



Day Care Service

HEADLINES

October 2010

Headway Essex

Dates for Diaries

Headway Essex

AGM

Held at The Headway Centre on Thursday 21st October 2010 at 7.30pm

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 4th October from 7.00pm until 9.00pm at Tenpin, Colchester.

Christmas Lunch

At The Marks Tey Hotel, on Friday 17th December 2010 from 12 noon until 4pm.

Next issue of Headlines due out December 2010



Christmas Lunch

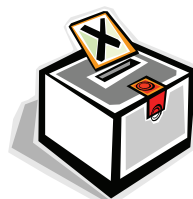
The Headway Essex Christmas Lunch is to be held at The Marks Tey Hotel this year, on Friday 17th December 2010. The cost is £19.95 per person for a 3 course meal including coffee. Due to the overwhelming popularity of this event and the restriction on the number of guests we can accommodate, we will be limiting places to **one guest per person** initially, with a first come first served waiting list in operation, in order to give everyone a fair chance to come along.

Further details and menus will be available from Alison at The Headway Centre over the coming weeks. Please note that we will require payment and menus returned by **Friday 12th November 2010** at the very latest.

This promises to be another memorable event and we do hope that you will be able to join us. Please remember that you do not have to attend The Headway Centre to join us for this event as all are welcome.



Headway Essex AGM



The Headway Essex AGM will be held at The Headway Centre, Colchester, on Thursday 21st October 2010 at 7.30pm. Voting papers will be issued to paid subscription members over the next few weeks. Please feel free to come along to the meeting, everyone welcome.

My holiday in Polis in Cyprus 2010

If you are looking for a holiday abroad that has thought of everything, and more, and is safe, you cannot beat this Cyprus village where a lovely friendly Greek-Cypriot family live. They have managed to turn a small complex into a holiday haven that is safe for most ages and all disabilities.

The holiday starts when Andreas, the dad, meets you at the airport on arrival in their specially adapted mini bus to take you from Paphos to Polis (on the South-West side of the island) across the mountains for about an hour's journey.

We arrived late on a Saturday evening. The first thing we noticed in our apartment was that everything has been thought of down to the last detail. It's compact but large enough for my wheelchair to move about, with twin beds, a small neat kitchen area and a spacious wet room with a shower chair attached to the wall and non slip tiles on the floor.

The following day we joined other guests for breakfast and met Chris (the wheelchair user son of Andreas and Eva) who has been very instrumental with his family in designing this holiday complex as a safe and enjoyable haven for disabled and able bodied alike.

I collected the mobility scooter that I had hired for the week (another side line from Chris is hiring out equipment that may well be needed, scooters, electric wheelchairs, special mattresses, etc.) We then

decided to enjoy the sun and a swim in the pool as a relaxing start to the holiday. For the first time I could get on and off the sun beds as another of their brilliant ideas was to increase the height of the cushions which meant I could use them unaided, a real bonus as the only other time I had tried I needed a few people to pull me up! As Eva was cooking a meal that evening we chose to eat in with other guests and enjoy a typical Greek meal ending with a sticky chocolate cake to die for, which we both had seconds of, for those of you that know me you will know I have been on a strict diet of my own choice for a few years now, but I **had to have** that cake!

One day we joined other guests for a trip in a glass bottomed boat to a blue lagoon for a swim. Again, a first for me using a specially adapted (by Chris) hoist to lift you safely over the side of the boat into a rather cold sea, a fantastic experience. I never thought I would be able to swim again in the open sea since I became disabled 7 years ago after a major car accident caused multiple fractures from my neck downwards, leaving me with crushed legs and pelvis etc. After numerous hours of surgery putting me back together that night I had a stroke which left me with left-sided weakness and loss of use of my left arm and leg. (I was left handed but my right one does very well now!) I wear a splint on my weak left foot, not that any of that mattered while kicking and splashing in the sea! A great achievement thanks to Chris and all who helped make this possible for people like

myself. We were out on the boat for about 3 hours in total.

Another outing took us to Paphos with Andreas as our personal chauffeur/ tour guide where we spent two hours at the market, then headed for the harbour where we had some lunch. Our journey home took in sea caves and a banana plantation before going up into hills to a small village for wine tasting, which was a great success.

Most days we sunbathed and swam in the pool which was easily accessible using the hoist. On the last night, we went out to a Greek restaurant with Chris where we enjoyed local food, wine and dancing. A great night out though a bit inebriated for all 3 of us I might add by the time we returned late!!

We arrived home in the early hours of Saturday, tired but happy! The holiday was a truly wonderful experience from start to finish, I intend to return one day and cannot recommend it highly enough. Their web site is worth a look www.ca-tourist-apts.com.cy email chrisneo@cytanet.com.cy

Linda Dove



Wii-Habilitation

Let's face it computer games are just silly, all those buttons to press as people sit planted shouting at a fictional character on an over sized television.

From Atari in the early 70's, to today's gaming machines from Sony and Microsoft which boast powerful processors offering realistic virtual gaming worlds, which can often blur the lines of reality as seen in the Call of Duty series (Activision Plc) which have seen people queuing up for special midnight shop openings in order to get their hands on the latest incarnation.

Then in 2006 an unassuming little white box appeared with the curious name of Wii from Nintendo and the gaming world was shown that interactivity is what gamers really wanted and to date the Wii has proved that point by selling more than 67 million units worldwide (www.gamesindustry.com).

The Wii may be less powerful and have fewer features than its competitors, but the Wii has literally transformed the way people play computer games, by simply freeing the gamer of wires and button pressing and making gaming fun and easy for the whole family.

The remotes have sensors that feed the slightest hand movement to the screen; if you're playing tennis, the remote is swung around like a virtual tennis racket etc, giving the gamer a workout as they play these fun interactive games often at the expense of a few overhead light shades!

Rehabilitation centres around the world have recognised that the simplicity and the benefits of playing games on the Wii make it a perfect partner to traditional approaches to rehabilitation and is why The Headway Centre regularly holds Wii-Hab sessions that not only burn calories (<http://www.acefitness.org/getfit/studies/WiiStudy.pdf>) but can also improve dexterity, balance, hand function, fine and gross control of movement, general fitness, upper limb and lower limb range of movement and reaction speed (www.wiihabilitation.co.uk/cva.shtml).



CHOOSING THE RIGHT ROUTE

If you've injured yourself or have a minor cut, sting, burn or illness and need medical attention, think about which service is best for you.

25% of people going to A&E have minor injuries or illnesses which could be dealt with more quickly at one of the Minor Injuries Units in Harwich and Clacton or the Walk In Centre situated only minutes from the A&E department in Colchester.

If you go to A&E with a life threatening injury or illness, for example after an accident or if you are having chest pains or shortness of breath, you will be treated very quickly.

However, if you go to A&E with a more minor injury or illness you may have to wait for longer, as the doctors at A&E have to prioritise patients with the most life threatening illnesses seeing them first.

Minor Injuries Units and the Walk In Centre are designed to see minor injuries and illnesses fast. They will treat you as quickly as possible. They may also be closer to where you live than A&E and have onsite parking.

So choosing the right route really will save you time.

What's the right route for me?

[Go to your nearest Minor Injuries Unit for:](#)

Cuts grazes and scratches (including those which might need stitches)
Sprains, strains and suspected broken bones (including those

which might need an x-ray)

Bites, stings and minor burns

Minor infections (including eyes)

Minor head injuries (if consciousness has not been lost)

[Go to the Walk In Centre for:](#)

Cuts and grazes which do not need stitching

Sprains and strains (which do not need x-ray)

Bites, stings and minor burns

Minor infections (including eyes)

Minor head injuries (if consciousness has not been lost)

Blood tests

Minor illness

Smoking cessation

Contraceptive advice

Stomach ache, vomiting and diarrhoea

Urine tract infections

[Go straight to A&E or call 999 for:](#)

Chest pains

Shortness of breath

Blood loss

Blacking out with a loss of consciousness

Major injury to a limb or any other part of your body

A major accident

Anything you think might be life threatening

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 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