



Day Care Service

HEADLINES

October 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 3rd October 2011 at Tenpin Colchester, from 6.30pm until 9.00pm.

Christmas Lunch

At The Marks Tey Hotel, on Friday 16th December 2011 from 12 noon until 4pm.



Next issue of Headlines due out December 2011

Christmas Lunch



The Headway Essex Christmas Lunch is once again to be held at The Marks Tey Hotel, on Friday 16th December 2011. 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 11th November 2011** 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 Awards 2011



Each year Headway ó the brain injury association, host an awards luncheon at a top London hotel. The categories for nominations are Carer of the Year, Volunteer of the Year and Achiever of the Year. Anyone involved in Headway's work can make a nomination for an individual they feel deserves recognition for these special awards.

This year Headway Essex has nominated Bruce Galleway as Volunteer of the Year and we have received confirmation that Bruce is one of the three finalists for this category. Bruce has been invited, along with his family, to The Dorchester Hotel in London at the beginning of December for a special luncheon where the winner of this award will be announced.

At the age of 32, Bruce suffered a severe stroke which left him with a paralysed right arm and leg. He was also unable to speak. For a man as active as Bruce, this was a shattering blow. He worked at Barclays Bank and spent his leisure time travelling the world scuba diving and sailing as a qualified yacht master.

Bruce set about coming to terms with his disabilities with courage and determination. He came to Headway Essex as an attender while he worked hard at physio and speech and language

therapy. Eventually, he passed his driving test which enabled him to start building a new life. He joined a computer studies course at a local college and became expert in all aspects of information technology. This enabled him to become a volunteer in the speech and language therapy department at Colchester General Hospital, helping with communication aids.

Bruce is now a volunteer at Headway Essex, Headway East Suffolk and Clacton Specialist Stroke Services, helping staff, volunteers and attenders with their computer problems. His energy seems to be boundless. He has set up websites for several organisations and gives talks and PowerPoint presentations for Headway to raise funds. He has learned to live with his dysphasia and never gives up when he struggles to find the right word. He has gained the confidence to accept his disabilities.

Fellow volunteers and staff at Headway Essex are united in their praise for Bruce. They describe him as the sort of person you like to have around, a man with a sunny disposition which lightens the work. He is patient, kind and understanding. He knows the pace at which people can work and goes the extra mile to help them achieve their goal. Above all, he is an invaluable friend and dedicated to helping others to make the challenging journey through the dark maze that is brain injury.

The Gregg Sargeant Memorial Trophy

Anyone that knew Gregg understood that his passion for tenpin bowling was as influential to others as his passion for life.

In memory of our dear friend Gregg and in recognition to individuals that have made outstanding improvements within the Wednesday group, The Headway Centre has been presented with The Gregg Sargeant Memorial Tenpin Bowling Trophy by Christine and Tony, Gregg's parents.

The very first recipient of this trophy is James Attfield and was presented by Tony and Christine Sargeant.



Colchester Institute



A group of four attenders from the Wednesday group have just signed up to a one year course at Colchester Institute. This is an offshoot of the already popular Aspire Courses run by the college and attended by many from Headway Essex.

The course will give the students an opportunity to learn new woodwork skills and they are encouraged to make something of their own choice with support from the tutor and learning support assistants.

The course will also increase their independence as they make their own way to the college on a Wednesday morning and support each other during the session before returning to The Headway Centre.

Our thanks go to John Johnston; already a volunteer with us on a Wednesday who has offered to support the group on this course.

August Day Trips 2011

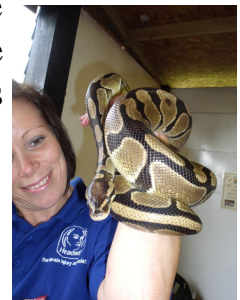


There were three day trips this year along with two in-house activities, these being a BBQ & Games Day on Thursday 18th August and a Movie Day on Thursday 1st September. On the Movie Day the group watched the movie *Big* starring Tom Hanks. We were lucky enough to have our volunteer cooks on both of the in-house days, who served up two equally delicious lunches.

Thursday 4th August 2011. We spent a wonderful day at Allan and Anita's home in Matching Green, despite the rain! We saw the farrier working, and then horses having their teeth done. We finished with horses performing in the indoor school and had a lovely pub lunch!

Thursday 11th August 2011. On the boat trip near Harlow, we went up the river on two boats. We saw swans, ducks, and numerous smaller birds and went through several locks, which some people got off the boats to open. The woods and fields on the way were really beautiful.

Thursday 25th August 2011. At the owl sanctuary at Stonham Barns we saw all the birds in their enclosures. We visited the tent where we were able to handle snakes. Then we watched some of the birds fly across their field with the handlers.



By Ginny Mallick

HEADWAY ESSEX CONTACT POINTS

THE HEADWAY CENTRE

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FUNDRAISING

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COMMUNITY SUPPORT SERVICE

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We need your help!

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

Cook

Monday 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