



FUNDRAISING HEADLINES

FEBRUARY 2010

HEADWAY ESSEX

TIME TO CELEBRATE OUR SILVER

Wow! We are 25 Years Old!



It doesn't seem possible that 2010 is our Silver Anniversary as a charity. It's been an amazing 25 years of growth and development. Back in 1985 we were a small support group meeting once a month. Take a look at us now! We are providing services across the whole of Essex; our Day Centre has been extended twice from a tiny bungalow to the large multi-purpose centre it is now, accommodating 25% more attendances than in 2008. The services we offer from the Centre have expanded too, to include a wide range of educational, recreational and physical activities.

Our Community Support Service currently helps over 290 families throughout the county. In addition to the vital support, information and advice services and cross-county monthly support group meetings, we now offer training for carers, a school programme and we are piloting a "moving-on" group in South Essex.

Our Fundraising team is busier than ever and we will shortly be launching our new improved web-site at: www.headwayessex.org.uk. We even have our own Facebook page and are doing the odd Twitter! So we are really moving with the times. There will be plenty of events to enjoy during the year, including concerts, dances, a Black Tie Ball, Dogathons, activity-based & sponsored events, and some exciting ideas still in the melting pot.

Our wonderful patron, David Tennant, is helping too. He has drawn and signed a unique David Doodle and we will be selling items of merchandise featuring it shortly. More of that very soon.

So 2010 is a very special year for us and we want to make it one to remember. We hope you will help us make it special by lending your support whenever and however you can, and encouraging your friends, relatives and colleagues to help us too.

We've reached Silver.... Help us go for Gold!!



COMING UP



An Evening of Light Music

Enjoy an evening with the superb Band of the Parachute Regiment and Braintree Male Voice Choir at St Botolph's Church, Colchester on Saturday 20th March. The concert commences at 7.30pm and is presented by the Rotary Club of Colchester Forum. This should be a delightful and entertaining evening.

Tickets are £10 (£8 concessions) from the Town Office (see enclosed form) or Red Lion Books, 125 High Street, Colchester. Cheques should be made payable to The Rotary Club of Colchester Forum. Tickets are already selling well, so don't miss out on a super evening .

1940's Dance

Get on your dancing shoes and come along to the Colchester Institute on Saturday 17th April to enjoy the fabulous Locarno Big Band as they play those magical musical moments from the '40's. Also on display will be some World War II vintage vehicles.

Tickets are £10 and available from the Town Office (see enclosed form). The band is very popular and the evening is sure to be a sell-out so get your tickets soon. Our very grateful thanks go to the Lamberth Family for their generosity in sponsoring the event.

There will be a raffle and prizes for best 1940's outfits, so dress for the era if you can.

The dance starts at 8pm (doors open at 7.30pm) and the evening finishes at 11.30pm. You are invited to bring your own refreshments as there will not be a licensed bar.



Dressed to the Nines!

Foreign Coins & Mobile Phones

We now have a new outlet for trading in donated currency. It can be notes and coins, current or obsolete of any denomination, and from any country.

We are also seeking 32 old or broken mobile phones to reach our next target. So please have a rummage through your drawers and drop off coins, notes and phones to the Town Office or Day Centre.

Holland Cycle Ride

There is still time to join our team for the 6 day challenge in Holland, starting from Harwich on Monday 26th July and returning on Monday 2nd August. You will cover 200 miles but it's not all hard pedalling You will have time for sightseeing and relaxation too! You will be able to explore the delights of Amsterdam and visit the famous annual water carnival in Delft.

You will be able to spend time before the challenge with a bike expert who will be happy to lead training rides and do bike checks, as well as meet your fellow cyclists. There will be a support team, your luggage will be carried for you and you will stay in comfortable hostels.

To secure your place you will be asked to pay a non-refundable deposit of £100 and commit to raising a further £300 to cover the cost of the trip plus £700 minimum sponsorship. These costs include all ferry crossings with a cabin, your accommodation, breakfasts, evening meals, maps and routes, luggage transport and technical support.

Contact us for further information

Thank you to....

Mersea Island Fundraising for Headway for raising £1500 from the Doug Scott lecture ... and a big thank you to Doug for a fascinating evening.

Also to **Martin & Anna Daniell** for the generous gift of £500 and **Peter & Jenny Hazlewood** for the donations of £371.61 from their recent birthday celebrations. For a full list of donations please see the back page.

Our Congratulations to

Val Pryor who received a very well-deserved Lifetime Achievement Award for services to Headway at the National Awards Luncheon .



Val receiving her Award from Eric Knowles and others

The Mistletoe Ball

What a lovely time was had by all at the Mistletoe Ball at The Fennes. The venue looked fabulous, the entertainment was huge fun and the event a great success. Over £9000 was raised after expenditure, and we are very grateful to our generous sponsors, Irwin Mitchell Solicitors and Colchester Connected, and all those who were involved in the evening. Watch this space for news of our Silver Anniversary Black Tie Ball. For more details and table reservations, contact the Town Office.



Mystifying Magic, Awesome Auction, Fabulous Fun!



Photographs courtesy of HarlandPayne

RAFFLE WINNERS 2009

1.	£350 CASH PRIZE	12851	JANE NICKLIN
2.	£150 CASH PRIZE	06653	CHRIS & REG BICKFORD
3.	HAMPER OF WINES, SPIRITS, LIQUEURS	00222	E MILLER
4.	CHRISTMAS HAMPER	01306	G & A THORNTON
5.	CHILDREN'S HAMPER	09900	TIM GOODBODY
6.	MEAL FOR 2 AT THE GEORGE	05650	LIN SCOTT
7.	A SELECTION OF BOOKS	04979	E FOWLER
8.	DIGITAL PHOTO FRAME	13279	INDU SHARMA
9.	TEDDY BEAR	12983	JOHN LAWSON
10.	ELLE MACPHERSON BEAUTY SET	13281	JULIA LOMAS

A HUGE THANK YOU TO OUR FIRST PRIZE WINNER, JANE NICKLIN, WHO HAS REDONATED £150.00

Good luck to our London Marathon runners, Ian Lawson, Sam Williams and Gary Hopkins; our Edinburgh Marathon runner, Ben Shoulders; and our Isle of Mull walker, Ella Woolley. You can sponsor them on our justgiving site.

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!

The Band of the Paras & Braintree Male Voice Choir
Saturday 20th March 2010, 7.30pm
St Botolph's Church, Colchester

1940's Dance, Saturday 17th April
The Locarno Swing Band
Main Hall, Colchester Institute

Isle of Mull Walk by Ella Woolley
From Sunday 18th April

The Virgin London Marathon, Sunday 25th April

Barleylands Fun Walk, Sunday 23rd May

The Edinburgh Marathon by Ben Shoulders
Sunday 23rd May

BUPA 10 k Race by Lisa St George, Monday 31st May

Atlas Mountains Trek, From Friday 4th June

Colchester Dogathon, High Woods Country Park
Sunday 27th June. Register now.

Holland Cycle Ride from 30th July to 2nd August
Places available

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 & organizations

Brentwood Lions Club, The Swift Singers
Mersea Island Fundraising for Headway
St James Church, Colchester Catalyst Charity
Essex Community Foundation, Ostrea Lodge
Maztec Ltd, Arc Legal Assistance
N E E Laryngectomy Group, Codeway Ltd
Wayfarers Lodge, Locarno Big Band
Widows Friendly Club, Fountain Hse Tearoom

Sally Rally

Snoopies Grooming Salon
Newsquest, Newy & Eyre
Benningway Ltd, H A Mason (Metals) Ltd
South Staff Industries Ltd
Camden Electrical Wholesalers
Best of Colchester

Collection boxes

One Stop Convenience Store
Corinne Thompson, Dawn Waters
David Marshall, Audrey Jenkinson
C.R.U.S.E, Mike Rohan, The Aga Shop
Co-op, Abels Road, Halstead

Personal Donations or Sponsorship

Ian Dewis (Cycle Ride & Christmas card donation),
Neil Osborne, Ian Greenidge
Melita Hewitt (Run to the Beat)
Rob Mann (Miles for Smiles)
Mr R Mepher, Glen Chuter, Mary Beverley
Mr & Mrs Frankland (Golden Wedding)
Mr & Mrs P Hazlewood (Birthdays)
Bernie Hetherington (Nepal Trek)
Simon Thompson, The Wicks family
G & A Thornton, Jane Nicklin, Sandra Price
Heather White, Jackie & Des Shine
Martin & Anna Daniell, Mr & Mrs Watkins
Geoff Miles

We would also like to thank the many people who
sent in donations with their Christmas card orders
and raffle tickets.