



## Day Care Service

# HEADLINES

February 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 1st February 2010 from 7.00pm until 9.30pm at The Headway Centre for a Movie Night. This is to replace January's meeting that had to be cancelled due to the adverse weather conditions.

**Next issue of Headlines due out April 2010**

## THANK YOU

The staff at The Headway Centre would like to say a huge thank you to everyone who gave us the abundance of chocolates and biscuits in the run up to Christmas. Your support is greatly appreciated.

We would like to take this opportunity to wish everyone a very happy and healthy 2010.



## Wivenhoe House Christmas Lunch

The Christmas Lunch at Wivenhoe House was, as always, a truly fabulous afternoon. Despite the bad weather we had 79 guests, who managed to make it. We dined exceptionally well on traditional festive fayre as well as a fish and vegetarian option and the staff excelled themselves and looked after us superbly.

The fundraising team organised a raffle with some super prizes, along with 'Guess the Name of the Footballer' which was a competition to win a lovely handmade knitted footballer. A total of £297.10 was raised on the day.

We would like to thank all the staff at Wivenhoe House for once again making us feel very welcome and for an enjoyable day. Unfortunately this was the final time we are able to hold this event at Wivenhoe House as they have now become a Catering College. We are in the process of finding a suitable alternative venue and details will be sent out later in the year.



## Sudoku Brain Teaser

How well did you do last edition? Answers to Decembers Sudoku are printed below.

6	3	8	9	7	2	5	4	1
5	1	7	6	8	4	2	9	3
2	4	9	3	5	1	6	8	7
3	8	6	4	2	7	1	5	9
1	7	4	5	9	3	8	6	2
9	2	5	8	1	6	7	3	4
4	9	2	7	6	5	3	1	8
7	5	3	1	4	8	9	2	6
8	6	1	2	3	9	4	7	5

## NATIONAL POETRY DAY 8TH OCTOBER 2009

We assembled at Headway for our poetry reading, and all read something, however long or short. Annabelle gave us our order of performance, and we all stood at the end of the room in turn.

There is immense importance in poetry, as seen through the ages. Whatever time it comes from, the meaning is there.

It was immediately apparent that poems can be read and understood by all. The whole room came together in laughter and in tears.

We even had one poem in Spanish, also translated into English.

We also had the 'modern' version of another, after its original.

From Wordsworth to Pam Ayres, the session was a great success, and enjoyed by everyone.

**Ginny Mallick – Adult Education Class**

## Give us your views



Do you have a story to tell?

Have you got any interesting facts or important information you would like to share?

Do you like the format of the Day Care Service Newsletter?

Is there anything you would like to see in the Day Care Service Newsletter?

Is there anything you don't want to see in the Day Care Service Newsletter?

If so, we would love to hear from you, let us have your ideas.

Contact Alison at The Headway Centre on 01206 845945 or email



# New Year, New You - Shape-Up Programme

Shape-Up is a **free** weight management programme which aims to improve your overall well-being and quality of life.

## The aims of shape-up are for you to:

- Limit further weight gain
- Achieve modest weight loss
- Become more physically active
- Get into a regular eating pattern, which will make it easier to resist tempting high calorie foods
- Balance the different types of food that you eat
- Reduce your tendency to over-eat

It also offers you information on how to manage difficult situations or 'lapses' and how to keep yourself motivated.

## What will I learn at Shape-Up sessions?

- Your Shape-Up manual is split into seven different modules:
- Getting ready to Shape-Up
- The Shape-Up healthy eating plan
- The Shape-Up physical activity plan
- Shopping, cooking and eating out
- Gaining control of your eating
- Feeling better about your body
- Looking after yourself

## Shape-Up can be used by:

- People who want to lose weight and keep it off in the long-term
- People who want to avoid putting on any more weight

## What makes shape-up special?

Shape-Up is not 'just another diet' and it's not just about

losing weight. The programme has been devised by health professionals, psychologists and dieticians who have worked with overweight people. It uses psychological approaches to help you overcome the barriers that can get in your way when you're trying to change your eating habits and increase your physical activity.

## How long does the course last?

The Shape-Up programme runs for 1½ hours per session and is held every week for 8 weeks.

## Medical Problems

If you have a long-term condition or have any concerns regarding joining a Shape-Up programme please speak to your doctor for advice.

## Where will courses be held?

Courses will be held in convenient locations, on a bus route and with full disability access. We are unable to offer transport and participants will be expected to find their own way to the venue.

## Criteria for joining the Shape-Up programme:

You are able to attend the Shape-Up course if you are aged 18 or over, live in the Colchester or Tendring Area and have a BMI (Body Mass Index) of more than 28. (you can check your BMI yourself on the Weight Concern

Website [shape-up.org/weightcon.bmi.html](http://shape-up.org/weightcon.bmi.html) or you can phone us and we can calculate this for you). People who join the Shape-Up programme must be motivated and ready to change and **MUST** be prepared to make a commitment to the sessions.

## What will I need to bring to the session?

The manual is free and is yours to keep at the end of the programme. The manual contains a lot of useful information which is presented in an easy to follow format. You will need to bring the manual to each session and will be able to read it at home.

## How will the programme be run?

Each session will be run by facilitators who will guide the participants through the programme. They are **NOT** teachers who are going to lecture you! There will be opportunities during each session for group participation, with many of the ideas coming from members of the group and there will be time to ask questions. The programme will give each participant a toolkit to help them manage their weight more positively, in order to improve their quality of life in the future.

To join this programme call the NHS North East Essex Weight Management Helpline on 01206 363002.

# **HEADWAY ESSEX CONTACT POINTS**

## **THE HEADWAY CENTRE**

Headway Essex  
The Headway Centre  
2 Boxted Road  
Mile End, Colchester  
Essex CO4 5JD

Tel: (01206) 845945  
Fax: (01206) 752173

## **FUNDRAISING**

Headway Essex, Town Office  
58b Head Street  
Colchester  
Essex CO1 1PB

Tel: (01206) 547616  
Fax: (01206) 547486

e-mail: [dayservice@headwayessex.org.uk](mailto:dayservice@headwayessex.org.uk) e-mail: [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)

## **COMMUNITY SUPPORT SERVICE**

Headway Essex, Town Office  
58b Head Street  
Colchester  
Essex CO1 1PB

Tel: (01206) 768797

e-mail: [communitysupport@headwayessex.org.uk](mailto:communitysupport@headwayessex.org.uk)

## **We need your help!**

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

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

### **Cooks**

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

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

### **General Volunteers**

**Caring for survivors of brain injury, their families and carers**

**Registered Charity No: 1008807**

**Website: [www.headwayessex.org.uk](http://www.headwayessex.org.uk)**