



Headway Essex News

Spring 2022

LONGEST DAY WALK

SUNDAY JUNE 19TH

COLCHESTER & BENFLEET

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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

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MESSAGE FROM DOUGLAS FLOOD



Wishing our Readers a Great Spring Season

I joined Headway Essex in March this year, and having met the team, I can tell you the people and the volunteers fundraising for us are as passionate about doing a great job for anyone adjusting to life with an acquired brain injury as our supporters.

This year comes with some uncertainty. Events overseas and at home contribute to the pressures many people are facing. It's in these times that those coping with a brain injury may need our support more than ever. Being able to speak to people with similar experiences, whether you are a partner, a carer, a family member or the person with an injury can bring a lot of comfort in knowing you are not alone.

Positive news to share is at the start of May we've opened an additional day of service at the newly launched Benfleet Day Centre, in South Essex. As you may have read in the last edition, this opened on 12th January and now is open on Tuesdays and Wednesdays to meet the growing demand.

The Fundraising team are working on three significant events at time of writing. In North Essex, the Colchester Half Marathon is on Sunday 22nd May, and there's still time to volunteer to help us. A new event called the Longest Day Walk is scheduled for Sunday 19th June, with simultaneous walks of 2k and 5k departing from both Colchester, and Benfleet Day Centres. Registration is open costing £5 and we hope many people will raise sponsorship when walking in solidarity for anyone adjusting to life with an acquired brain injury. Once again, our popular Essex Classic Vehicle Show in Colchester's Castle Park takes place on Sunday 25th September. All details on our website.

Away from public events, there is plenty of work to do to grow our fundraising from donations, gifts in wills and regular giving. All donations are vital, and make a difference and with your support we hope to be there for anyone who needs us. May I take this opportunity to thank you for your support of Headway Essex, and look forward to all future support you're able to give us.

WE'RE LOOKING FOR VOLUNTEERS!

We are currently seeking volunteers to support us in our work at our Centres in Colchester and Benfleet and would love to hear from you if you have time to commit each week or fortnight

The type of roles that we need are:

- Day centre support to help with activities, making beverages and washing up
- One-to-one support to a client on day centre days.
- Telephone Support – to someone living with an acquired brain injury
- Minibus drivers for Colchester
- Escorts to support clients on the minibus

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

SERVICE NEWS

Latest news and updates from the Headway centres

MESSAGE FROM STELLA KERINS



The Hidden Struggle

The time has flown since our last newsletter and the world has changed significantly. As I write this the sun is shining and I can't see a cloud in the sky. Some semblance of normality is returning to the UK, people are out and about shopping, eating out, going to the cinema, concerts or theatre. My thoughts are with those people and their families who struggled through lockdown, had to shield for medical reasons and have lost confidence and in some cases social skills. Many of our service users fit into this category but have the added disadvantage of having a brain injury. At Headway Essex we have been working with some individuals to help them to feel safe to live their lives.

As we all know brain injury is often hidden, and people do not see the person's internal struggles as they try to comprehend the world and other peoples' expectations, they may struggle to understand their own life and how it has changed as a consequence of their injury. Brain injury can impact their ability to: process information that they are being given; to retain information or turn up for appointments as they cannot remember; to understand their finances; to hold down a job or the job they held before the brain injury; their ability to drive, to name just a few. All of this can lead to misunderstandings, confusion, frustration, and even lack of trust in themselves and others. That is why the services that we provide for people are so important.

Over the last three months we have had a big influx of referrals to all of our services from advice via our helpline, one-to-one case worker support to deal with specific problems, access to regular professional and peer support via our support group meetings, brain injury education, family members needing support via our carers' groups and of course rehabilitation in our day centres. Our centre in Colchester has capacity to take 82 people per week, in South Essex we only opened one day per week in January but already (4th May) we have opened a second day.

The staff in our centres are really exceptional working with people who have all levels of brain injury, they always find



The first yoga session at the Benfleet Centre



A proud Geoff with his homemade muffin at Benfleet



Service User in charge of mixing duties at Benfleet

creative ways to support people to live life after brain injury. Recently we have had both cooking groups and art groups with lots of hidden talent in both areas coming to the forefront amongst our service-users.

Joanna our CEO and I are always looking at how we develop our services going forward to improve what we offer and meet the needs of people using our services, and with that in mind we have relaunched our county wide forums for service users and carers to feed their ideas into.

The teams are preparing for Jubilee celebrations in June, we are always in need of extra help throughout the year so if you or any of your friends would like to volunteer at our centres please contact abisupport@headwayessex.org.uk or call 01206 845945

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.

17th May, 21st June, 19th July

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 6pm.

3rd May, 7th June, 5th July

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.

19th May, 16th June, 21st July

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.

27th May, 24th June, 22nd July

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



LONGEST DAY WALK

SUNDAY JUNE 19TH

£5
REGISTRATION

COLCHESTER & BENFLEET

For many people with an acquired brain injury, every day can feel like the longest day adjusting to change after their injury. That is why Headway Essex is asking the public, family, friends, carers and service users to walk in solidarity and raise vital money for anyone with an ABI in our Longest Day Walk on Sunday 19th June.

Headway Essex will host two walks, a 5k and accessible 2k departing from our Day Centres in Colchester and Benfleet at 10am. For those unable to walk with us on the day, you are welcome to complete a distance of your choice in any way you want.

We encourage people to fundraise. You can ask for donations online by creating a fundraising page at www.justgiving.com/fundraising/longestdaywalk or using the sponsor form provided in your welcome pack. The Fun Walk Trust will make a further donation to Headway Essex depending on the total raised so the more raised the better!

To sign up or learn more information, visit www.headwayessex.org.uk/headway-events/longest-day-walk. Once registered, you will be sent a free wristband* in the post with your welcome pack.

*while stock lasts

Headway Essex ABI Week 16th - 22nd May

In Essex, every 58 minutes, somebody is admitted to hospital with an acquired brain injury. As a charity, our mission is to ensure that everyone in Essex living with an acquired brain injury can live a fulfilling life and that families and carers are better able to cope within their caring roles.

Brain injury awareness week enables us to shine a light on the need for services, and how we can help the many people affected. There are also a number of ways you can help too, for example expressing an interest in volunteering, making a donation, sharing your story or registering for an event like the Longest Day Walk.

We will raise awareness and understanding of the often misunderstood symptoms of a brain injury, and work to alleviate the challenges, and frustrations, survivors face. Every injury is unique, whether caused by trauma, stroke or other medical condition or event. During the week there will be articles by people with lived experience of a brain injury, sharing what has worked for them in their recovery journey, and tactics they use to maintain positivity and feel connected to others. Tara's story in this edition, is a great example of this.

We'll be getting a carer's perspective too. Many people find themselves thrust in to this role in an instant. We'll highlight the support offered for carers plus the information available to people finding themselves in this role. More than one in five referrals to our services come from the carer. It's vital carers are supported as many times this role is played by a partner, or family member unprepared for the challenges they may face.

ACTION FOR
BRAIN INJURY WEEK 2022
16-22 MAY



Our celestial stilt walker wows guests upon arrival



Soul'd Out brings the night to a close with amazing music

An Evening Under the Stars

In March, we held our annual Headway Essex Black Tie Ball at the Fennes Estate in Braintree. This year's theme was Celestial, embracing the beauty and wonder of our cosmos. We offered guests an evening of delicious food, flowing drinks, wonderful company and brilliant entertainment.

The evening began with a walk through the galaxy itself leading to the pavilion where sparkling champagne was offered to guests. Upon entering the pavilion, visitors were greeted by our otherworldly stilt walker (Joanna Peacock) and a mystical magician (Dean Allen Jones).

Once seated in the banqueting hall, guests enjoyed a three-course dinner, along with a quick game of heads and tails between meals. This was followed by our main event and reason for the evening, an auction to raise money for Headway Essex. The auction proved popular amongst all tables, even sparking bidding wars over items such as a gliding experience and a signed Michael Schumacher painting.

It would not be a ball without a dance and with the auction wrapped up and speeches complete, our band for the evening, Soul'd Out, hit the stage. We were

pleased to see so many immediately getting on the dance floor and enjoying themselves.

Thanks to everyone's generosity and passion for the charity, the night raised an incredible £11,000. We want to give our gratitude to all those involved in making the night special and to our guests, we look forward to welcoming you back next year.

TARA TALKS ABOUT ABI



We catch up with campaigner and client of Headway Essex, Tara McIntyre, to talk about her accident and involvement in the upcoming Longest Day Walk

Can you tell us what you remember about the day of the accident?

I was on the way to my nan and grandad's house. It was February 2014. My grandad's birthday. Family is so important to me. He wasn't so well at the time, so I was glad I was visiting him. He has passed away now. I have good memories of him, and my grandad was so proud of my recovery. Having him in spirit helping my recovery has given me strength. I spoke at his funeral – and I have more confidence now, than I did before the accident and I couldn't imagine myself doing that.

Your car was struck by a person under the influence of drink and drugs – how do you feel about this now?

I'm still angry. I was unlucky. My boyfriend at the time was lucky, he was in the passenger seat and he walked away with no injuries. It could have happened to anyone, and it's awful luck. But – people are amazed to see me now, as my recovery has been incredible from the life threatening injuries. I've made a lot of progress and I'm pleased with the improvement in my brain injury sustained at the accident.

You sustained multiple injuries, including a traumatic brain injury and a broken pelvis. You said your life had ended before it had even started. Can you tell us about the first few years of recovering from these injuries?

Exercise has really helped, plus I feel healthier in many ways now compared to before the accident. I have a weekly plan, including lots of exercise which has helped my balance, strength and stamina.

Can you remember how you first found out about Headway?

When I found out about Headway Essex I said to my mum – I don't think I'm ready for that now. I thought people might be different to me, and I wouldn't feel the same. Looking back, I was denying the fact I had a brain injury.

What has Headway Essex been able to do to help your whole family?

They are here for when my family need someone to talk to. We follow them on social media, and that's a good way to hear about what's happening – and what support is available.

What do you get out of your visits to the Headway Centre?

They have given me confidence. They have given me hope, and belief that I can get better, and will get better. It's about fuelling positivity – Headway Essex is very good for me.

In what way has Headway Essex helped your independence? For example, have we been able to advise you on mobility aids, adapting your house or give practical advice?

A simple but important bit of help Headway Essex gave me was better cutlery in my kitchen, making it easier for me to grip, and use. It mightn't seem much but it's another part of my independence, being treated as a person, and help based on what I need.

In what way has Headway helped your confidence?

I'm learning to write again, and I can hold a pen in my right hand which was my favoured hand before the accident. The social activity is a highlight; Thursday is my favourite day. Seeing people, their smiling faces and talking with them is amazing. I get so much from these days.

Have other service users at Headway spoken to you about any shared benefits from being connected to people with similar experiences?

Yes. Everyone wants to get better, live to their potential, getting the best quality of life. Some have said "this is their safe place". They can be themselves, and say what they want to say. These sessions are giving people hope. The social part is massive for me, and other people here.

Have you experienced any stigma, or discrimination because of any disabilities that you have?

I'm lucky, I haven't experienced any discrimination. I was paranoid I would get it, especially using a walking aid but it's been accepted.

What would you say to someone thinking about asking for help, but not sure what to do?

Go for it. It's the best thing I have ever done. Some people are scared as they don't know what it is going to be like, but I say just go for it as the staff and volunteers and the service users are so welcoming.

What's your dream now?

I like to give people hope, and see them smile. I don't think people should be sad with a brain injury. A brain injury is what it is, and you can make things better for yourself. I like positivity in people.

Another dream is to walk without a walking aid. I can do short distances at home, I believe in time I'll be able to do this.

In a way – do you think Headway Essex has helped give you your life back?

100% yes. I am who I am because of Headway Essex, and that's a fact of life. I'd still be in bed if not for Headway Essex. I feel I get a lot from people that attend here, and they help me too.

Yes. A couple of years ago I felt I wanted to do something for myself and eat as healthily as possible.



Tara and staff member Natasha reflect together



Tara in hospital soon after her tragic accident in 2014

I've lost nearly 3 stone and feel much better for this. Before my accident I went to the gym about 3 times a week, the accident of course stopped all that, but by regaining some mobility, and confidence I'm feeling much better.

We're delighted you are joining us to set off walkers, and walk with us on Sunday 19th June yourself. The event is about becoming a collective, walking in aid of anyone coping with a brain injury. Can you tell us why you're taking part?

I will be walking in memory of my grandad, and that motivates me constantly. I know I will be helping others – that's what motivates me. I love to support and hope many people will join us and raise money for Headway.

Why is it so important the public support events like this – and support Headway Essex?

You never know what's around the corner. I had never heard of Headway Essex before my accident, and you never know when you, or your family might need them.



Did you know that annually £3billion pounds is left to charities in the UK from gifts in wills?

It may seem an amount of money beyond comprehension, but giving this way has become ever more popular. Now more than one in fifteen of us will include a charity when making their will.

For Headway Essex gifts in wills are vital. A gift of any value can make the difference to enable anyone to live a fulfilling life with an acquired brain

injury. Literally, these gifts bring back hope, and joy for the 500 people each year we help. If like us you are passionate about improving life after brain injury, the next time you make or update your will please consider Headway Essex with a gift.

I have dependents, does this mean they have to come first?

Naturally, we want to look after our nearest and dearest first. We hope like many, once you have taken care of your loved ones that you will consider leaving a gift in your will to Headway Essex.

Is this just for those with higher levels of wealth, can anyone make a gift?

A gift in a will, however large or small will enable us to make a lasting difference to even more families by supporting those affected by acquired brain injury in the years to come. Each and every gift has lasting impact and can be life changing.

Is a gift in a will a good way to be remembered for supporting something important?

We understand the good causes people are involved with during their lives play an important part of what their life is about. This is one way to choose how you want to be remembered.

What sort of gifts could I make?

A percentage gift, known as a residuary gift. Once you have set out your gifts to loved ones, and divided up your estate, you can pledge a share, or your entire estate to Headway Essex. The charity gift consists of all the money and property that remains after other amounts of money, or property has been given to others.

A cash gift, known as a pecuniary gift. If you want to leave a specified amount of money to Headway Essex, simply list this amount in your will. You can also leave specific items to Headway Essex, such as collectables or antiques.

How do I go about getting a first will done?

You may choose to seek professional advice, e.g. by finding a solicitor via the Law Society (www.lawsociety.co.uk), or make your will via an online service. Whatever you choose, it's worth asking for a quote for the services you need at the outset. A properly made and witnessed will can help avoid problems later.

How do I update an existing will?

Again, taking professional advice is a good route to ensure your wishes are written in to your will. You could show your current will to the will maker, as a point of reference to then make changes.

How do I make the gift?

Any gift you make needs to be addressed to Headway Essex, naming us in your will. For further details, or to talk with a member of our Fundraising Team call 01206 845945 or email fundraising@headwayessex.org.uk – see our website at www.headwayessex.org.uk

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.

Fountain House Tea Rooms Christmas Raffle - £85	The Shepherd and Dog Langham - £40.20
Jackie Shine donation - £50	Charles & Sara Aldous donation- £50
Salter Court Social Club donation - £100	Sue Totham's 60th Birthday Fundraiser - £500.70
Sally May's 60th Birthday Fundraiser - £530	Michael Gates's Bingo and Quiz Night - £140
Terry Earl's David Bowie Night - £204.85	Killik & Co's Staff dress down day - £100
Beverley & Jeremy Langran's Cheese and Wine Night - £80	Andrew Snowsell's Skydive - £804

THANK YOU VOLUNTEERS

Volunteers Week is an annual celebration of the contribution millions of people make across the UK through volunteering. Headway Essex would like to use this opportunity to thank all those who have volunteered with us these last few years at our centres, office or fundraising events. Your invaluable contribution makes a huge difference to the work we do at Headway Essex.

Steve Tye Lorna Norfolk Alison Pope Ian Clarke Dave Stannard David Marshall
John Ratford Glynis Wilson Pete Barrett Rob Wadwell Lizzie Hendy
Sara Oliver Richard Blythe Bruce Galleway Maggie Cooper Phil Bird Marilyn Jones
Lorraine Harvey Sue Merrell John Perfect Carol Cottee Betty Harcourt
Karen Newham Duncan Horner Christine Martin Linda Runciman Emma Plummer
Steve Downey Lynne Downey Janet Farrow Pat Newman Sally Mays Michael Gates
Mary Beverley Cyril Coppin Margaret Grant Lindy Judd Julie Enever
Jan Wilks Rob Passfield Georgina Root Fiona Dorey Sandra Ostertitor Pauline French
Sandra Osterritter Police Cadets

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

Carol Simpson-Reeve

Kenneth Farmer

SAVE THE DATE

HEADWAY ESSEX PRESENTS

ESSEX CLASSIC VEHICLE SHOW

SUNDAY 25TH SEPTEMBER 2022

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

TICKETS AVAILABLE ONLINE 1ST JUNE



GET INVOLVED

Discover how you can support Headway Essex

There are many ways for you to get involved with Headway Essex, that can benefit both the charity and yourself. Some key benefits to you are:

- An opportunity to meet others with shared interest and values
- An opportunity to gain skills and experience
- It can help motivate you to achieve a fitness or health goal
- You can feel an important part of your local community
- You can get a sense of achievement and feeling good in yourself

Here are just a few ideas on how you can get involved. We hope they will inspire you and our team are on standby to support you with whatever you decide to do.

Organise Your own Community Event: Queen's Platinum Jubilee 3rd - 5th June



Anyone can organise a fundraising event no matter what your background is and raise funds for Headway Essex.

This year is the Queen's Platinum Jubilee – why not make your celebrations a fundraising event?

You could organise your own Garden Party. If you were thinking of putting on a party to celebrate over the bank holiday you could hold yours in aid of Headway Essex and request guests make a donation to attend. Alternatively, you could request donations for drinks and food or hold a raffle where the proceeds go to Headway Essex.

Rise to the Challenge

A great way to achieve a health or fitness goal is to set yourself a challenge and ask people to sponsor you to achieve your goal. Once you have declared the goal you are aiming to achieve, their support and encouragement will motivate you to reach it.

Types of challenges could be:

- To improve fitness
- To walk unaided for a specific distance
- To run 5K
- To run a marathon

Step Out of Your Comfort Zone

Why not try a Skydive Challenge like the amazing Andy Snowsell? Andy was involved in a horrific car accident in 2001 that left him with a traumatic brain injury. Andy attended the Headway Centre in Colchester where he received support to help him adapt and cope with the lasting effects of his injury.

Andy wanted to give something back and inspire others. He decided to sign up for a tandem skydive and leapt out of a plane at over 10,000ft in the air. For Andy it was a truly unforgettable experience and he kindly visited the Headway Centre to share the video of his fantastic experience with the staff, service users and volunteers.



Jonnie after taking on the London Marathon



Former Service User Andy, taking the leap

Volunteers Week 1 – 7 June

Volunteers' Week is about celebrating and thanking those who give up their time to make a difference. It is also a great time to start and find out how you can get involved.



Anyone can volunteer and we have many different volunteering roles at Headway Essex where your skills and experience will be appreciated. Volunteering can be very rewarding and is a great way to:

- Meet new people
- Gain new or use existing skills
- Get experience
- Make a big difference to your community

If you are interested in volunteering for Headway Essex a range of opportunities can be found on our website www.headwayessex.org.uk/i-want-to-help/volunteer

Donate

A Donation is a simple way to help Headway Essex and can also be very rewarding to you, knowing your donation will help somebody living with an acquired brain injury to live a fulfilling life.

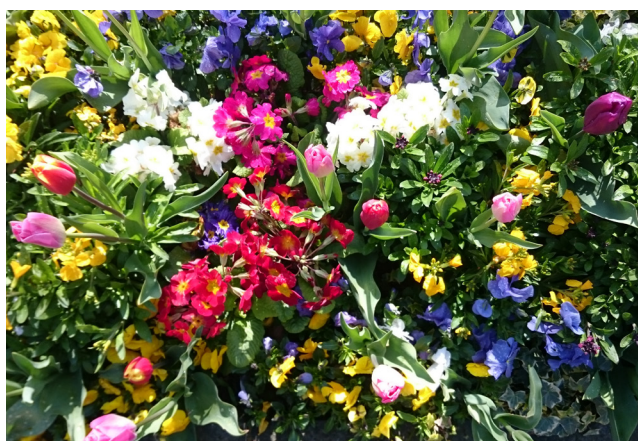
There are many ways you can donate:

- One off or regular donations through the Headway Essex website: www.headwayessex.org.uk/i-want-to-help/make-a-donation/donate/
- Through text giving: Simply text 'HEADWAYESSEX' followed by the amount you wish to donate to '70450' E.g. to donate £5 text HEADWAYESSEX 5.
- By bank transfer: Please pay to: CAF Bank Ltd, Sort code 40-52-40, Account name Headway Essex, Account No. 00011576.
- By cheque or monthly standing order using the donations form opposite

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 or Much Loved

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

Donation Form

complete, detach and post back to the Fundraising Office with your gift or complete bank details

My Contact Details

Title Full Name

Address Line 1

Address Line 2

City County

Postcode Telephone

Email

I Would Like to:

- ☐ **Make a donation** to Headway Essex of £ (Please make cheques payable to Headway Essex)
- ☐ **Give a regular gift** monthly / quarterly / annually of £5 ☐ £10 ☐ £20 ☐ Other £ (Please allow four weeks from return of form to the start date of your standing order).

Bank Name

Branch Address

Sort Code Account Number

Account Name

Signature Date

Please pay to: CAF Bank Ltd (Sort code 40-52-40) **To credit:** Headway Essex (Account No. 00011576)

Boost your donation by 25p for every £1 you donate Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address and date are needed to identify you as a current UK taxpayer and claim gift aid.

- ☐ I want to Gift Aid my donation of £ and any donations I make in the future or have made in the past 4 years to Headway Essex.
- ☐ I am a UK taxpayer and understand that if I pay less income tax and/or capital gains tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Keeping in Touch

We'd like to contact you by post to let you know about the impact your gift is making and ways to help. Please let us know how you would like to hear from us by using the tick boxes below. We promise to keep your details safe in accordance with the privacy policy.

Yes to email ☐

No to email ☐

Please return completed form to: Headway Essex, 6th Floor Annex, 90-92 Butt Road, Colchester, Essex, CO3 3DA Thank you for your support. Headway Essex – Registered Charity Number 1008807 Doc. Ref F169 Version 3 11/20

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



CONTACT US

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Walk, Colchester, Essex,
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www.headwayessex.org.uk