



Headway Essex News

Winter 2022



CELESTIAL BALL

4th March 2022
The Fennes Estate in Braintree, Essex

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our brand new Day Centre
in South Essex

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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

CEO MESSAGE FROM JOANNA WRIGHT



Happy New Year to all our readers!

As we start this New Year, I look forward with great hope that we will be able to put the struggles, brought about by the pandemic, behind us and move forward in 2022 with vigour and enthusiasm.

Last year, Coronavirus continued to disrupt our lives and also our plans for Headway. However, we were able to move forward and continue to improve the service we offer to adults with acquired brain injury and their families. We could not have done this without such a dedicated staff and volunteer team and the support of grant providers who helped ensure our services could continue.

We built upon our flexible support model to ensure we could quickly adapt to the fluctuating government restrictions. We now offer regular online virtual group sessions alongside face to face meetings, telephone support and our Day Service offering. This meant we could continue to support our clients with their health, wellbeing and development needs at all times.

During 2021 we started planning to open a new Day Service based in South Essex. I am thrilled to tell you that we opened our doors to our first service users on 12th January. This pilot means we can start to realise one of our major goals which is to mirror the support available in North Essex in the South of Essex. We have had a very positive start and will increase our days of operation as the service demand increases.

Fundraising was a challenge last year with the restrictions still impacting our ability to put on events. We are hoping things will be much improved this year and we are planning our first Black Tie event since the start of the pandemic. The team are hard at work to make this a magical event. I hope as many of our supporters as possible will join us in March and make it our best Black Tie Event ever. The team have lots more planned for the coming year and you can find out how you can get involved by reading the fundraising pages of this edition.

In the last Newsletter I announced our new Chairman Alan Bacon and very soon we will be welcoming two new trustees to our board who will bring additional skills and experience.

So there is much to look forward to in 2022 but we cannot achieve this without the help of those who support Headway Essex, whether that be through volunteering, fundraising, sponsorship, attending our events, providing grants, or through donations. Thank you all for your support and for taking the time to read our Newsletter. A happy, healthy and prosperous 2022 to you all.

WE'RE HIRING! FUNDRAISING MANAGER

For more information, visit

www.headwayessex.org.uk/about-us/vacancies/ or submit a
CV and Covering Letter to admin@headwayessex.org.uk

SERVICE NEWS

Latest news and updates from the Headway centres

MESSAGE FROM STELLA KERINS



New Year Resolutions

Happy New Year to you all, as I write this it is the middle of January and I am wondering when we stop saying Happy New Year. Every year I find this a bit of a quandary. Another quandary is New Year resolutions; do you make them or not? I have reflected on this and decided not to make resolutions but to have goals that I work towards. Having a goal gives us a focus, we know what we want and from there we can work out what we need to do (or stop doing!) to get there.

Headway Essex had lots of goals over the last year and thankfully we have achieved a number of them.

One of Headway Essex goals was to run virtual services for people who, for whatever reason, cannot attend face-to-face services or wanted additional sessions at home. So in October 2021 we launched our virtual services with three monthly groups now running;

1. Virtual Quiz

2. Virtual Social Group

3. Creative Writing

We also ran a virtual eight-week brain injury education programme 'Brain Injury and Me'. Going forward this programme will run four times per year, twice virtually and twice face-to-face – please keep an eye on our website for the next dates if you or someone you know is interested in attending.

We are open to suggestions for other virtual sessions people would like to engage with, so please let us know if you have any ideas.

Another long-term goal was to open a new day centre in South Essex. Over the last year we have worked towards this goal. Despite all the odds, with COVID numbers increasing and a new variant, it finally came to fruition on Tuesday 11th January 2022, when we launched our pilot. Everything fell into place, even the weather was good; glorious sunshine albeit a bit chilly.

We welcomed our first clients, everyone was a little nervous; the clients being in a new environment, their families leaving them and our staff team, ensuring everything went to plan.



Clients enjoying the new South Essex Centre



Headway staff ready for first day at new South Essex Centre

It was a full on and tiring day but we were buzzing at the end of it because it just could not have gone better. All of the clients seemed to find the day enjoyable and helpful in their personal rehab journey. Currently the day centre will operate one day per week but our goal is for this pilot to be successful and to be able to offer the service five days per week ultimately.



Our very first Support Group Meeting in Clacton

We are also very excited to be starting two new monthly groups; a new Support Group Meeting in Clacton and a new Men Motivating Men support group in north Essex. The groups offer regular connection with peers feeling similar anxieties, vulnerabilities and concerns, whilst trying to adjust to life after a brain injury. Our thanks to both CVS Tendring and Community 360 Hyperlocal funds for helping to make this a reality.

If you would like more details about any of our services or would like to refer yourself or someone close to you, please contact abisupport@headwayessex.org.uk or call 01206 845945 (option 3).

SUPPORT GROUP MEETINGS

The aim of our groups is to provide advice, information and peer support for people with acquired brain injury and/or their partners, family and friends. There is a range of experience and knowledge within the groups, which includes people who have personal experience of acquired brain injury, family members and carers.

If you would like to attend one of our groups, please contact the Headway Essex Team on 01206 845 945 (option 3) or email abisupport@headwayessex.org.uk.

Mid Essex Support Group Meetings 2022

The meetings take place on the Third Tuesday of the month (no meeting in August) and run for two hours commencing at 10.00am.

North East Essex Support Group Meetings 2022

The meetings take place on the First Tuesday of the month (no meeting in August) and run for two hours commencing at 7pm.

Clacton Support Group Meetings 2022

The meetings take place on the Third Thursday of the month (no meeting in August) and run for two hours commencing at 10.00am.

North East Essex Carers Support Group Meetings 2022

Having the opportunity to socialise and meet others in a friendly, welcoming environment is very important. These meetings are open to all carers, are informal and give everyone the opportunity to share experiences, discuss issues or concerns and gain peer support.

The meetings take place on the Fourth Friday of the month (no meeting in August) and run for two hours commencing at 10.30am.

There is a charge of £2.50 per person or £5.00 per family

FUNDRAISING

News on recent donations and fundraising

WHAT IS HAPPENING IN FUNDRAISING



Reach for the Stars!

We are pleased to announce that the annual Headway Essex Black Tie Ball will be held on Friday 4th March 2022 at the Fennes Estate in Braintree, Essex.

This year's theme is Celestial; expect a night of wonder and beauty. The aim of the evening is for guests to have a wonderful time, whilst raising funds to help us continue our vital work. This year's ball is sponsored by BTMK Solicitors, Ellisons Solicitors and Investec Wealth and Investment Ltd.

Tickets cost £75 and the price includes a sparkling wine and canapé reception, a three-course dinner, entertainment, and dancing.

We promise a magical evening, perfect to allow you to let your hair down with family, friends, or a fabulous opportunity to entertain clients, whilst raising vital funds for Headway Essex.

Book your tickets online at www.headwayessex.org.uk/headway-events/celestial-ball/ or for any other queries, please phone 01206 845945 (option 5) or email fundraising@headwayessex.org.uk.



Guests walked the red carpet at our Vintage Hollywood Ball



Magic was in the air at our Arabian Night Ball

Headway's Christmas Cracker

On the 12th December, we hosted our very first event at the Headway Centre in Colchester. The Christmas Cracker offered a wide variety of festive fun such as carol singing from the harmonious Octavia Singers, Christmas tree decorating and of course, the chance to meet Santa in our very own Grotto.

The event gave us a chance to reach out and connect with the local community that surrounds the Colchester Centre. We were overjoyed to see local families arrive throughout the day to learn about the work of Headway Essex and to enjoy a day out with loved ones.

Thanks to the hard work of volunteers and the generous donations from visitors, the event raised just over £800! With the support of our local community, we hope to deliver more events across our Centres in the future.



Santa and his trusty elf greeting guests



The wonderful Octavia Singers performing Christmas carols



Our festive food and drink proved to be very popular

Christmas Collection at Waitrose

Thank you to our volunteer Pete, all the amazing volunteers from the Colchester Volunteer Police Cadets and Waitrose & Partners Colchester for helping customers with their bag packing during the Christmas holiday.

Together we raised over £400 to help Adults with Acquired Brain Injury in Essex.



Volunteers from the Colchester Volunteer Police Cadets



Christmas 35 returns for it's second year

Christmas Cracker x Christmas 35

Last year's Christmas 35 was such a success, we decided to once again appeal to the generosity of our community. In the lead-up to Christmas 2021, we asked our supporters to either raise or donate £35 to our Christmas 35 JustGiving page to receive a card signed by our Patron, David Tennant!

People from around the world came together once again and successfully raised £ 1,670.

ANGELA SHARES HER STORY

Five years ago Angela unexpectedly suffered a stroke at home, an accident that turned her world upside down.

We sat down and spoke to Angela, a client at the Headway Essex Centre in Colchester. Together we discussed Angela's accident, her time with Headway Essex and aspirations moving forward.

Hi Angela, could you please introduce yourself?

I am Angela Chapman, 57 (but I look 33) from Bocking. I have been coming to Headway for the past four or five years. I live in a lovely converted barn with my husband and my deaf cat, Lilly.

When and how did you acquire your brain injury?

I had a stroke in April 2016. I was at home in the most awkward place possible when I had my stroke, which was on the mezzanine and up a spiral staircase. Luckily, my other half was there and called the ambulance. They had trouble getting me down the staircase so they had to call for backup. When they finally got me down, they called the air ambulance to take me to hospital because I was in a bad way. Luckily, I do not really remember the day.

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

I was in hospital for months. After the stroke, I was blind and could not walk. I still cannot remember exactly what happened which I think is probably a good thing. Luckily, I was able to have an operation to remove the blood from behind my eyes, which gave me my sight back. One of my lenses was cleaned so I have better eyesight in one of my eyes. I also started physiotherapy in hospital, which got me moving around, off a frame and eventually walking as normal.

What was life like before your stroke?

I had been working and commuting to Hertfordshire before the stroke. I had much more of a social life and was much more independent. I was also able to contribute to the household bills but I can no longer do that.

Did your brain injury affect your everyday life?

The worst thing is memory loss because I cannot remember faces or places. I have to rely on someone being with me, which can be a pain because it means I cannot go out on my own. I am also not as independent and have obviously not been back to work since the accident. I was in an office-based job so I am hopeful I can find work that I can do from home. It has been quite difficult to get used to what has happened.

I lost touch with a few friends after the accident, and when I do meetup with people it can be quite awkward as I don't remember much about them, I'm lucky to remember what they look like half the time.



Angela enjoying a group visit to Jimmy's Farm



Angela and friends celebrating Headfest at the Day Centre

When did you hear about Headway Essex?

I believe I was referred to Headway through Homerton hospital in London where I did rehab for about a year before attending Headway Essex.

How has Headway Essex supported you?

I am the class clown here! My confidence has improved since coming to Headway Essex, mostly because it is a safe place for me and I do not feel the need to explain myself. This is one of only two places where I can be myself, the other being my home.

What have you accomplished since being with Headway Essex?

I had a couple of volunteer jobs before the pandemic. I worked at the Tabor centre where I helped in the kitchens and did stocking at the British Heart Foundation shop. I hope that I can go back to volunteering once things return to normal.

Do you have any goals or plans for the future?

I would like to take on more courses, refresh my IT skills and find a work from home job. It would be nice to work in an office but it is such a struggle for me to get there, get around the building and remember where I am, who's who and what they do.

I used to do a lot of travelling on the back of a motorbike with my husband around parts of Europe. I would like to go travelling again in the future.

Calling All Classic Car Owners

National Classic Vehicle Drive-it-Day

April 24, 2022

**The Charity
Classic Vehicle
Club**



&



invite you to enter their classic car charity fundraising event, a 40 mile drive through the bye-ways of Essex to a delightful venue for a relaxing afternoon offering refreshments, live music and other attractions.

For further information and an application form, email: ccvc.info10@gmail.com

GET INVOLVED

Discover how you can support Headway Essex



Colchester Half Marathon Places up for Grabs

Headway Essex has been chosen as a partner charity for the Colchester Half Marathon, which will be held on 22nd May 2022. After the cancelled 2020 and 2021 events due to COVID restrictions, we are so delighted to have the opportunity to be part of the event this year.

We need volunteers!

As a charity partner, Headway Essex need to recruit volunteers to help out on the day and marshal the event. If you would like to be a part of this amazing day, experience the thrilling atmosphere and help a local charity, contact our fundraising team either by emailing fundraising@headwayessex.org.uk or call us on 01206 845945 (option 5).

Run for Headway Essex

Set yourself a new challenge for 2022 and participate in the Colchester Half Marathon, running for Headway Essex. Experience the exhilaration and the amazing sense of achievement that comes with competing and running for a charity team. In return for your place, we ask you to set up a fundraising page and pledge to raise £100 for Headway Essex to help support adults with acquired brain injury in your local area.

We have 25 places so don't delay in reserving your place! Contact our fundraising team on 01206 845945 or fundraising@headwayessex.org.uk (option 5).



Half Marathon runners warming up before the big day



Former Half Marathon runners for Headway Essex

NEW YEAR, NEW YOU **NEW CHALLENGES**

Why not turn your New Year's resolution into a Fundraiser? Challenge yourself, do something new or just have a good old declutter. We have a few ideas to inspire you and our fundraising team are on standby to support you with whatever you decide to do.

STEP OUT FOR A WALK (OR A RUN)

Like many people, your new year's resolution may be to get fitter. Why not fill two needs with one deed and raise money at the same time. Not only will this help motivate you to keep moving but you will also be supporting a good cause in the process.

Where better to start than with the Colchester Half Marathon, reserve a place today by contacting our fundraising team.

CLEAN AND ORGANISE YOUR HOME

Are you tired of the clutter and looking to get rid of some unwanted items? Why not take them to a boot sale or have your own garage sale and donate the proceeds to Headway Essex.

TRY SOMETHING NEW

Been thinking about stepping out of your comfort zone and trying something new? Why not try a Skydive challenge, visit our event page for more information. Make it happen by creating a fundraising page to gain supporters. You could even find others to take the leap with you and raise more funds for Headway Essex.

PLAN AN ADVENTURE

After being cooped up indoors for so long, it is time to plan an adventure. If you are looking to go hiking or climbing (locally or abroad), then making it a fundraiser as well is a great idea. Not only will people want to follow your progress but they may also be inspired to do the same. Look out for challenges on our website.

FIND A NEW LOOK

Seeking a new look could mean selling your old clothes and donating the profit to Headway Essex or it could be something more drastic! Why not shave your head or get a tattoo, all in the name of charity.

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.

Malcolm Hammond for his generous donation of wine bottles and champagne.

Polly Laidler and the Mid Essex Stroke Club for generously donating your resources to help Headway Essex clients.

Jackie Shine, Jack Harker and Mrs J Nixon for each donating £50.

Mary Rowsell for hosting a Christmas raffle at the Fountain House Tearoom and raising £85.

Dr Joseph Huber for his kind donation of £100.

Pauline French, Steve Downey and Sandra Osterrittor who manage the distributions of collection tins in their local stores.

Thank you to the following people for their support at Headway's Christmas Cracker:

Octavia Singers for entertaining visitors with Christmas carols.

Cyril Coppin, Sally Mays, Lindy Judd, Lynn Downey, Steve Downey, Julie Enever, Jan Wilks and Tessa Higgins for volunteering.

Staff members Katie Hart, Nicki Bryant, Natasha Bailey, Dani Kirby for generously giving their time.

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

Brian Temple

Steve Fombellida

Dan Furness

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.

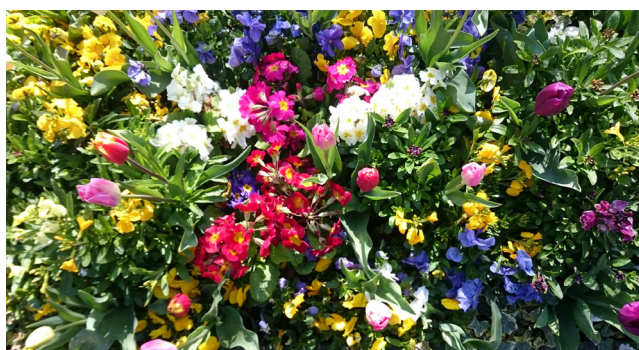
For further information about becoming a Headway Essex Hive member, please contact our fundraising team fundraising@headwayessex.org.uk or visit our website www.headwayessex.org.uk.



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 either 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 (option 5) or fundraising@headwayessex.org.uk

THANK YOU

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



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