-birdathon2010)

## Register for Women's Challenge

If you would like to join in the 5k Women's Challenge in Hyde Park on Sunday 5th September, go to: [www.womenschallenge.co.uk](http://www.womenschallenge.co.uk) to register. Let us know and we will supply sponsorship forms, Headway literature and a running vest.

**Good luck to our 11 strong Run to the Beat Team !**

## Masquerade Ball

*Music, Magic & Mystique*



Plans are well under way for our Masquerade Ball on Friday November 19th at The Fennes, Bocking. It promises to be a scintillating event and a special time to celebrate 25 years of Headway ..... and have a good deal of fun too!

The evening commences at 7pm with a sparkling reception, followed by a delicious three course dinner. There will be music and magic and some mystical surprises for our guests! Dress code is black tie and mask!

We are very grateful to our major sponsor, Irwin Mitchell Solicitors for their continued support. In addition we would like to thank Click4Quote and Colne Estates for sponsoring the entertainment; Elm Park Partnerships in Care for sponsoring the sparkling reception, and Palladian Press/Colchester Connected for the printing. Tickets will be £60 each and we will be happy to take reservations now. Tables and tickets are already being booked, so don't miss out ..... get some friends together for the party!

## The Twelve Wines of Christmas "and a Pomerol in a Pear Tree"

On the ninth day of Christmas my true love gave to me .... an invitation to a Christmas Wine Tasting! Join us at Colchester Wine Centre on Thursday 9th December from 7pm to 9.30pm for an evening of festive wine and canapés. Try out superb wines specially selected by the Wine Centre suitable for a Christmas Eve Drinks Party, Christmas Day Lunch, Boxing Day Buffet and New Year's Eve Celebration. Wines tasted on the night will be available to guests at a 10% discount for 7 days after the event. Tickets are £28 each and numbers are limited, so book now, by completing the enclosed form.

## Danceathon Success

The Danceathon held at Bannatyne's Studio was a great success. Opened at 8am by Bob Russell MP, dancers waltzed, belly danced and boogied their way through 12 hours. Peter Harvey and Beverley Whitfield organised the event and raised £1140 plus Gift Aid. Our grateful thanks go to them, Bob Russell, all the dancers and to Bannatyne's for the facilities.

## Alter Ego International Fashion Party

We had a super night at the Alter Ego International Fashion Party. The Alter Ego Hair Design team put on a fantastic show featuring funky hair, beauty & fashion, accompanied by music from top local DJs and street dancers. Our grateful thanks go to Alter Ego as well as the international hairdressers who flew over especially, the DJs and Sub Zero Night Club

## Clay Pigeon Shoot

We were delighted to be a benefiting charity for the Paglesham Clay Pigeon Shoot again this year. We had a super day down in South Essex and the participants were very generous in their support of the charities present. Thank you, Mark, Stuart and the Committee for making it such a cracking event. We'll let you know in the next edition how much was raised.

## CAMRA Real Ale & Cider Festival

A huge thank you to the Committee of Colchester CAMRA for raising over £600 for Headway during the 2010 Real Ale & Cider Festival here in Colchester... and thanks also to our Day Centre staff member, Georgina, for nominating us.

The recent **Tesco Collection** raised **£256.24**. A big thank you to all the volunteers and Tesco Stores.

## Christmas Grand Draw

In the October issue we will be sending out a £5 book of raffle tickets to everyone, which we hope you will be able to sell for us. If anyone is able to donate bottles of wine or spirits, or items suitable for a super Christmas hamper, we shall be delighted to receive them.

## Discount on travel insurance!

Do you know that as a Headway Supporter you can get an amazing 10% discount on travel insurance? Headway has teamed up with Colchester-based [www.Click4Quote.com](http://www.Click4Quote.com) to offer this fantastic discount on all polices. All you need to do is enter 'Headway' in the box for an online quotation or mention it on the phone when calling and the discount will be automatically applied.

Click4Quote.com has pioneered great value travel insurance with competitive prices and top quality insurance cover for over 10 years. 'We aim to provide great prices but also offer some of the best cover available' says Ashley Bond, Managing Director at Click4Quote.com 'for example, with the recent problems caused to travellers by volcanic ash, our travel policy was one of the very few that specifically provided insurance cover for that sort of thing' he adds.

Click4Quote.com is also helping Headway with sponsorship at the Masquerade Ball this autumn. So why not spend less on your insurance and more on your holiday this year and click or phone for a quote?

[www.Click4Quote.com](http://www.Click4Quote.com) Tel : 01206 771755

## Evolve Office

Evolve Office, the online office superstore are supporting Headway Essex by donating a % of their customers' orders to us. This does not cost the customer a penny. We would like to thank Evolve for their support as in addition they are also giving 5% cash-back on all our orders we place with them. So to purchase great office products at fair prices, go to [www.evolveoffice.co.uk](http://www.evolveoffice.co.uk) to help yourselves and help us

## Some more very welcome news

We would like to send a heartfelt thanks to Gina Clementson who generously donated a large number of items of gold & silver jewellery, enabling us to raise a wonderful sum for Headway. Also to Linda Dove who had a barbecue and raised £251.52 and to Alison Wood for running in the Manchester 10k carrying a life sized cardboard cut-out of our patron and raising £130.76! Well done to Chris Sloane for raising £310 from the Moonlight Colourthon.

A huge thank you goes to Linda & John Runciman and Christine Martin for running a stall at the Southend Air Show and a summer raffle raising £311.00, and to Carol & Bob Stannard for their £100 gift.

Our grateful thanks go to the Essex Masons for their generous donation of £500.00, to Tendring Masons Fellowship for their kind gift of £300.00 and to Essex Legal Services for their kind support of £345.71. We are delighted that Essex Legal Services will be carrying on fundraising for us again this year.

We had a very successful weekend at the Little Bentley Gardens & Waterways Show raising £2000. Thank you, Geoff & Kelly of Snoopies Grooming Salon for sharing your pitch with us, and volunteers, Maggie Cooper & Jo Hockey.



"Please note that any products, companies or web-links included in this newsletter are not produced, sponsored or endorsed by Headway Essex, other than our David Tennant merchandise of signed cards, t-shirts and pillow slips"

# FUNDRAISING

Joanna Wright  
Director of Fundraising

Mary Beverley  
Fundraising Manager

Anna Smith  
Fundraising Assistant

Headway Essex, Town Office  
58b Head Street, Colchester  
Essex, CO1 1PB  
Tel: (01206) 547616  
Fax: (01206) 547486

Email:  
fundraising@headwayessex.org.uk

www.headwayessex.org.uk

Registered Charity No: 1008807

## Events, events!

Silver Anniversary Party, Ramada Hotel, Saturday 21st August

“At Home” County Cricket Day, Colchester  
Sunday 22nd August (Mayor’s Charities)

Tescos Collection, Highwoods, Saturday 4th September

Great Bentley Show, Saturday 4th September

Adidas Women’s 5k Challenge, Hyde Park, Sunday 5th September

Run for Fun, Thursday 9th September, Colchester Castle Park  
(Mayor’s Charities)

Coastal Dogathon, Clacton-on-Sea, Sunday 19th September

1940’s Dance, Colchester Institute, Saturday 25th September

Run to the Beat Half Marathon, O2, London, 26th September

CycleBirdathon, Sunday 26th September

Colchester Fireswim, Saturday 2nd October

Wear a Hat for Headway Day, Friday 22nd October

Mayor’s Quiz Night, Wednesday 10th November, Town Hall

The Masquerade Ball, The Fennes, Friday 19th November

The 12 Wines of Christmas, Thursday 9th December  
Colchester Wine Centre

## We’ll get by with a little Help from our friends Thank you

To all the organisations and  
individuals who help us with gifts of money,  
goods and time.

### Donations from clubs & organisations

Penrose & Partners (sponsorship)  
Lions Club of Chelmsford, Basildon Support Group  
Starling Close Residents & Family Mosaic  
Peter Harvey, Beverley Whitfield  
& the Danceathon participants,  
Essex Masons Trust, Kelvedon WI  
CAMRA (Co. & NEE), Alter Ego  
Essex Legal Services, Tendring Masons Fellowship  
Wimpole Road Ladies Circle

### Collection boxes

One Stop Convenience Store  
Mr & Mrs Baxter, Martins Newsagents  
Phyllis Baines, David Marshall, Audrey Johnson  
Jack Harker, Sheila Jones, Anna Daniells  
Greenstead Fish & Chip Shop  
The Galloways, David Marshall

### Personal Donations or Sponsorship

Anna Daniell, Mary & Nigel Chapman  
Marianne Stevenson, David Morran  
Jean Livingstone, Audrey Cook  
Alex Kettel (sponsored silence)  
Alex Wilson & Kim Hopkins (London Marathon)  
Chris Sloane (Moonlight Colourthon)  
Linda & John Runciman & Chris Martin  
(Southend Air Show)  
Alison Wood (Manchester 10k Run)  
Helen Wailling, Mr & Mrs Hogg, Carol & Bob Stannard  
Albert Osborne, Judy Crees, Linda Dove

We have also received donations in memory of  
Len Lanyon, Pamela Bolton & Francis Jones.  
We would like to express our deepest sympathy to  
their families

We would also like to remember Abbie Krinks who  
tragically lost her life on 1st July. We know how  
deeply her loss will be felt by her family & friends,  
here and at Snoopies Grooming Salon

### Donations in kind

Gina Clementson (donation of jewellery)  
Data Shred Uk