



# Headway Essex News

## Summer 2022



### TONY SPIRES SPONSORED WALK

Hear the inspiring story of our latest fundraiser, Tony Spires, after successfully completing his sponsored walk

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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 Essex.

Registered Charity Number: 1008807

Patron: David Tennant

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



# SERVICE NEWS

Latest news and updates from the Headway centres

## MESSAGE FROM STELLA KERINS



### Supporting People With an Injured Brain

I sat here wondering what to write for this edition of the newsletter, I don't want to bore you all but I always want to have a focus on what Headway Essex does best which is to support people living with an injured brain, be that the person with the injury or their family members.

I was reflecting on this a few months back and asked myself how do we know what people want and need from our services? So I thought that the best way to do this was to engage with the people who use our services, but then there is the fact that the person with an injured brain will want and need different things from Headway than those close to them. So we restarted our service user forum and started a new carer's forum. The idea of the forums is to get open and honest feedback from the people who use our services, gain ideas on what we could provide and also to consult on any new ideas we may have for the future. For Headway Essex engaging with people, collaboration and teamwork are the best ways to provide services that people value.

Brain injury has always been a hidden disability with people's needs being side-lined due to a lack of understanding about how their brain injury affects their everyday life and the lives of those around them. However, it has now become part of the national conversation with a working group being set up to create a national Brain Injury Strategy. Headway Essex staff, volunteers and service users have been adding their voice to the call for evidence which the experts will then use to create the strategy. We will continue to engage with the national conversation but we are most interested in what is happening locally and the needs of Essex people living with an injured brain. So please watch out for our survey which will be coming out to you soon and if you or someone you know who uses our services or is a carer would like to be part of our forums please email me [stella.kerins@headwayessex.org.uk](mailto:stella.kerins@headwayessex.org.uk) or call 01206 845945



*Mid Essex Support Group social breakfast at the Plough Harvester*

# SUPPORT GROUP MEETINGS

The aim 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 with 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](mailto:abisupport@headwayessex.org.uk). There is a charge of £2.50 per person or £5.00 per family**

## **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.

Upcoming meetings: 20th September, 18th October

## **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 6.00pm.

Upcoming meetings: 6th September, 4th October

## **South Essex Support Group Meetings 2022**

The meetings take place on the Second Tuesday of the month and run for two hours commencing at 7.00pm.

Upcoming meetings: 13th September, 11th October

## **West Essex Support Group Meetings 2022**

The meetings take place on the fourth Tuesday of the month and run for two hours commencing at 10.00am.

Upcoming meetings: 27th September, 25th October

## **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.

Upcoming meetings: 15th September, 20th October

## **North East Essex Carers 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 6.00pm.

Upcoming meetings: 6th September, 4th October

## **South Essex Carers Support Group Meetings 2022**

The meetings take place on the Fourth Thursday of the month and run for two hours commencing at 7.00pm.

Upcoming meetings: 22nd September, 27th October

## **The 3M Club 'Men Motivating Men' Meetings 2022**

The meetings take place on the Fourth Wednesday of the month (no meeting in August) and run for two hours commencing at 6.15pm.

Upcoming meetings: 28th September, 26th October

## **Young Circle Group Meetings 2022**

The meetings take place via Zoom on the First Wednesday of the month and run for one hour commencing at 7.00pm.

Upcoming meetings: 3rd August, 7th September, 5th October



# 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 when our clients need us more than ever. Thank you from the bottom of our hearts.

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Phyllis Woodiwiss donation from stall in memory of Stephen Woodiwiss - £50

Mike Rohan at North Essex Modellers donation from sale of unmade model kits - £90

Colchester Women's Darts League fundraiser - £184.25

Tony Spires's sponsored walk from Old Ironworks Gym to Maldon Promenade - £1,475.53

Simon Shaw sponsored bike ride at Ride London Essex - £865

Henry Mitchell's sponsored run in the Colchester Half Marathon - £530

John and James McIntyre's Camino trek in Spain - £200

Charlie Pollard and team's fundraiser for London to Bordeaux Cycle Ride - £6,500

## GATESY'S GOLF DAY

Our grateful thanks to Michael 'Gatesy' Gates, for organising a charity golf day at the Frinton Golf Club in aid of Headway Essex.

Michael, who has been helped by Headway Essex in the past, has been supporting Headway Essex for several years. In addition to the golf days he has organised quizzes, bingo, band nights and has even had his head shaved all to raise money to help other survivors of brain injury.

The Golf Day on 10th June raised £1,330.11 for Headway Essex.



*Golfers enjoying the beautiful weather*



*One of the many teams taking part on the day*

# FUNDRAISING

News on recent donations and fundraising

## WHAT IS HAPPENING IN FUNDRAISING

HEADWAY ESSEX PRESENTS

# ESSEX CLASSIC VEHICLE SHOW

SUNDAY 25TH SEPTEMBER 2022

CHILDREN'S ENTERTAINMENT • FOOD & DRINK  
ARENA EVENTS • FAMILY FUN • CRAFT & GIFT STALLS

All enquiries to the fundraising team: call **01206 845945** or email [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)

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BOOK TICKETS AT  
[WWW.HEADWAYESSEX.ORG.UK](http://WWW.HEADWAYESSEX.ORG.UK)

Registered Charity No. 1008807



### Essex Classic Vehicle Show 2022

Headway Essex's annual Essex Classic Vehicle Show will return to the beautiful historical setting of Colchester Castle Park on the 25th of September 2022. This show has been an iconic event in the local community since 2016 and we look forward to delivering another successful display this year.

Last year's show was a welcome comeback after 18 months of cancelled events due to the pandemic. Despite the uncertainties, the 2021 Essex Classic Vehicle Show returned bigger and better than ever before with over 250 vehicle exhibitors and 3,000 visitors attending on the day. The show had been sorely missed following lockdown as over £10,500 was raised on the day. All the money went towards ensuring Headway Essex could continue providing rehabilitation and support for brain injury survivors and their families and carers in Essex.

This year looks to be no different with exhibitor spaces already selling out! Almost 300 vehicles from across the decades are set to be on display guaranteeing every family member will find something they like. It is a rare treat to view so many classic vehicles in all their glory in such an iconic location and have an opportunity to chat with the owners.

As well as plenty of spectacular vehicles, there will be entertainment from the exhilarating Team Kinetix, a freerunning and parkour group who have performed at the show for many years. Also performing will be the Harmonettes, a harmony group singing contemporary swing from all eras and genres. There will also be a wonderful selection of craft, gift and food stalls to enjoy.

Come along with your friends and family for a great day out and get lost in the nostalgia of the wonderful vehicles on display. The show opens to the public at 10:30am and finishes at 4:30pm. If you would like to exhibit your vehicle at the show or want to pre-purchase your visitor ticket, visit <https://www.headwayessex.org.uk/headway-events/essex-classic-vehicle-show/>

# GET INVOLVED

Discover how you can support Headway Essex

## Charlie Pollard's London to Bordeaux Cycle

After months of delays due to the pandemic, Charlie Pollard and his team finally completed their long anticipated cycle ride from London to Bordeaux in France.

Back in 2019, Charlie made the decision to gather a group of friends to take on the gruelling challenge of cycling the 820km journey from London to the southwest of France after receiving devastating news in July. Unfortunately, Charlie's best friend from university suddenly passed away from a brain aneurysm and shortly after his mother was sadly diagnosed with Parkinson's.

This motivated Charlie to take on the challenge of raising money for Headway Essex in memory of his friend and for Parkinson's UK to support his mother. The team consisted of Adam Pollard, Charlie Pinkney, Christian Lumsden, Charlie Pollard, Joe Baxter, Patrick Kearney, Cameron Crouser and Max Hunt.



*Charlie and his amazing team of intrepid cyclists*

After six unforgettable days, five punctures and 32,000 calories burnt the hard work eventually paid off once they completed their journey and successfully raised a phenomenal £6,500 for Headway Essex.

## 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](mailto:abisupport@headwayessex.org.uk) or call 01206 845945 (option 3)**



# TONY 'IN'SPIRES



*Tony Spires and his team of supporters*

## Hear the inspiring story of our latest fundraiser, Tony Spires, after successfully completing his sponsored walk

Tony Spires was just 18 years old when a car accident in April 1987 changed his life forever.

Initially he was admitted to Broomfield Hospital with a severe head injury and it was there that his parents first heard about Headway Essex.

With the help of Headway Essex they fought to get Tony admitted to Addenbrooke's Hospital in Cambridge which has a leading Neurosurgical Centre.

Tony was in a coma for 4 months. The hospital suggested that his parents kept a diary to record all the subtle changes and improvements they observed. Initially it was impossible to see from week to week the progress he was making. The diary gave his

parents some comfort to look back and see how much he had progressed.

Tony continued to make small improvements every day and eventually came round from the coma. Then he started a programme of various therapies whilst in hospital to get him walking and talking again. Luckily for Tony although his injuries were very severe he was a fit young man and by the time he was discharged in December 1987, he was walking again aided by sticks at first to help his co-ordination.

That was when the hard work for Tony and his family really began. Tony's personality had changed, frustrated in doing the simplest of tasks, but his sense of humour always shone through. His speech had been affected and he would struggle to form the words he wanted to say. His hearing had become very sharp so communication was like a dual carriageway going in and a single carriageway coming out.

Headway Essex were there to support Tony and his family but it was his determination not to give in that kept him going and the support of his family. His Dad Peter says: "I always said to him - if you provide the motivation I will provide the means".

Life was very different for the whole family. Initially simple tasks, like cleaning his teeth, feeding himself, doing up shoelaces were harder due to ataxia in his left side, which took a year to subside. Things that helped were Velcro shoes, a jelly place mat, double handle plastic mug and plastic compartment plates. One thing in particular is the frustration Tony feels when trying to hold a conversation. If people don't know him, they do not give him the time his brain needs to formulate what he wants to say before the conversation moves on.

His initial return to fitness started by jogging in the local park, where if he fell, it was on grass. Tony did find help to improve his fitness and stay motivated by attending his local gym which he goes to three times a week



with Peter. Unfortunately the gym had to close due to COVID restrictions and not being able to socialise was really hard for Tony and it affected his mental health.

As restrictions lifted, the gym reopened and things started to get back to normal but the impact of the lockdowns had taken their toll and Tony was still very down. One day they happened to be in the gym when a lady called Diane Morton was doing a Motivational Mindset talk and Peter and Tony got chatting to her and took her card. Diane is an empowerment life coach and she agreed to work with Tony.

Diane started to work with Tony to find something that will give him a sense of achievement and something to work towards. He took on the challenge to walk from his gym to the Maldon Promenade. After speaking to Headway Essex they decided it would be great to do the walk as part of the Essex Fun Walk.

Diane said "Tony was motivated by the thought of raising money for Headway Essex and to give back and think of others that are just beginning their journey." Tony's walk also helped to inspire and motivate others at the gym including people who also had brain injuries.

Diane said "Living with feeling slightly different and sometimes misunderstood can be a very lonely place and I encourage everyone to act with the upmost kindness towards anyone who may seem slightly different from you. Take the time to talk and make friends, this may seem a small thing to you but it will be a massive thing to them."

They found out that Headway Essex was launching their "Longest Day Walk" in June as part of the annual Essex Fun Walk. Headway Essex had registered with the Fun Walk Trust for the virtual event with supporters able to walk the distance (2k or 5k) anytime during June.

Tony decided to take on the challenge and walk a distance of 2K from the Old Ironworks Gym to the promenade at Maldon and trained hard on the treadmill so he could complete the task.

Dressed in their Headway Essex T-shirts Tony, Peter and Diane set off on 12th of June with the support of well-wishers who gathered to wish them luck. They were overwhelmed by the support they received. Not just through donations on-line but from people along the route who wished them luck and stopped to chat and hear Tony's story and add to the sponsorship.



*From left to right: Tony Spires, Diane Morton, Peter Spires*

At the end of the walk there was no stopping Tony on his quest to raise as much sponsorship as possible. He saw a crowd of football spectators and said "If you don't ask you don't get", rattling the collection bucket amongst them, and adding "dad you walk back and get the car".

If you are inspired by Tony's story and would like to take on your own challenge to raise money for Headway Essex please contact the Fundraising team on 01206 845 945 (Option 5) or email [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk).

# Have you ever considered remembering a charity with a gift in your will?



About 1 in 15 people make gift to a charity in their will, and the popularity of giving like this is growing. Gifts don't have to be big, nor do you need to be exceptionally wealthy. With all the pressures on personal and family budgets, you can still make a life changing gift to Headway Essex which costs you nothing now.

Douglas Flood, Fundraising Manager at Headway Essex explains why he has chosen to support charities with a gift in his will.

"Many people take a lot of comfort in knowing their plans are in place when they are no longer around. I do, and the

wills I've made have been quick, inexpensive and straightforward to do. All my needs have been met by the solicitors that I used. As a married man in my mid-forties with two children, I've already made three wills, as events have occurred in my own life. I remember making one when buying a house, another one after getting married and my current one includes the children we now have.

My main priority is to ensure I provide for those I love and care about but I've also chosen to make gifts to charities that I wish to support after my death, because I'm passionate about their work. I trust them to do an excellent job looking after the best interests of those they help."

Every year Headway Essex will help around 500 people, at its two day centres, in the community and via the support groups. Could your legacy be one where everyone in with a brain injury Essex is able to live well, and carers and families are supported in their caring roles?

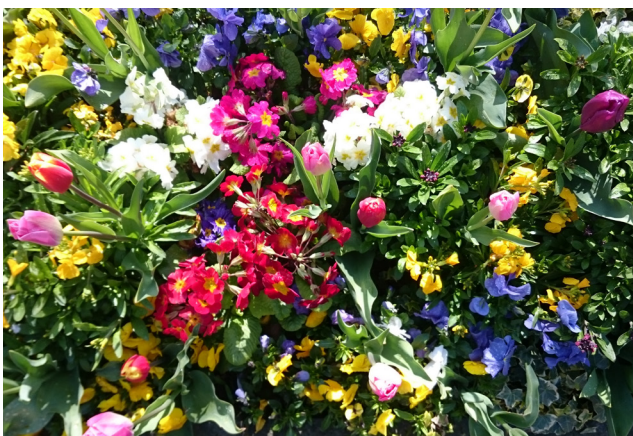
If like us you are passionate about improving life after brain injury, the next time you make or update your will please consider Headway Essex with a gift.

For further details, or to talk with a member of our Fundraising Team call 01206 845945 or email [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk) – see our website at [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 Just Giving or Much Loved

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](mailto: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	<input type="text"/>	Full Name	<input type="text"/>
Address Line 1	<input type="text"/>		
Address Line 2	<input type="text"/>		
City	<input type="text"/>	County	<input type="text"/>
Postcode	<input type="text"/>	Telephone	<input type="text"/>
Email	<input type="text"/>		

## 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	<input type="text"/>		
Branch Address	<input type="text"/>		
Sort Code	<input type="text"/>	Account Number	<input type="text"/>
Account Name	<input type="text"/>		

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

### FUNDRAISING & MARKETING:

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