



# Headway Essex News

Summer 2021



## START YOUR ENGINES!

The Essex Classic Vehicle Show will soon be arriving at Colchester Castle Park (page 6)

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## About Headway Essex

**H**eadway 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*



# CEO'S MESSAGE FROM JOANNA WRIGHT



## Looking to the Future

Welcome to our Summer Newsletter. In this still uncertain world I would like to start by saying a huge thank you to our supporters, volunteers and staff. Your commitment and support makes all the difference and has ensured that, over the last 16 months of upheaval, we have always been there, helping adults with acquired brain injury and their families living in Essex.

I would also like to reassure you that as a charity we are resolute that despite the challenges that the coronavirus pandemic still presents, we will strive to overcome them all and continue providing our vital services to those who need us.

As we look forward to the summer, we enter a new phase with the lifting of restrictions. We are cautiously moving forward with hope and optimism.

After reopening in April, the Headway Centre goes from strength to strength with the service users now able to resume community activities and try new ones such as seated yoga and attending a new Physical Therapy Gym. It is also heart-warming to see everyone meeting face to face again at our support groups and social groups, with appropriate COVID-safety protocols in place.

Fundraising continues to remain a great challenge as we started the year in lockdown and now some events planned earlier in the year are not going ahead. Any support you may be able to offer would make such a difference in this challenging time for our charity.

We are however optimistic and excited that the Essex Classic Vehicle show will go ahead as planned on September 5th and with over 200 classic cars on show this is an event not to be missed.

Headway will keep on striving to make sure we are there for every single person in Essex living with the effects of acquired brain injury, so that the support they need is always there for them; and to that end I am proud and inspired by the way everyone has risen to the challenges over the last 16 months – service users, volunteers, supporters, funders and staff. You have shown flexibility, resilience, courage and caring hearts. Thank you all for your amazing contributions. Let's look ahead to a brighter future and keep on moving forward.

*Joanna Wright  
Chief Executive, Headway Essex*

## SKYDIVE IS BACK!

Why not organise a group skydive with your friends, family or colleagues and raise funds for Headway Essex.

To find out more email us at [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)



Register  
your  
interest  
now

# Service News

## MESSAGE FROM STELLA KERINS



### A Ray of Sunshine

What a few months it's been since our last newsletter. Amazing April showers, May had its moments of sunshine, June gently got warmer until we now have a little bit of sunshine in July. And of course we have had the football, at the start of the tournament England reaching the final was a dream. We didn't quite bring it home but we should be really proud of our national team.

Freedom day has come in the UK but it has been met with mixed feelings. For many they have welcomed it with open arms but for some it is a concern especially those in the vulnerable category.

Many of our service users fit into the vulnerable category, and I find myself thinking about them, their families and others who live with an acquired brain injury, and how they will cope with yet another change but one that is more confusing. They are dealing with some

people wearing masks and others not, with different rules in healthcare settings than in the pub or gym, with some shops still requesting that you stick to the old rules and others not.

The experience of everyone with a brain injury is different; many people recover and live relatively normal lives after brain injury but for others, their brain injury causes them to have poor attention span, poor memory, fatigue and many other difficulties. However, it is often a hidden disability, because of this people do not always understand the need to give someone time to process what is expected of them. So please think about this when you are out and about enjoying your newly found freedom.

Over the last few months our day centre in North and Mid Essex has remained open to clients and we have resumed all of our social groups, support groups and carers groups across the County. We have had to move our South Essex support group from Pitsea to Benfleet, this is due to our Pitsea venue not re-opening. It has been brilliant for the team and for our service users to see each other again.

In South Essex we have now found the perfect premises to open a day centre. When it opens it will help people to relearn lost skills, improve confidence and communication skills, address social isolation, and improve physical and mental health and develop coping and compensating skills to deal with the symptoms of brain injury, alongside providing respite for family members. If you or anyone you know would benefit from our day services in South Essex then please get in touch and let me know [stella.kerins@headwayessex.org.uk](mailto:stella.kerins@headwayessex.org.uk).

Sadly, Gemma Baines our South/West Essex Hub Manager will be leaving us at the end of the month. Gemma will be sorely missed by the whole Headway team as well as by our service users. However, she has promised to volunteer at some of the Support Group meetings so you will get to see her from time to time in the future. We wish her all the best.

*Stella Kerins*  
*Head of Brain Injury Care Services*

# Support Groups & Social Groups

Many people who have a brain injury find our support group meetings and social groups very beneficial. The groups provide you with an opportunity to meet others who have a brain injury, to share information and to hear from experts in brain injury care and rehabilitation.

We also run carer specific support groups. People attend the carer support groups for a variety of reasons, some to chat with others in a similar situation as themselves, and others to gain information and advice

Headway offer the following Groups run on a monthly basis with the exception of the month of August:

## Acquired Brain Injury (ABI) Support Groups

### South Essex Support Group

Second Tuesday of every month, 7:00pm - 9:00pm in South Benfleet

### West Essex

Fourth Tuesday of every month 10.00am – 12.00pm in Epping

### Mid Essex Support Group

Third Tuesday of every month, 10.00am -12.00 pm in Chelmsford

### North East Essex Support Group

First Tuesday of the month, 7.00pm - 9.00pm in Colchester

## Carers Only Support Groups

### North and Mid Essex Carers Support Group

Monthly, 4th Friday of every month, 10.30am-12.30pm in Colchester

### South Essex Carers Support Group

Monthly, Fourth Thursday of the month 7.00pm - 9.00pm in South Benfleet

### West Essex Carers Support

Relatives/carers can join in the monthly ABI support group on the Fourth Tuesday of every month 10-00am – 12-00pm. There is an option for relatives/carers to also speak with staff after the main meeting. Meetings held in Epping.

We also run Acquired Brain Injury Support Group Meetings where both you and the person you care for, can also attend.

If you would like more information or would like to join one of our sessions, please e-mail [ABIsupport@headwayessex.org.uk](mailto:ABIsupport@headwayessex.org.uk) or call 01206 845945.

## Social Groups

### South and West Essex

First and third Wednesday of every month in South Benfleet 1.30pm – 3.00pm

### Mid and North Essex

Second Tuesday of every month in Colchester



*A few of our service users bowling at Colchester ten pin*



*A Brain Injury & Me Group graduates, Benfleet, 2019*



# Fundraising

News on recent donations and fundraising

## WHAT'S HAPPENING IN FUNDRAISING

### The Essex Classic Vehicle Show returns for the fifth year!

The Essex Classic Vehicle Show is speeding around the corner and will soon be arriving at Colchester Castle Park on the 5th of September 2021. This year's show will feature more than 250 classic vehicles from across the decades with a combined vehicle history of over 7,000 years! It is a real treat to view these classic vehicles in all their glory and have an opportunity to chat with the owners.

As well as plenty of spectacular vehicles to discover, there will be car parades throughout the day and an award ceremony for the best vehicles. Team Kinetix will also be entertaining the crowds with two thrilling parkour and acrobatic performances. There is a wonderful selection of craft, gift, and food stalls, as well as entertainment for the children.

We are very grateful to Kent Blaxill, Elms Price & Co Estate Agents and Agile Technical Solutions for generously sponsoring this year's event.

#### Visit Us On The Day

Come along with your friends and family and have a great day out. Get lost in the nostalgia of the wonderful cars on display, ranging from the 1930s to the late 1980s, there's really something for everyone. The show opens to the public at 10:30am and finishes at 4:30pm.

Tickets are available now at [headwayessex.org.uk/headway-events/essex-classic-vehicle-show/](https://www.headwayessex.org.uk/headway-events/essex-classic-vehicle-show/) or can be purchased at the event on the day.

HEADWAY ESSEX PRESENTS

# ESSEX CLASSIC VEHICLE SHOW

**5TH SEPTEMBER COLCHESTER CASTLE PARK**

BOOK TICKETS AT [WWW.HEADWAYESSEX.ORG.UK](https://www.headwayessex.org.uk)



Headway Essex  
Registered Charity No. 1008807

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KB Kent Blaxill



# Thank You

**To everyone who has supported us throughout 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 Carol Marshall, who has donated £285 through baking and selling delicious cakes and raising money for charity.

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 fundraising for us:**

Rapid Electronics for raising £128 during the Euro 2020 football championship

Georgina Root who's so far raised £262 during her virtual walk from Georgina's Lands End to John O'Groats

Helen Davis for continuing to fundraise for the Virtual 2021 Virgin Money London Marathon



*Carol Marshall - raising money with her delicious cakes*

## Virtual Colour5K Fundrasiers

**A big thank you to everyone who took part in this year's Virtual Colour5K**

We would like to say a massive thank you to everyone who participated in this year's Virtual Colour5K to raise as much as possible for adults with acquired brain injury (ABI). Without your support, Headway Essex would be unable to raise the vital funds that go towards providing rehabilitation and support for brain injury survivors, their families, and carers in Essex.

Louise Lane - £30   Philip Bird - £340   Tony Emms - £130

Daniel Mateta - £332.50   Matt Newman - £125   Linda Dove - £200   Jake Thornton - £80

Elm Park - £75   James Bullock - £100

# Conor's Story



*Conor Summerfield and his infectious smile*

**There are many hidden effects of acquired brain injury that can remain long after the physical wounds have healed.**

Amongst other things it can affect memory, mood, information processing, or speech. It can leave people lacking the confidence to interact with society and have a serious effect on mental health. Conor Summerfield explains how Headway Essex helped him to see the light at the end of the tunnel.

“I wanted to let you know how Headway Essex and their support literally saved my life.

In October 2013 I suffered a massive TBI as a result of an assault. I was in a coma for 6 weeks where I underwent a craniotomy to relieve the swelling and drain a subdural hematoma.

Against all odds, I regained consciousness and went into a Neurological Rehabilitation Unit to help me learn how to walk, talk, and to help with severe short-term memory loss.

## **My World Had Become Much Smaller**

I stayed at the rehabilitation unit for 6 months which undoubtedly helped me regain some sort of life. However, when I came out of this ‘cocoon’ into the real world, my world in fact had become so much smaller. Most of my friends had moved on and I felt as though my life, as it was, was pointless.

## **Finding Headway Essex**

My mum found out about Headway Essex which has proved to be a life-changer for me. I have attended support group meetings with other people that have similar brain injuries, these meetings are invaluable to me as I can talk to others ‘who get it’.

When lockdown stopped these meetings I attended Brain Injury and Me meetings via Zoom, the guest speakers that Headway arranged spoke about fatigue, memory loss, anxiety, all subjects that I suffer from on a daily basis.

My anxiety and depression is a direct result of my injury. My Support Worker from Headway Essex arranged for me to have a one-to-one Zoom meeting with him. These meetings have helped me to understand my feelings and put coping mechanisms in place.

If Headway Essex wasn't here I don't know where I would have turned, I really don't know where I would be today. There is nothing else around that supports Life after Brain Injury.

Headway Essex for me has made me feel my life as it is now can be good and is worthwhile. I can never thank them enough.”



# Get Involved

## The 2021 Virgin Money London Marathon

This year's iconic London Marathon will be held on Sunday 03 October and this year we have Jonnie Miller taking part and running the 26.2 miles to raise funds for Headway Essex. Jonnie has kindly written something to share his motivation for taking on such an epic challenge:

"Hey everyone! I'm Jonnie, I'm 28, a very keen sportsman and avid traveller! I've played a variety of sports throughout my life and I've kept relatively fit and healthy, however nothing is currently comparing to this marathon training I'm on! I'd never ran more than 15km prior to this training (and even that was several years ago) so this has been fun (and tiring!) pushing boundaries and showing grit and determination to finish the training runs!

Running a marathon has always been right at the top of my bucket list since I was a young teenager, after watching in awe at Haile Gebrselassie and Paula Radcliffe breaking world records - obviously I won't be achieving those feats but I am hoping I can just cross that finish line in one piece!!

I decided to run the London Marathon for Headway after they managed to aid a close family to a full recovery following a stroke! The work Headway do is fantastic in assisting people with brain injuries and I hope they can continue to do this!"

**Due to an injury, we have one guaranteed marathon place still available. If you'd like to join Jonnie and the other 50,000 runners, and think you can raise £2,500 for Headway Essex, we would love to hear from you! Just email [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk) or call 01206 845945.**



*Jonnie Miller - Headway Essex's London Marathon runner*



## Fun Walk

Given the success of last year's Virtual Fun walk and the continuing pandemic, the event coordinators have announced that the 2021 Fun Walk will again be a virtual event running from the 1st through to 30th September.

Last year's event had 86 local charities and good causes register with an estimated 1,400 people taking part and raised over £103,000. Participants raised sponsorship money for their individual causes and a bonus pot from local businesses helped to increase the total raised. If you would like to walk on behalf of Headway Essex this year, register your interest with our fundraising team by emailing [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk).

## Georgina's Lands End to John O'Groats Virtual Walk

One of our ex colleagues and a good friend of Headway Essex, Georgina Root, has taken on a big fundraising challenge for us. She's set herself a target of walking 870 miles, the equivalent of walking from Lands End to John O'Groats throughout this year.

The idea came to her during lockdown and seemed a good way to get fitter and raise money for a good cause.

Georgina said: 'having worked in the past for the charity Headway Essex I know what a lifeline it is not only for individuals with acquired brain injury but also for their families. They provide vital education about the impact of brain injury and how to cope, signpost to other important organisations, provide respite and most importantly, in my opinion, peer support. Everyone I met there from staff, volunteers to attendees themselves I have great admiration for and miss dearly'.



*Georgina Root running in local marathon*

If you'd like to find out more about Georgina's walk or donate to her fundraising page, visit <https://www.justgiving.com/fundraising/georgina-root-walk>

## Chris James and Stephen Wells Golf Day

On the 17th September, Chris James and his close friend Stephen Wells will be holding their third golf day at Stoke-by-Nayland golf course to raise money for Headway Essex. At last year's event, they raised an incredible £4,500 among the 28 players who attended.

Chris James, who had suffered a brain injury, is a long-time supporter of Headway Essex. Back in 2017, Chris was assaulted during a night out and later woke in hospital to find he needed surgery to remove a bleed on the brain. Ever since then, Headway Essex has worked closely with James and his family to provide guidance and support.

## Throw Someone a Lifeline

### Make today the day you make a difference

At **Headway Essex** we work tirelessly to ensure adults with acquired brain injury and their families are supported to overcome the hurdles their brain injury presents them with, so they can reach a place where life feels good again.

*"Headway Essex for me has made me feel my life, as it is now, can be good and is worthwhile I can never thank them enough."*

*"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."*

We are desperately in need of both monetary donations and gifts we can use in raffles or auctions to help raise funds.

We know the last 16 months have been hard for everyone but if you can help us in any way, make today, the day you make a difference. You can donate online at [www.headwayessex.org.uk](http://www.headwayessex.org.uk), or contact the fundraising team on **01206 845 945** or email [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)





## 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](mailto:fundraising@headwayessex.org.uk) or visit our website [www.headwayessex.org.uk](http://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](mailto: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](http://www.headwayessex.org.uk/i-want-to-help)



## Contact us

### FUNDRAISING:

[fundraising@headwayessex.org.uk](mailto: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](mailto: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](mailto: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](http://www.headwayessex.org.uk)



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