



Headway Essex News

Autumn 2021

Headway Essex

Christmas Cracker

12th December

COME VISIT US THIS CHRISTMAS

THIS CHRISTMAS, THE HEADWAY CENTRE IN COLCHESTER WILL BE OPENING THEIR DOORS TO THE LOCAL COMMUNITY

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SERVICE NEWS

Stella Kerins shares the latest news and updates from our centres

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ABOUT HEADWAY ESSEX

Headway Essex is an independent charity, which provides support to people living with an 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 MESSAGE FROM JOANNA WRIGHT



Autumn News

Welcome to the autumn edition of our Newsletter. After all the upheaval and change, caused by the pandemic, things feel like they are at last settling down and we can now start looking positively to the future.

This has been helped greatly by amazing news that we have been awarded a grant from the National Lottery Community Fund for our community support services in South and West Essex. This much needed grant will support our service provision whilst we recover from the pandemic setbacks and work hard to rebuild our income.

From a firefighting position we can now move forward with hope and optimism and deliver first class support to adults with acquired brain injury and their families across Essex.

We are already developing new face to face social and support groups alongside new virtual groups. These will give people the choice of travelling to a group or the option to join a group online. We will also pilot a new Day Service in South Essex, which will provide brain injury rehabilitation sessions for people living in that area of Essex and also a new income stream. We will be starting this on a limited scale but hope we will scale up quickly.

These changes will complement the established support we offer at the Headway Centre in Colchester and in the community across Essex. They will provide opportunities not previously available to many, either due to where they live or being unable to travel.

We still have a long way to go to recover our fundraising but our first event, post lockdown, has been very successful. You can read more about the Essex Classic Vehicle show later in this newsletter.

At our October Board of Trustees meeting, Christopher White-Thomson, after eleven years of outstanding service, has stepped down as our Chairman. Chris has made an incredible contribution to the success of Headway Essex and fortunately will continue as a Board Member. Our new Chairman is Alan Bacon who is a recently retired Lawyer and has been involved with us for several years. We are delighted that he has been voted in as the new Chair.

Whilst this is all very positive, we are still in need of financial support. Our service is still very reliant on the amazing individuals, companies and organisations that help us. We could not achieve any of these things without you. Our autumn edition is full of ideas about different ways you can support Headway Essex going forward and we hope we can rely on your continued contributions.

Thank you for everything you do to help Headway Essex and for taking the time to read our Newsletter.

Joanna Wright
CEO, Headway Essex

Headway Essex Christmas Lunch

We regret to announce that due to the uncertainty of booking events and venues earlier this year, we have not been able to organise our usual Christmas Meal for past and present service users, their families, carers and volunteers.

We are heartbroken that we will not be able to see you all at the event this year but we hope it will be back, bigger and even better in 2022.

SERVICE NEWS

Latest news and updates from the Headway centres

MESSAGE FROM STELLA KERINS



Reflecting Back

Writing this piece for the newsletter has made me both reflect back on the last few months and also to look to what we are doing for the future. This doesn't fit with the current trend of mindfulness and being in the moment but it is a useful thing to do every now and then.

Brain injury is one of the largest causes of acquired disability in the working age population – it's most commonly caused by road traffic accidents, assaults, falls and strokes. The consequences of brain injury can be life changing for the individual and those close to them.

At Headway Essex we provide a supportive and stimulating environment for people who have an acquired brain injury across the county of Essex. We recognise that each person is different and no two injuries are the same and for this reason our services reflect this, focusing on the needs of the individual.

Our services remain the one constant in many people's lives, both the individual with the brain injury and their family. "Speaking to others at Headway has made him realise he's not alone" (service user quote 2021). We hear things like this from service users and their families on a regular basis, which is why it is so important that we have county wide services. We have achieved this with our support groups, social groups and carers groups, but not with our day centre which is why we are planning to pilot a new day centre in Benfleet before the end of the year.

We are also planning two new services, both of which have been piloted:

1. Telephone volunteer buddy support
2. Virtual groups

The telephone volunteer buddy support has come about from us supporting people through lockdown over the phone. A volunteer buddy will be a listening ear, who understands the issues faced by people who live with acquired brain injury and who is available to talk to on a regular basis.

The virtual groups are back by popular demand from service users who benefited from these services through lockdown. We will be running



Clients participating in one of our yoga classes



Tara and Jenni celebrating Headfest at the Centre

three monthly virtual groups as of this month: quiz, social group and a creative writing group. If you want further details, please check on our website.

Over the summer, our day centre in North Essex has taken advantage of the little good weather and held barbeques and music days for the clients. This included “Headfest” where the wonderful acapella group ‘Shanty Folk’ gave an outstanding performance and soloist ‘Tony James’ took us right back to the 1960’s with his amazing Ratpack performance. Lots of fun, laughter and dancing was a joy to behold on the day. We have to say a huge thank you to all of our volunteers who supported us to facilitate these events.

Stella Kerins
Head of Brain Injury Care Services

LOOKING TO VOLUNTEER?

The Colchester Day Centre is looking for volunteers to work Thursday from 10am to 1pm. Volunteers will be working one-to-one with clients under the supervision of staff.

The Colchester Day Centre is also seeking:

- A new minibus driver to volunteer Tuesdays and Wednesdays. Applicants will require MIDAS training.
- Escorts to support clients on the minibus.
- Cooks to help cater on Monday, Thursday or Friday.

**If you can help, please contact us at
abisupport@headwayessex.org.uk or call 01206 845945
(option 3)**

FUNDRAISING

News on recent events and fundraising

WHAT IS HAPPENING IN FUNDRAISING



Vehicle Show

Visitors to this year's Essex Classic Vehicle Show were transported back in time to admire motoring classics of a bygone age. This nostalgic event took place in Colchester Lower Castle Park on the 5th September and guests were blessed with sunshine throughout the day.

It was clear that vehicle owners and visitors alike sorely missed the show after 18 months of cancelled events due to the pandemic. Despite the odds, the 2021 show returned bigger and better than before, with over 275 classic vehicles exhibiting on the day, collectively representing over 9 decades of motoring history.

The Essex Classic Vehicle Show was officially opened by Robert Davidson, the Mayor of Colchester, and attracted over 3,000 visitors to Lower Castle Park. Following lockdown and so many cancelled events, the atmosphere was buzzing with excitement and it was a real treat for families to be out together once again.



A 1936 Austin York won best in show

Guests were treated to an arena show presenting a few of the best vehicles. Trophies were also awarded for various categories including best vehicle of the show which was awarded to a 1936 Austin York. There was plenty of other entertainment during the day with a selection of stalls, kid's entertainment and two amazing shows by Team Kinetix.

This year's Essex Classic Vehicle Show has raised over £10,500, which will go towards ensuring Headway Essex can continue to provide rehabilitation and support for brain injury survivors and their families and carers in Essex. We are incredibly grateful to all the classic vehicle owners for their support in making the day such a success. We are also very thankful to this year's sponsors: Kent Blaxill, Elms Price & Co and Agile Technical Solutions.

Special thanks as always to our wonderful team of volunteers, including the Rotary Club of Billericay Mayflower and the Essex Police Cadets, who helped us run the event on the day.

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 you raise is used to keep our services running at a time when our clients need us more than ever. Thank you from the bottom of our hearts.

Malcolm Hammond for your generous donation of wine bottles and gift boxes.

Ben Wilson for kindly donating £300 through the Headway Essex website.

Helen Davis for participating in the Virtual Virgin Money London Marathon and raising a fantastic £535 by completing the run in her hometown of Canvey.

Jonnie Miller for running the Virgin Money London Marathon on behalf of Headway Essex and raising a brilliant £2,494 through fundraising and a pub quiz.

Georgina Root for successfully completing a virtual walk of 870 miles, the equivalent of Lands End to John O'Groats, and raising £500.

Hamish Macdiarmid for his unique donation of Belgian francs to our foreign coin collection box.

Chris James and Stephen Wells for organising and delivering a successful charity golf day at Bentley Golf Club and raising an excellent £6,700.

Michael Gates for raising £1,900 at another one of his amazing charity golf days at Frinton Golf Club.

Mike Rohan for his very kind donation of £175.

Give as you Live®
Online

HAVE A MAGICAL CHRISTMAS

Turn your ordinary gift shopping into something extraordinary for us

Generate free donations on online purchases at 5,500+ retailers

Argos John Lewis Boots Selfridges go.com Harrods Etsy ebay Apple Currys PC World M&S Sainsbury's FIREBOX
WAITROSE Corgi Hamleys ShopDisney LEGO Aldi Groupon Ticketmaster

CATCHING UP WITH BEN



Ben Wilson back in the driving seat after his accident

Two years ago, we shared the story of Ben Wilson, a young man from Essex who found himself in a serious car accident that changed his life forever.

We recently caught up with Ben at this year's Essex Classic Vehicle Show where he performed with his parkour and free running club, Team Kinetix. In our conversation with Ben, we revisited his accident, the journey to recovery, and his time with Headway Essex. We also learned what Ben has been doing since leaving Headway and his ambitions for the future.

Hey Ben, it is so good to catch up with you after so long! Do you mind introducing yourself?

Hi, my name is Ben Wilson, I am 25 and I'm from Danbury. I have just performed for Team Kinetix at the Essex Classic Vehicle Show.

When and how did your accident happen?

I had a car crash on the 22nd of August 2017. I was driving too fast on a country road and I went off the corner colliding with a tree. That was purely down to me driving too fast.

What injuries did you sustain and how long were you in hospital?

I was in hospital for two months. I broke my spine in three places (L2, L3, and L5), my right arm, my right leg and my skull, shattering the top left of my eye socket.

We only found out about my arm about six or seven weeks after being in hospital. My dad got them to check it because my arm was shaking whilst pouring water.

What was life like before the accident?

Before my crash, I used to go to Team Kinetix every Saturday. We would then all hang out on a Sunday, free running outside. During the week, I worked for the company Hobart doing five days a week, one in four weekends were standby. It was tiring but it was good.

Can you explain how your brain injury affected your personality and everyday life?

I can only explain that from what I have been told by other people. Apparently, my personality is a bit different now. I know my emotions are different; it is harder for me to know how I feel. For example doing this interview, I know I should be nervous but I'm not and that's because of the brain injury. So it can have upsides but not knowing how you feel is quite frustrating sometimes.

Humour was also quite different back at the beginning; I could watch an hour-long comedy show and not laugh once. I have begun to relearn what is funny so I am getting back on track with that.

How has your brain injury changed day-to-day life?

With everyday life, I get a lot more fatigued. There is only so much I can do in a certain day. I have to go to sleep early or just not do too much.

When did you find out about Headway Essex?

When I was in hospital, there was a woman working there who mentioned Headway. My parents did some research and found Headway Essex in Colchester.

How did Headway Essex support you?

At the beginning with Headway Essex, I attended the Brain Injury and Me programme. I would attend on a Monday and do one day a week. There was a group of us and we all discussed different things such as what happened to us, how we were feeling, and how different parts of the brain worked.

I was then on the waiting list to be enrolled to the Day Centre on a Wednesday. That was really good, we went bowling every week and socialised. Then I progressed to the Thursday, where they helped me with getting back to work; showing me the steps I needed to take and helping with my memory.



Ben Wilson and Team Kinetic at the Essex Classic Vehicle Show 2021

What have you achieved since leaving Headway Essex?

Since leaving, I have gone back to work at my old job with Hobart and gone back to Team Kinetix. Work is great fun, I am really happy to be back. It is obviously very tiring but it is nice to be back in my job.

What are your goals and plans for the future?

To keep working and to save up enough money to get my own house. I want a cat or two as well, I like cats. And to just keep driving and playing around with my car but I've learned to stick to the speed limit, it's there for a reason.

Save The Date
The Headway Essex Black Tie Ball
4th March 2022 At The Fennes
Tickets Available Soon

Headway Essex

Christmas Cracker

Sunday 12th December 10am to 3pm

**Visit Santa, Refreshments, Gifts
Carol Singers, Raffle and more**

**The Headway Centre
Woodland Walk, Colchester CO4 6DH**



**Headway
Essex**

www.headwayessex.org.uk/headway-events/christmas-cracker

Headway Essex is a Registered Charity No. 1008807 and a Company Limited by Guarantee. Registered in England No. 2674755



Available Soon

Christmas Cards

Register your interest at
fundraising@headwayessex.org.uk

GET INVOLVED

Discover how you can support Headway Essex

London Marathon

It was an exhilarating day when the Virgin London Marathon returned to the streets of our capital after being postponed in April due to the pandemic. The Marathon took place on the 3rd October, with 100,000 runners scheduled to take part both in person and virtually.

Jonnie

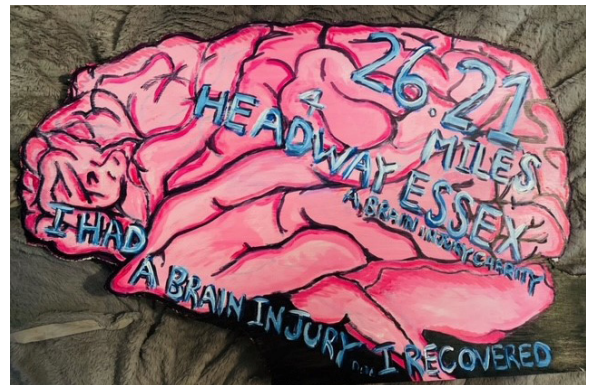
Among those running in person was our very own Jonnie Miller, who picked Headway Essex as his chosen charity. Completing the London Marathon was on Jonnie's bucket list and he was very grateful to have the opportunity to tick it off. Jonnie finished his run in an incredible 3 hours 26 minutes and has currently raised an impressive £2,494. He described the day as an unforgettable experience and was glad to fundraise for Headway Essex.



Jonnie Miller with a well deserved beer

Helen

Participating in her home town of Canvey, Helen Davis also chose to run for Headway Essex by taking part in the Virtual London Marathon. Helen was diagnosed with post-concussion syndrome last December after suffering a nasty fall whilst ice-skating. Helen completed her marathon in 8 hours 19 minutes all whilst carrying a giant brain and being cheered on by the locals. So far, Helen has raised a fantastic £535 to help others in a similar situation.



Helen Davis completed her run with a giant brain

From everyone at Headway Essex, we would like say a massive thank you to both Jonnie Miller and Helen Davis for choosing to support Headway Essex. We recognise how difficult not just the marathon must be but also the hours of hard work you put into training. Thank you for your dedication to fundraising to help provide care and support for those living with a brain injury. If you would like to run for Headway Essex next year, we have one standard entry to the event, which will be held on the 2nd October 2022, just get in touch by emailing fundraising@headwayessex.org.uk.



Chris & Steve's Golf Day

Brain injury survivor Chris James, along with his good friend Stephen Wells, pulled out all the stops raising money by organising another highly successful Charity Golf Day at Bentley Golf Club on Friday 17th September. This was the third time the pair have organised the event which raised an incredible £6,700 for Headway Essex.

Thirty Six players teed off after a bacon roll and champagne reception. After playing 18 holes, guests stayed for dinner, which included an auction and raffle. This year's event was kindly sponsored by OENO and Bennetts Funeral Directors who sponsored all nine holes.



Chris James and Tracy Wellsted with money raised



Michael Gates and friends at Frinton Golf Club

Michael Gates' Golf Day

Michael Gates, a former client of Headway Essex, single-handedly organised another amazing charity golf day at Frinton Golf Club on the 17th September. This year was Michael's fourth time delivering the event and raised an impressive £1,900 on the day.

Due to an overwhelming turnout of 100 players, the day was split into two games, with both games playing by Texas scramble rules and shotgun starts. The day was generously sponsored by ATPS Construction Limited. Michael would like to say a massive thank you to all the sponsors, guests and volunteers who helped make the day a success.

HELP HEADWAY ESSEX WIN A SHARE OF £20,000!

We are delighted to announce that Headway Essex has been chosen as one of eight charities across the South East to benefit from a share of £20,000.

The cash is part of a pot of money put up by The Gannett Foundation, to support local charities across the country.

We need your help to win a share of the money by collecting tokens published in your local Newspaper:

North Essex - Colchester Gazette, Clacton Gazette, Harwich & Manningtree Standard

Mid Essex - Braintree & Witham Times, Chelmsford & Mid Essex Times, Halstead Gazette, Maldon Standard

South Essex - Basildon, Canvey & Southend Echo, Thurrock Gazette

During November, readers are invited to collect tokens from these newspapers which can then be sent to collection points across the region or posted.

Each token collected will then be used to allocate cash to the nominated charity – E.g. If we collect 50 per cent of all the tokens collected, we will receive £10,000!

Please help support Headway Essex by buying your local newspaper and collecting tokens for Headway Essex.

Virgin Money Giving will be permanently closing at the end of November. We know a few of our supporters still use this platform to fundraise for Headway Essex so we recommend switching to JustGiving.

Creating a Fundraising Page

You can create a new fundraising page in three simple steps:

- 1) Contact fundraising@headwayessex.org.uk for our bespoke link*
- 2) Personalise your page with a cover photo and story*
- 3) Add your fundraising total to date as an offline amount*

In-Memory and Regular Donors

You can create a new in-memory page or start a regular donation by contacting fundraising@headwayessex.org.uk for our bespoke link

Need Help Switching?

You can book a call or send an email to success@justgiving.com to contact JustGiving's Success Team who can help with any questions or issues switching

BEECOME 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.

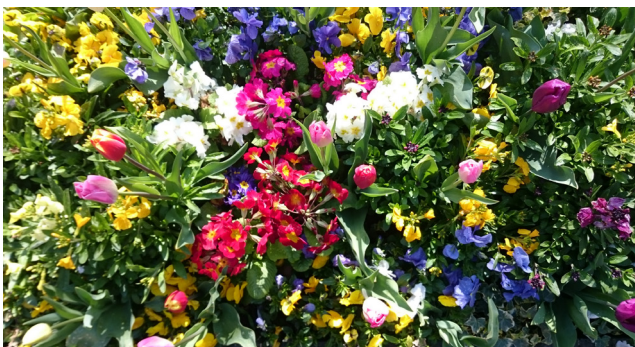
For further information about becoming a Headway Essex Hive member, please contact our fundraising team fundraising@headwayessex.org.uk or visit our website www.headwayessex.org.uk.



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 through 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 can get involved!



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