



Headway Essex News

Spring 2021



A GRAND REOPENING!

Our Colchester centre is open again and with a fresh new look (page 4)

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FUNDRAISING

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About Headway Essex

Headway Essex is an independent charity, which provides support to people living with acquired brain injury (ABI) and their families in Essex. We support around 500 people a year across Essex, in the community and at our day centres.

As a charity, our mission is to ensure that everyone in Essex living with an acquired brain injury can live a fulfilling life and families and carers are better able to cope within their caring roles.

Our two day centres in Colchester & Benfleet, offer a specialist person-centred approach to rehabilitate, educate, inform and support each client with their own personal recovery journey. In the community we provide emotional and practical

support to address health and social issues faced by our clients and their families, as a result of brain injury; visiting clients in hospital, in their homes, providing telephone support, and support group meetings across all localities in Essex.

Registered Charity Number: 1008807

Patron: David Tennant

Company Limited by Guarantee Registered in England and Wales No. 2674755

Service News

MESSAGE FROM STELLA KERINS



A bright future ahead

Spring has sprung if a little cold this year but it is still wonderful to see the plants come to life after a winter of sleeping. The tulips in the garden at the Headway Centre are particularly beautiful and were a lovely welcome back to our clients when we re-opened on the 6th of April. It was exciting to see staff and clients face-to-face rather than virtually after three months of Zooming and telephone calls.

Headway Essex have been very busy since the start of the year our main focus has been on supporting clients and their families across the County.

As you will see from Angie's article in our North and Mid Essex Hub we have refurbished our centre to make it more infection prevention friendly – a big thank you to Kirsty at Baker Labels in

Brentwood for supporting us and sending 2 metre floor labels to ensure we were totally prepared for re-opening. Whilst carrying out the refurbishment we were able to review all of the space when the rooms were empty, this has allowed us to reconfigure everything to increase the number of rooms for service user activities and one-to-one sessions.

Our team in the South Essex Hub alongside supporting clients have been looking for new premises and are still on the hunt for them. This will allow us to provide face-to-face services safely for more people and to increase the types of services we can offer in that area. We know from the clients that we are currently supporting and the referrals coming in that there is a need for more of all of our services in that part of the County.

Behind the scenes we have been updating our policies, support plans and care plans alongside ensuring that all of our training is up to date.

Referrals are coming in for new service users, whilst they have varying causes of their brain injury including road traffic accidents, strokes, hypoxia, aneurysms and infections, what they all have in common is the need for support for both them as an individual and for their families. Our brain injury education programme is always a good place for people to start. It helps everyone living with the brain injury to develop an understanding of why they are behaving differently and responding differently than before the brain injury as well as learning coping mechanisms and new ways to approach life. If you or anyone you know would benefit from this programme please get in touch with us.

We are also growing our team to safely meet the needs of clients attending our centres. If you know of anyone with excellent communication skills, endless energy and has the ability to get along with people then ask them to look on our website or just follow this link <https://www.headwayessex.org.uk/about-us/vacancies-2/>. As always our support email abisupport@headwayessex.org.uk and our helpline 01206 845945 are available Monday to Friday 08.30 – 16.30 should you or anyone you know wish to contact us.

*Stella Kerins
Head of Brain Injury Care Services*

North & Mid Essex News



Our newly refurbished centre in Colchester welcomes returning service users

Re-opened at last

What a busy last few months we have had here at Headway Essex, albeit in lockdown, staff have been busy preparing for reopening alongside supporting clients virtually and over the telephone.

The Headway Centre in Colchester has received a long overdue makeover, which includes new flooring throughout, giving a fresh cleaner look, being more practical and COVID-secure.

The staff offices have been revamped and we now have two offices which mirror the other, giving more work stations for staff that allow us to adhere to social distancing.

We have been able to purchase new crockery and kitchen items with help of a kind donation from Lizzie Hendy – thank you.

With grant funding we have been fortunate enough to be able to purchase an additional shed, wheelbarrows, garden tools and three trugs, which will be used for our new gardening project and have had a hard standing laid to accommodate this. We are hoping the shed will be delivered by the end of April and then we will be able to get this project up and running with the clients.

We were really pleased to reopen the centre to clients on the 6th of April, it is so nice to see them in person once more, and to have the centre back in use.

As COVID restrictions begin to lift, we are hoping to eventually restart our face to face work in the community with clients and the support group meetings in Mid and North Essex.

The general consensus is that the sooner the support group meetings begin again the better!

*Angie O'Toole
Service Manager North & Mid Essex*

South & West Essex News

Spring is in the air!

So spring is now upon us and restrictions are finally starting to be lifted. Hopefully we can gain a small amount of normality and look forward to meeting up with our friends and loved ones. We are making plans to resume some of our face to face activities, including our Social and Support Groups in a COVID-secure manner. We hope to commence these with limited numbers soon, so please look on Facebook or our website for updates in this respect.

Some of you may already be aware that we are looking to move our South Essex Hub. It will be a sad day when we leave Benfleet, however, as our service grows we need more space. Ideally the new venue will also have space to hold activities outside. It goes without saying that our new Hub will remain within South Essex so all of our lovely service users can access it. This is an exciting time for our service and we hope to be able to welcome you to our new South Essex home in the near future.

Over the next three months, not only do we aim to reintroduce face to face activities, but we will also keep our virtual hub up and running ensuring everyone has access to our services when needed. I want to take this opportunity to thank our service users for their patience while we try to open up again and our hard working South Essex team of staff and volunteers, who have gone above and beyond during the last year, many giving up extra hours of their own time to help plan groups.

So for now, watch this space... Once we have our New Hub up and running I am sure the team and I will be jumping with joy!!

Gemma Baines
South & West Essex Hub Manager

SAVE THE DATE

HEADWAY ESSEX PRESENTS

ESSEX CLASSIC VEHICLE SHOW

SUNDAY 5TH SEPTEMBER 2021

All enquiries to the fundraising team: Call **01206 845945** or email
fundraising@headwayessex.org.uk

Book your vehicle at **[www.headwayessex.org.uk/headway-events/
essex-classic-vehicle-show/](http://www.headwayessex.org.uk/headway-events/essex-classic-vehicle-show/)**

Fundraising

News on recent donations and fundraising

WHAT'S HAPPENING IN FUNDRAISING



Sponsored by



attwells
Solicitors

VIRTUAL
colour5K

ADD SOME COLOUR TO YOUR RUN

1st May - 30th June #VC5K

Virtual Colour5K 2021

Headway Essex is delighted to announce the return of our Virtual Colour5K, sponsored by Attwells Solicitors. We are inviting you to take part and raise as much money as possible by completing 5K this summer, so we can continue our work in supporting people living with acquired brain injury (ABI).

The Virtual Colour5K is packed full of fun, colour, community spirit, and is suitable for all ages and abilities. You can complete the challenge in one go, one week, or over a month. Walk, run, skip, dance your 5K if you want to; around your home, in your garden, or the local park, it is completely your choice. The only criteria, that you make it colourful, the more flamboyant the better!

Just like last year, the Virtual Colour5K is completely free to enter but we do encourage you to create a fundraising page on either JustGiving or Money Giving once you have signed up. You have from the 1st May to 30th June to complete your 5K, and if you raise £25 or more, we will send you a special prize to say thank you. So dig out your funky leggings and colourful headband from the bottom of your drawer and get involved.

All you have to do is register your interest online by claiming a free ticket on our Virtual Colour5K 2021 event page at www.headwayessex.org.uk/headway-events/virtual-colour5k/. Set up a fundraising page on JustGiving or Money Giving and don't forget to download your free fundraising toolkit.

If you need help or have any questions, we always love to hear from our community so please email us at fundraising@headwayessex.org.uk

Thank You

To everyone who raises vital funds for Headway Essex, whether by having a collection tin, organising an event, taking part in a sponsored event, making a personal donation or making a donation in memory of a loved one. Your support makes a huge difference to the lives of those living with the effects of an acquired brain injury.

To everyone who has supported us during the pandemic and to everyone who is planning a fundraising event for us this year, we really do value your help and support. Every penny we raise is used to keep our services running at a time where our clients need us more than ever. Thank you from the bottom of our hearts.

Thank you to our Hive members and regular donors. Whether you have been supporting us for a while or you have recently joined us, your support is greatly appreciated by all of us here at Headway Essex.

Thank you to everyone who has donated anonymously, or online through Facebook, eBay, PayPal, Just Giving and Virgin Money Giving. Although we cannot thank you individually, we are very grateful for your support.

Thank you to The Big Yellow Self Storage Company who kindly donate valuable storage space to Headway Essex.

A big thank you to Lizzie Hendy, our wonderful cook who volunteers at the Headway Centre for donating £260 to replace our broken crockery.

To all our loyal supporters who regularly place and pick up collection tins from their local stores, pubs and restaurants, in particular Gill White, Sandra Osterritter, Pauline French and Steve Downey.

Thank you to the following people for their very generous donation:

Birkett Long £300 – as part of their random act of kindness campaign in the community to celebrate their 200th Anniversary!

Total Care Cleaning £200 to replace our Gazebo that was vandalised over lockdown.

Tara and her family and friends for raising £135 which will go towards improving the security outside our Headway Centre.

Jack Harker - £100

Freddie Bennie for fundrasing £217 by completing 1000 jumps on his trampoline.

Alice Hobbs and her friends for walking a marathon in support of her father, raising a total of £2,851.

Councillor David King from Colchester borough council for donating £250.08 towards work at the Headway Essex centre.

Donations In Memory



We thank the family and friends for the kind donations made in memory of a special person in their life.

In Loving Memory Of

Peter Bowring Jonathan Wright Stephen Woodiwiss
Patrick Campbell Denise Stannard Kim Hopkins Fren Biagioni

Tim Rees And His Journey

My association with Headway began in Autumn 2019. I had a lymphoma on the brain stem and I was left with an acquired brain injury and since then I have shunned anything public because I am so conscious of my speech and wheelchair.

A Headway caseworker came to our house to understand my situation and assess my needs. Before long I was in a group of like-minded, non-judgemental people being taught about the brain and brain injuries in a weekly course. I am still in communication with those people and I learned how differently we are affected. Apart from the actual getting out and learning, I became less shy of my condition. I could see some were more affected than I was and they weren't 'obviously' bothered about being seen.

Next, I attended a couple of fitness classes before the lockdown. I was told that I must keep moving to help with my recovery and general health and wellbeing. I now attend the on-line class which helps to keep me motivated to undertake regular exercise. I have access to a recorded session of the seated class for disabled people so that I can practice it whenever I want.

I also did some food preparation using the Headway Cooking for the Brain group – a practical exercise – which started me using my affected hand for a good purpose and helped improve my dexterity.

Next, I joined the online weekly quiz, and sometimes I help to set the questions. The staff at Headway also encouraged me to join a seated yoga class and a group for motivational walking recommended by Headway. I cannot walk far but we are all encouraged (not forced) to do what we can.

Finally, I joined the creative writing group. From initial reluctance I am now doing something (sometimes more than one thing) three times a week. Instead of hiding my disability



Tim taking part in the 2020 Virtual Colour5K

at home, I have joined several groups of like-minded people, using my mind and body, and I am definitely improving much faster than I would have otherwise.

I think it's natural not to want anyone to see you disabled (especially those who knew you before) but these groups have helped me overcome that – not just with other disabled people, but generally.

The staff are knowledgeable, encouraging and fun and it's great to be part of society again in groups with no pressures. In fact, as a step towards recovery, I did a "Captain Tom" style walk to raise money for Headway – The Virtual Colour5K - and get me on my feet. Since then I have graduated to walking 200 metres per day and started to go upstairs.

It would be easy to sit at home doing nothing and feeling depressed about disability but these varied groups make you feel better about yourself, motivated, that you can still do things and play a useful role in life. Headway has done so much to help me and I can't thank them enough. Perhaps I could have found another exercise group but I don't know where else I would have found an organisation that offers so many other activities as well, tailored to those with acquired brain injury.

Tim Rees

I A M H A P P Y

I am online shopping

I am going to the hairdressers

I am dancing to the B52s

I am a real fire

I am jungle music and jerk chicken

I am Jesse Lingard making his debut for West Ham and scoring two goals

I am the sun shining where I am

I am hot coffee and a hot water bottle

I am taking my mum to the dentist because it is the first time I can hold her hand in nearly a year

I am exercising with my pint glass

I am my husband

I am my son and my wife

I am being invited for a vaccination at a place I can get to

I am a full glass of whisky

I am free car parking

I am an excuse to have another chocolate

I am happy

Get Involved

Take the leap

Enjoy the feeling of flying through the clouds at over 10,000ft in the air whilst raising vital funds for Headway Essex at the same time! A tandem skydive will have you strapped to a BPA (British Parachute Association) qualified instructor as you reach speeds of up to 120mph. This is a truly unforgettable experience.

A minimum of £395 must be raised in order to take part. You can reserve your place with a £70 deposit and spend the rest of your time fundraising in the lead up to your jump. As long as you reach the target, all costs of the jump and sponsorship are covered.

Register your interest in this nail-biting challenge by emailing the fundraising team at fundraising@headwayessex.org.uk or call 01206 845945. Once airfields are back up and running, we can find a date that suits you. If your jump was cancelled due to COVID-19, get in touch to re-arrange your tandem skydive.



Kim jumping for Headway Essex in 2006

Run the Virgin Money London Marathon

If you are looking to set yourself a real challenge this year, why not enter the Virgin Money London Marathon and raise funds for Headway Essex? We have one guaranteed place into this year's Marathon up for grabs. If you think you could raise £2,500 for Headway Essex, then we would love to have you run for us.

This year's London Marathon will combine the traditional race with 50,000 runners taking part in the capital and a virtual race with 50,000 runners completing their own marathon distance.

If you are interested in running for Headway Essex, please email fundraising@headwayessex.org.uk or call 01206 845945.



This year's ABI Week will take place on the 17 – 23 May and the theme will be 'A life of lockdown' and focus on social isolation. During this week, Headway Essex will be raising awareness of how a year in lockdown has affected brain injury survivors and their families. Keep an eye on our social media for more details coming soon and how you can get involved.

ACTION FOR

BRAIN INJURY WEEK 2021

17-23 MAY

Become a Hive Member

In Essex, every 58 minutes, someone is admitted to hospital with a brain injury. Quite often, their life and the lives of their family members will forever be affected. By making a regular donation you can make a huge difference to improve their lives.

Whatever your regular gift, it will help ensure we can be there for many years to come; taking clients and their families from a place of surviving to thriving.

By joining the Headway Essex Hive, your commitment will bring you closer to our work through updates on the impact your gift is making. We promise every penny you give will go towards continuing our work, supporting people living with acquired brain injury.

For further information about becoming a Headway Essex Hive member, please contact our fundraising team fundraising@headwayessex.org.uk or visit our website www.headwayessex.org.uk.



In Memory Donations

We are always incredibly touched and grateful to receive donations in memory of someone special.

Fundraising in memory of someone is a touching way to remember a loved one - creating a lasting tribute by celebrating their life, whilst helping others at the same time.

We realise that everyone is different, so there are a number of ways you could choose to fundraise for Headway Essex in memory of someone dear to you:

- Make a donation in the name of your loved one
- Hold a collection at a funeral or memorial
- Take on a fundraising challenge in their memory
- Create an online tribute fund either through Virgin Money or Just Giving



We will always respect your privacy and ensure your donation is used for the greatest impact.

You can find more information about In Memory Donations on our Website, or please call our fundraising team who will handle your enquiry sensitively and help to guide you.

You can reach the fundraising team on 01206 845945 or email fundraising@headwayessex.org.uk

Thank You

to all our supporters, partners, commissioners, trustees, volunteers and funders. There are so many ways you get involved!

To find out how you can help raise funds, visit
www.headwayessex.org.uk/i-want-to-help



Contact us

FUNDRAISING:

fundraising@headwayessex.org.uk
01206 845945 (Option 5)
6th Floor Annex, Wellington House
90-92 Butt Road, Colchester,
Essex, CO3 3DA

COMMUNITY SUPPORT:

abisupport@headwayessex.org.uk
01206 845945 (Option 1)
6th Floor Annex, Wellington House
90-92 Butt Road, Colchester,
Essex, CO3 3DA

THE HEADWAY CENTRE:

dayservice@headwayessex.org.uk
01206 845945 (Option 2)
The Headway Centre, Woodland
Walk, Colchester,
Essex, CO4 6DH

FACEBOOK: @headway.essex **TWITTER:** @headwayessex **INSTAGRAM:** @headwayessex

www.headwayessex.org.uk



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