



Day Care Service

HEADLINES

Headway Essex

June 2010

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 7th June from 7.00pm until 9.00pm at Tenpin, Colchester for Bowling.

Summer Anniversary Party

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



Next issue of Headlines due out August 2010

Membership Subscriptions

We would like to encourage everyone involved with Headway Essex in some way and with an interest in supporting and furthering its work, to become subscription members. All subscription members are eligible to vote at the Annual General Meeting.

Headway News is a magazine produced by Headway UK four times a year and includes articles, news and helpful information. This colourful magazine is £2.25 per issue and can be sent to you for £12.24 per year including postage. Please include your order for this on the membership form.

If you haven't returned your form already then it is not too late to do so. If you would like another form then please contact Alison in the Admin Office on 01206 845945



Summer Anniversary Party



As this is the 25th Anniversary of Headway Essex we are holding a fabulous 25th Anniversary Party which will combine the annual volunteers party and hog roast. 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 have 120 tickets available from The Headway Centre priced at £10 for adults, £5 for children aged 5-12 years and under 5's go free.

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



Trampolining

On a Tuesday morning half the group go to Bounceability for trampolining. There are many benefits to this activity including:

Improved Balance

Trampolining helps improve balance and co-ordination which in turn helps keep a person steady on their feet. When trampolining the muscles have to work hard to maintain balance which improves core stability.

Improved Co-ordination & Sequencing

When trampolining the clients are asked to position themselves in a certain 'pose' in the air or on the trampoline. This involves them having to think about where different parts of their body need to be at what time and move their muscles accordingly ensuring that they remain in the centre of the trampoline.

Also several 'moves' will be required to be made in succession which encourages thought processes and cognitive skills which can be adapted to everyday life. E.g. making a cup of tea involves a series of smaller tasks to get to the end product.

Improved Attention Span and Concentration

Trampolining is a form of exercise which as with any

exercise increases circulation meaning that more oxygen is carried to the brain improving mental awareness. (Graeme 2008). The service user also needs to concentrate on what the instructor is saying even though there maybe distractions going on around them.

Improved Health and Fitness

The demand on the muscles to support the body against gravity causes an increase in both heart and respiratory rate (Smith and Cook, 2007). This improves circulation and immunity. (Tortora and Grabowski, 2003). Increasing the work of the heart and lungs increases exercise tolerance and fitness (Jones and Barker, 1996).

The movement of the trampoline can cause shaking of the lungs which along with the increased breathing and stimulation of a cough could be useful in clearing secretions.

Sensory

The unstable surface provides increased sensory stimulation through the skin and joints. (Carr and Shepherd, 1998). Sometimes following a stroke or traumatic brain injury the tone of the muscles can be altered (often affecting one side of the body). The muscles may become 'limp' or 'rigid'. Vigorous bouncing increases muscle tone by stimulating the sensory systems, and gentle bouncing and good positioning can help relax the body and reduce tone. (Smith and Cook, 2007).

Flexibility

The use of the trampoline can facilitate movement. The 'spring' can help produce larger movements of joints, (e.g. Flexion/extension of the hip) than on land (Smith and Cook, 2007).

Social

Other reported benefits of Rebound therapy include increased vocalisation, increased eye contact and concentration and increased confidence and self esteem (Lawrence, 2004).

It also gives people the chance to mix with others and talk about a common interest. It gets them out their normal environment. Rebound therapy gives the user a sense of freedom and independence as much of the work is done without 'hands on' contact.

As there are only a certain number of trampolines and instructors, people learn to take it in turns. Patience and turn taking are an important social skill.



Staff Profile



In early 2001 I began my association with Headway as an office volunteer. At that time the Day Centre was different in many ways, Gill, Emma and myself sharing what is now the Care Office. Quite soon I was offered a staff position, and worked four mornings a week. Headway Essex was a completely new experience for me; it seemed such a small organisation after ten years working at the University of Essex (which has 1,000 staff).

After Alison began her full time post, I was given the task of organising a 6 month Cognitive Rehabilitation Training course with three selected participants. This took place on Fridays and a research paper was written based on the results. Thereafter I was tasked with the dreaded Health and Safety policies, which continued until Andy's arrival in 2004.

Since then Alison and I have job-shared administration at the Day Centre, which has suited her family commitments and my wish to reduce my working hours. I now feel the time is right to retire from paid employment so my husband and I can travel and enjoy a more relaxed lifestyle.

Headway and its people have taught me many things: humility, tolerance, understanding, and hope over adversity; it has enriched my life beyond words and any job description. Thank you seems quite inadequate, but to my colleagues, volunteers and attenders I say this from the bottom of my heart.

I plan to return as a volunteer and hope that I may continue to contribute to Headway's endeavours in some small way.

Elaine Rowland

Gunsmoke Paintball

At last year's Mistletoe Ball, our Care Officer, Kim, was lucky enough to win a paintballing experience with Gunsmoke Paintball in the tombola and she decided to share the experience with the team at The Headway Centre. On Saturday 15th May our plucky team of eight ventured to Benton Hall Farm in Hadleigh, Suffolk for our paintball experience. We were all kitted out with overalls, very important safety visors and of course the necessary paintball gun. What a day! The hero of



the hour had to be our volunteer driver, Peter 'Rambo' Barrett, when he stormed 'The Village' and retrieved the enemy flag. Kim aka 'GI Jane' managed to retrieve the blue armband in the final game of the day 'Carnage' which took our team the 'Black Gunners' into a triumphant lead of 7½ points over 3½ points to the 'Blue Shooters'. We all had a thoroughly exhausting, but exhilarating day and were looked after extremely well by the team at Gunsmoke Paintball.

HEADWAY ESSEX CONTACT POINTS

THE HEADWAY CENTRE

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

FUNDRAISING

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

e-mail: dayservice@headwayessex.org.uk e-mail: 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

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