



Day Care Service

HEADLINES

August 2010

Headway Essex

Dates for Diaries

Colchester Social Club

The Social Club is held on the first Monday of the month from 7pm until 9pm (unless stated otherwise).

The next meeting is on Monday 9th August from 7.00pm until 9.00pm at The Headway Centre for a Quiz Night.

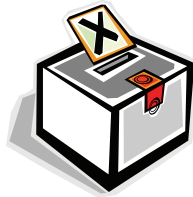
Summer Anniversary Party

At The Ramada Hotel, Colchester on Saturday 21st August 2010 from 12 noon until 4pm.



Next issue of Headlines due out October 2010

Headway Essex AGM



The Headway Essex AGM will be held at The Headway Centre, Colchester, on Thursday 21st October 2010 at 7.30pm. Nomination forms are enclosed in this newsletter and voting papers will be issued to paid subscription members over the next few weeks. Please remember that only paid subscription members are allowed to nominate someone for the Board of Trustees and the person they nominate must have given their permission prior to being nominated and also be a paid subscription member. Please feel free to come along to the meeting, everyone welcome.

Summer Anniversary Party



The event will take place at The Ramada Hotel, Colchester on Saturday 21st August 2010 from 12 noon until 4pm. Steele Duo will be playing for us live and there will be a sumptuous Hog Roast. There will also be a raffle with some really great prizes. We still have tickets available at The Headway Centre priced at £10 for adults, £5 for children aged 5-12 years and under 5's go free. If you intend to come along please do let us know in advance for catering purposes, as without a ticket entry may be refused.

Everyone is welcome so please do come along, enjoy the fun and help us celebrate our 25th Anniversary!



The History of Headway



It doesn't seem possible that it is 25 years ago this month when Headway started in Colchester. It was originally set up by Hazel Cameron, an Occupational Therapist at Colchester General Hospital who worked with patients with severe brain injury and felt very strongly there was a need for more support and specific services. Several of her patients and their relatives formed a committee and Headway Colchester was born. Monthly support group meetings were held at St Mary's Hospital and attended by survivors and family members.

Hazel was keen from the start for Headway Colchester to provide more than the support group and she was determined to set up a very new concept, "Headway House", which would be only the second such facility in the country. She managed to talk the Health Authority into leasing the organisation a small two-bedroom bungalow in the grounds of Severalls Hospital. Volunteers did the place up and it was furnished with donated items, and first opened its doors one day a week in September 1987 with a part-time Co-Ordinator. I started as a volunteer in early 1988 and soon ended up in

the office – and the rest is history as they say!

From the beginning Hazel wanted the service to be rehabilitative and the first formal session to start was Adult Basic Education run by a teacher seconded from Essex County Council. Annabelle Glover is still running these classes today although due to funding cuts over the years she is no longer seconded but is contracted directly. Hazel also managed to second a Speech & Language Therapist from the hospital and Maggie Cooper started helping with the education classes alongside Annabelle. Maggie is still helping with the education on Thursday mornings as a volunteer now that she has retired.

To have such committed people involved with Headway right from the beginning has been instrumental in the way it has developed over the years. In 1991 Headway Colchester & North East Essex became a registered charity; by 1992 the day centre was open five days a week and family support started with a dedicated part-time worker. By now Headway House was bursting at the seams and in 1993 the old bungalow was altered and extended to 1200 sq ft.

In 1997 the Fundraising Department was set up with the recruitment of Joanna Wright as Fundraising Director and a part-time assistant, Mary Beverley. Longevity of service goes across the organisation and both Jo and Mary are still with us.

By 2000 demand for our services was coming from across the county and the trustees decided to extend the area of operation and change our name to Headway Essex. This resulted in the setting up of the Community Support Service across the county in 2001.

In 2006 Headway House was again extended, this time with the help of a large Lottery grant, and along with recruiting additional staff the number of places available each week was increased to meet demand.

It has long been our intention to set up services in South Essex as we are very aware that that part of the county is so under-provided. This has been fraught with difficulties of getting funding committed but hopefully we are nearly there and it would be a great way to close our 25th anniversary year by getting this off the ground after so long.

The path over the years has been rocky at times, particularly because brain injury is so very difficult to secure funding for, but we are very proud of all that has been achieved during this time. Who knows what can be achieved over the next 25!

Gill White
Director of Services



Tenpin Bowling

On Wednesdays and Fridays a common activity is tenpin bowling. Tenpin bowling is a popular sport as it is easily adaptable for people of all abilities. People who cannot stand up to bowl for whatever reason are able to use a ramp for the ball to roll down. The rules are simple and easy to follow and it promotes healthy competition. Another benefit is that it can be played in any weather as it is indoors....always a bonus in this country!

Gryniewicz (2010) has reported a number of psychological and physiological benefits from bowling. It can be a great way to make friends, burn calories and tone up. It strengthens the core stability muscles and the muscles in the upper body in the same way a weight work out would, as you are lifting a weight (10-15lb) about 20 times. As this is done on a regular basis it will also improve stamina. This activity helps improve hand and eye co-ordination and balance (crossing one foot over in front of the other and moving the upper body at the same time is quite challenging). It also involves co-ordinating and sequencing a number of small tasks i.e. 'step off, push out, swing back, slide, release, and follow through. Smith (2010) suggests this can also improve manual dexterity.



Tenpin bowling can build self esteem and confidence as both the individual and others revel in their success. It helps with socialisation skills such as turn taking and tolerance. Some people who have a brain injury find it hard to cope with a lot of background noise and distractions, finding it hard to concentrate. Tenpin bowling again will challenge these people, helping to build up tolerance where there are others there to support them.

My Cup of Tea - The Makings Of!

A good cup of tea is vital for the daily routine of many people and can be enjoyed at any time of day.

One random morning, a Thursday I think, I was intrigued by the facts and origins of the wonder drink of the world. So here are some important facts that I shall lay out before you:

About 5000 BC a pre-Newton wannabe in China, discovered the magic of tea by accident, when a leaf fell from the heavens into a pot of boiling water and made a delicious drink.

Tea drinking started in Britain when the wife of King Charles II, Catherine of Braganza, brought tea from her native Portugal in the 17th century. At this stage in the history of tea only the upper classes drank it, as they deemed the lower classes not worthy, and because of the very high taxes, could not afford to buy it.

Tea was first sold in coffee shops also with high taxes.

Tea was stewed up in the morning for the whole day in large barrels.

Because of the high taxes, smuggling of tea became very widespread, then in 1785 the government cut the tax on tea, so smugglers became redundant! Tea was still not cheap so unscrupulous individuals added rubbish to the tea like other leaves, sawdust and basic cod.

Over the years tea drinking became so important that they wrote books on the etiquette of tea.

Afternoon tea became rather popular that most people had it around 5 o'clock with food like cake, biscuits and sandwiches. A thoughtful hostess would provide biscuits as these were easier to eat than the sandwiches, as one would not have to remove one's gloves (how posh!).

Tea became so important in Britain that in the Second World War, the government took control over the tea prices and to ensure that we had enormous stocks of tea it had to be rationed, but extra was provided for the Armed Forces and for Red Cross parcels sent to British POW's. The rationing shenanigans continued until 1952. Shortly after this the magic really began to happen - the tea bag was invented and made life that much easier.

My Headway Tea

First things first. I get myself to Headway, normally a nice sunny Thursday full of many tea fanatics. In the kitchen I find myself. A cup of tea I fancy having, so I get a mug and a teabag (PG), add the boiling water (absolutely important that it is boiling for a better brewing effect). As I am letting my tea brew, I add some sugar, you don't have to use it if you are sweet enough already, but I need it. Milk is the next thing to be added. Now this has been disputed for many a year - milk first or after? How do you have yours? Remove the teabag, squeeze and extract all the goodness from the teabag, give it a stir with a spoon, grab some biscuits of your choice and enjoy!!! Now you know how I like it, you can make me a cup!!

by Baz Jervis

HEADWAY ESSEX CONTACT POINTS

THE HEADWAY CENTRE

Headway Essex
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FUNDRAISING

Headway Essex, Town Office
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Tel: (01206) 547616
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e-mail: dayservice@headwayessex.org.uk e-mail: fundraising@headwayessex.org.uk

COMMUNITY SUPPORT SERVICE

Headway Essex, Town Office
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Colchester
Essex CO1 1PB

Tel: (01206) 768797

e-mail: communitysupport@headwayessex.org.uk

We need your help!

We are looking for people to help out at
The Headway Centre as follows:

Cooks

Tuesday from 9.30am until 2.00pm.
Friday from 9.30am until 2.00pm.

General Volunteers

Tuesday, Wednesday, Thursday from
10.30am until 3.30pm
Friday from 10.00am until 3.00pm

For further details on any of the posts
available and an application form,
please contact Andy or Alison on
01206 845945.

Caring for survivors of brain injury, their families and carers
Registered Charity No: 1008807
Website: www.headwayessex.org.uk