



Day Care Service

HEADLINES

August 2011

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 August 2011 at the Dog & Pheasant Public House, Mile End, Colchester, from 7.00pm until 9.00pm.

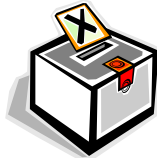
AGM

Held at The Headway Centre on Thursday 6th October 2011 from 7.30pm.



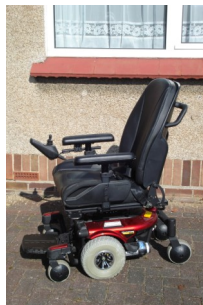
Next issue of Headlines due out October 2011

Headway Essex AGM



The Headway Essex AGM will be held at The Headway Centre, Colchester, on Thursday 6th October 2011 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.

MOBILITY AIDS REQUIRE A GOOD HOME



As a charity constantly weathering the storm of Government cut backs and increasing costs, it never ceases to amaze how generous organisations and individuals are when it comes to supporting the incredible work Headway Essex does.

Recently Headway Essex was contacted by the family of Barry Clarke who attended The Headway Centre in Colchester over 18 years ago.

Sadly Barry passed away 18 months ago and the family have donated Headway Essex a nearly new **electric wheelchair and a sit-to-stand hoist** in remembrance of Barry Clarke with the hope that any individual with mobility difficulties could benefit and make their life a little easier.

Headway Essex's thanks go out to Barry's family for the most generous of donations and if anyone would like to be considered for the loan of the wheelchair and/or hoist, please contact Andy Plowright on 01206 845945 for further details.



Doing, Being, Belonging and Becoming – Headway Skills for Life Class

Our Skills for Life Class works together every Thursday morning. We currently have ten attenders whose backgrounds range from an accountant, a chariot racer, a gamekeeper and some young people who had not started their careers when they acquired their injury. Their needs are often different in terms of what they hope to achieve at Headway but all are likely to share problems with memory, speed of information processing, planning and organisation and have suffered a blow to their self confidence. Their brain injuries have been sustained largely from road traffic collisions, brain haemorrhages and assaults with the ages ranging from 20's to 40's.

Our job is to review their skills and help to rebuild those that are important to them as they face a different future to what they originally planned. This will also involve helping them access college courses, voluntary work and other community activities.

All this would not be possible without our volunteer tutors. Their backgrounds range from teaching, healthcare, speech therapy and banking as well as students studying subjects involving the effects of brain injury. Tutors work on a one to one basis with

each attender, getting to know them and gaining their trust. Often the difficulties that an attender presents can be just the 'tip of the iceberg'.

We can offer purposeful goal directed activities (Doing), time to reflect (Being), a sense of belonging, mutual support and friendship (Belonging) and the opportunity to reassess what is really important and explore new ideas about who or what they wish to become (Becoming).

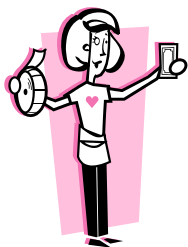
As Education Tutor here since The Headway Centre opened, I am continually humbled by the courage of the attenders, so grateful to the volunteers and the care team and very proud of what we achieve together.

I wish everyone a well deserved summer break!

Annabelle Glover



WANTED ITEMS

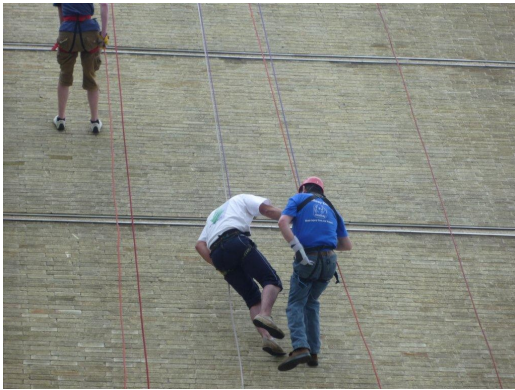


We are in urgent need of prizes for our Day Centre raffle and Fundraising raffle cupboard. Anything new that is unused and perhaps gathering dust at the back of your cupboard, please drop them in at either The Headway Centre or Town Office. Anything you can spare i.e bottles, toiletries, gift sets etc will be greatly appreciated.

Do you have any books from reading schemes that can be used by our Thursday Life Skills Group? Anything such as Janet & John, Ladybird, flash cards or Oxford Reading Tree would be of tremendous use to our group. If you have anything like this that you think would be suitable, please drop them in at The Headway Centre as soon as possible.



Abseiling by Mervin Graham



On July 9th 2011 I did a sponsored Abseil from Ipswich Maternity Hospital from 140ft high, to raise money for Headway.

I wanted to help raise money for Headway to say thank you for all the help that they have given me and others that have had head injury/stroke. The staff have been brilliant and really cheered me up and helped me to regain my confidence and concentration.

I had my first stroke from the age of nine years old and my second stroke in August 1995, which left me paralysed down my left side.

When I got to Ipswich Maternity Hospital I felt very nervous to start with, I had butterflies in my stomach. I did feel scared, but I was determined I was going to do it.

We went up in the lift to the top floor and then on a ladder to the roof, which was very scary and it was very windy. We had to lean over the roof to get to a ledge to start to climb down the walls, as I was climbing down the wall my left leg would not lock into place it just hung there, so I just used my right leg and my right arm to climb down with.

Whilst I was climbing down the wall I didn't look down, I was concentrating on keeping my right leg locked, at one point I thought I was going to fall although I knew I wouldn't. I was so glad I got to the ground in one piece!!

I was very pleased I took part and achieved something that I really wanted to do. I would do it again.

Coffee Shop Survey

Headway Essex second group on Thursday, made up of seven people visited the following places to carry out a survey of their coffee shops.

Poplar Nurseries, Mill Race Nursery and Tiptree Jam Factory.

The surveys are ongoing. The results so far have been put together and summarised.

Name	Distance from Headway	Easy to find	Distance to cafe	Parking charge	Accessibility (score 1-5)	Cleanliness (score 1-5)	Staff Helpful	Good range of food (score 1-5)
Mill Race	7.5 miles	Yes	200 yds	No	5	5	Yes	5
Poplar Nursery	8 miles	Yes	100 yds	No	5	5	Yes	5
Tiptree Jam Factory	12 miles	Yes	100 yds	No	4	5	Yes	4

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:

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

Cook

Friday from 9.30am until 2.00pm.

General Volunteers

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