



FUNDRAISING HEADLINES

FEBRUARY 2011

HEADWAY ESSEX

HAPPY NEW YEAR TO ONE AND ALL

Colchester Half Marathon — 27th March

The Half Marathon comes to Colchester this spring. This brand new event is being organised by Colchester Colne Round Table in association with Runners World. The Half Marathon is a flat and fast two loop course, starting and finishing at the Weston Homes Community Stadium. It aims to be a great race-day experience for both runners and spectators, with excellent pre-race and post-race facilities provided by the Stadium, a fast course, chip timing and same day results, and a golden opportunity for getting up to speed for the April London Marathon and other distance events. There will be prizes and trophies for fastest finishers, goody bags for all runners, with proceeds coming to Headway Essex. This looks to be a real winner! Visit www.colchesterhalfmarathon.co.uk to register or for more details.

PS: The final total for the Colchester Colne Round Table Sky Dive was £5114.35 including Gift Aid. Brilliant!!

The Year Ahead

2011 looks likely to be a challenging year for us. With the ongoing economic recession and public sector cuts, charities will be under enormous pressure to continue to provide vital services within diminishing budgets. We have had difficult times before but we are still here! However, the support of the community we serve has never been more important. Any help you as individuals, companies or organisations can give will be very warmly appreciated. If you would like to support us as your charity this year, we would love to hear from you. We will be happy to work with you on fundraising ideas you may have by providing materials, advice and publicity.

In March we will see the retirement of Fundraising Manager (and newsletter author!), Mary Beverley. See page 3 for her farewell message.

Trekking in Peru in 2012

The Sacred Valley, Inca Trail & Machu Picchu with Mersea Island Fundraising for Headway

We are delighted Val Pryor is organising another fabulous trek for 2012 to raise funds for Headway Essex and Headway, the brain injury association. Now is the time to sign up for this to give you ample time to achieve the necessary level of fitness and raise your sponsorship.

The trek takes place from 18th - 27th April 2012, and is one of the most famous in the world, including fascinating culture, nature and history thanks to the rich Incan past of the area. The trail combines mountain scenery, sub-tropical jungle and Inca paving stones, tunnels and ruins. Trekkers will fly to Cusco, via Lima, and will have 2 days to acclimatise to the altitude before the trek starts. This could be one of the most rewarding and challenging experiences of a lifetime and there are only 16 places available so don't miss out. For more information email Val on: val.pryor@btinternet.com or call her on 01206 381456.



Books & DVD's. We are collecting books (in good condition) and DVD's for a stall in the summer. Please drop off to the Town Office or Day Centre.

Mail-list. To help us save on postage costs, please let us know if you no longer wish to receive the Headway newsletter (or if your address needs amending) by emailing, writing or ringing the Town Office.
Thank you

NEW YEAR NEWS

Colchester Dogathon

This year's Dogathon will be held on Sunday June 26th 2011. We had a record number of entries last year, so let's go for gold this year. You can register your canine companion now by calling us on 01206 547616 or email: fundraising@headwayessex.org.uk The registration form will be online in a few weeks.

Run to the Beat

We have already bought places for the 2011 Run to the Beat on 25th September, so let us know if you're keen to join the team. Early bird places are available now at £30.00 each. From 13th June places will be £60 so book now!

..... and More Runs

Good luck to Mark Finbow & Sam Williams who are running the London Marathon in April and to Alison Wood who is doing the Manchester Run in May. If you, or anyone you know, has a place in the London Marathon, or any other run, and would like to support Headway, please get in touch. We can supply you with running vests, sponsorship forms and other assistance.

Ladies Driving Challenge

The 14th Annual Driving Challenge takes place on the weekend of 11th & 12th June at Bentwaters Park, Suffolk. We are planning on buying a number of places on this fun-filled adventure. Ladies will have the opportunity to spend half a day driving at least 6 vehicles including HGV Lorries, Sports Cars, 4 x 4 Off Road, Fork Lift Trucks, Quad Bikes, Diggers, Tractors, Dump Trucks and much more. You can raise money for Headway and have a brilliant experience.

We ask participants to pay for their place (£40.00) and then aim to raise a minimum of £150.00 in sponsorship. Anyone raising over £250.00 will have their place payment refunded. We will supply drivers with t-shirts, sponsorship forms, information about Headway and advise how to set up a justgiving page. So all you brave ladies, contact us now and we will book you a place.

Mayoral events

Please see the diary on page 4 for forthcoming Mayor's Charity events including a Paranormal Evening on 3rd March in the Mayor's Parlour. Please contact the Mayor's Secretary on 01206 282206 or email: zoe.gentry@colchester.gov.uk for details.

Web Shop

Just a reminder that our web-shop is now fully functional so you can buy merchandise, including, David Tennant items and event tickets online. We now have only a few signed cards by David left so if you want one before we run out, please visit www.headwayessex.org.uk PS. Congratulations to David and Georgia on their recent engagement.

Charities of the Year

We are thrilled to have been selected as charity of the year by the following organisations:-

Arc Legal Assistance
Essex Legal Services

Ellisons Solicitors

Colchester Colne Round Table

Brett Vale Golf Club

Grange Farm & Dunmow Runners

We are also delighted to hear that we will be receiving cheques shortly from Mersea Lions and Braintree Rotary Club. More on these next time.

Christmas Grand Draw

Many thanks to all who purchased raffle tickets. Income from sales was just over £2050.

Our lucky winners were:

1st Prize	17722	P Wadwell
2nd	02508	Lisa Merrett
3rd	15009	Daves
4th	13360	G Kerr
5th	04008	V Juniper
6th	03496	Franklin
7th	13631	J Livingstone
8th	14317	Mrs Spittle
9th	12571	Jane Nidden
10th	14535	P & M Hawkins

Asda Collection

We have a store collection at Asda, Colchester on Friday 3rd June. We will be seeking volunteers in due course, but please put a note in your diary if you think you can help.

Congratulations

We would like to congratulate Geoff & Kelly of Snoopies Grooming Salon on their recent marriage, and wish them all the very best for the future.

Mary on the Move



"I find it hard to believe it that it is 17 years since I joined Headway? How we have grown in that time. Back in 1994 we were a team of 5 part time staff based at the Day Centre and I was working in the office for just 12 hours a week.

In 1997 the Fundraising Department was established; I was poached from the admin office and "hey presto" became a fundraiser! Thank you, Jo! It has been an amazing time, not least because of all the wonderful people I have met: my colleagues and our volunteers, supporters, brain-injured clients and their carers. I've learnt a huge amount and I know my life has been greatly enriched by working for Headway.

I have decided that before I become too old and crumbly I would like to retire to follow other interests and pursuits. I will take away so many happy and fond memories. Whether it be surrounded by 100 dogs of all shapes, sizes and varieties at the Dogathon (my favourite fundraising event); playing the part of the Grim Reaper in the vaults of Colchester Castle for our Sponsored Spook night of horrors; or planning our unique themed Black Tie Balls.... too many to recount, but all so very memorable!

I would like to give a heartfelt thanks to everyone I have worked with over the years, for their personal friendship and commitment to Headway, and wish all of you the very best for the future."

Mary Beverley

Recent News

25th Anniversary

We received a superb £5470.00 in donations specifically for our 25th Anniversary appeal. Thank you so much to all who contributed. Roll on our 30th!!

Hats for Headway

The final total raised from our Hats for Headway held on Friday 22nd October was £1385.72. Thank you to all those who participated, and especially to Colne Community school who raised over £675.00. We will be doing Hats for Headway again in Brain Injury Awareness Week from 9th to 15th May, so let us know if you would like to get involved.

Moonlight Colourthon

A grand total of £1779 plus Gift Aid was raised by our team last year. This year's event takes place on 2nd July and we are keen to enter again, so please get in touch if you would enjoy this colourful 13.5 mile overnight walk in Southend.

CycleBirdathon

A big thank you to Glyn Evan, Greg Smith, Chris Keeling and their support crew who raised £1099.87 including Gift Aid from this year's CycleBirdathon. They spotted 100 species in one day which is an amazing feat as well as cycling many miles around north Essex in torrential rain! There were some elusive creatures but many highlights too, including Arctic Skua and Lapland Bunting, presumably preferring Clacton seaside to the snowy wastes! Rumour has it that a 2011 sponsored birdwatch is in the offing, on foot this time, with a heartfelt plea for better weather.



Arctic Skua
(left)



Lapland Bunting
(right)

Some more very welcome news of donations & sponsorship received.

Thank you to the following for their wonderful help & support

Colne Community School (Hats for Headway)	£675.61
Click4Quote (Hats for Headway)	£170.00
Arc Legal Assistance	£1000.00
Nicred Ltd	£967.32
Barclays (Matched Funding: Ball raffle)	£750.00
South Essex Fundraising (raffle)	£150.00
The Chiron Trust	£2000.00
Essex Community Foundation (Sports Relief)	£6575.00
The Hearing Care Centre	£100.00
Co-op Halstead collection boxes	£141.08
Justin Carr (Moonlight Colourthon)	320.92
Barry Boyd (60th Birthday)	£339.74
Absolute David Tennant Fangirls	£518.00
Gregg Smith (CycleBirdathon)	£305.00
Anna & Martin Daniell	£500.00
James Waugh (Run to the Beat)	£187.00
Christine Hutson	£500.00

THANK YOU

"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

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Events coming up in 2011

Beer Supper, Moot Hall, Colchester
Friday 4th February & Friday 18th February

Colchester Colne Round Table Black Tie Dinner
Moot Hall, Colchester
Saturday 5th February

Bach Choir Concert, St Botolph's Church, Colchester
Saturday 26th February

"Come into My Parlour" Paranormal Night
Thursday 3rd March, Mayor's Parlour, Colchester

Colchester Colne Round Table Half Marathon
Sunday 27th March

"Come into My Parlour"
Thursday 7th April, Mayor's Parlour, Colchester

London Marathon
Sunday 17th April

"Come into My Parlour"
Thursday 28th April, Mayor's Parlour, Colchester

Asda Collection, Friday 3rd June, Colchester

Ladies Driving Challenge, Bentwaters, Suffolk
11th & 12th June

Colchester Dogathon
Sunday 26th June, High Woods Country Park

Moonlight Colourthon,
Saturday 2nd July, Southend-on-Sea

Stanway Fete, Colchester
Monday 29th August

We'll get by with a little Help from our friends

A big "Thank You" to all the organisations and individuals who help us with gifts of money, goods and time.

Donations from clubs & organizations

Essex Community Foundation (Chiron Fund)
Essex Community Foundation
Arc Legal Assistance, Greyfriars Guild
The Hearing Care Centre
Inspirations Hair & Beauty Salon
Holland Haven Primary School
Click4Quote (Hats for Headway)
Colne Community School (Hats for Headway)
St James PCC, Leigh on Sea
NICRED Ltd, Wilkin & Sons
Absolute DT Fangirls, South Essex Fundraising
CycleBirdathon Team, Community Support Services
N E Laryngectomy Group
Mayflower Medical Centre
Essex & Suffolk Borders Lions Club

Donations in kind

Marks & Spencers (vouchers)

Collection boxes

The Bell, Tolleshunt Major
Co-op. Halstead, Anna Daniell
One Stop Convenience Store
Greenstead Fish'n Chips, Pam Clements

Personal Donations or Sponsorship

Francis Nicholls, David Guthrie, D A Shine
Chris Sleger & Justin Carr (Moonlight Colourthon)
Barry Broyd, Mr & Mrs Robinson, Amanda Hill
Claire Powis (Hats for Headway)
Christopher Hoare, Diane Owen. Heather White
James Waugh (Run to the Beat)
Maggie Cooper, Mary Rowsell, H I Greenidge
Ruth Metcalfe (Stebbing 10 mile run)
Anna & Martin Daniell
Christine Hutson

25th Anniversary Donations

Dr Colin Davies, Helen Abbott, Anna Daniell
Steven Wicks, Margaret Crowe

We have also received donations in memory of Mrs Katherine Burton & Mr Denis Osborne. We would like to extend our sympathies to their families and thank them for their kind support at such a sad time.