



# Headway Essex News

## Winter 2022



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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

## CEO MESSAGE FROM JOANNA WRIGHT



Well it truly is beginning to feel a lot like Christmas. We have packets of Christmas Cards around the office ready for sale, and have been finalising our Christmas Appeal and Christmas Newsletter, which I hope you enjoy reading!

This year has been a very difficult time for charities, and we hope that you may be able to support our Christmas Appeal and make a donation towards our work in supporting people living with brain injury and their families. We need to ensure that we can continue to support our amazing clients and help them to live well. Even the smallest donation will make a big difference.

Amazon Smile is another way to support us on the lead up to Christmas and throughout the year and is so easy to do. Each purchase you make, they will direct funds to Headway at no costs to yourselves, just sign up to smile and choose Headway Essex. Your ongoing support and kindness will help us to help others in need.

I hope that wherever you are and whoever you are with, that you have a wonderful Christmas and New Year and thank you for your support.

## HEADWAY ESSEX CHRISTMAS APPEAL

Our Patron David Tennant, has kindly taken a break from his current West End play 'Good' to talk about the work of Headway Essex and our Christmas appeal, watch David's video at [www.headwayessex.org.uk](http://www.headwayessex.org.uk)



The Christmas appeal centres around Leigh's story and you can find out how Headway Essex helped Leigh and her family on page 7 of this newsletter. With your help, we can make this a Christmas of new beginnings for someone with an injured brain. [www.headwayessex.org.uk/i-want-to-help/christmas-appeal](http://www.headwayessex.org.uk/i-want-to-help/christmas-appeal)

Donations of £50 and over will receive a personally signed card from David.

**Doing your Christmas shopping on Amazon?**

**Support Headway Essex at no extra cost to you!**

**amazon smile**  
You shop. Amazon gives.

Once signed in to your amazon account, search 'Smile' in the search bar. Click on 'AmazonSmiles' and select your chosen charity 'Headway Essex'. Follow instructions to finalise set up. Start shopping!





## 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 2023**

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

Upcoming meetings: 17th January, 21st February, 21st March

### **North East Essex Support Group Meetings 2023**

The meetings take place on the first Tuesday and run for two hours commencing at 6.00pm.

Upcoming meetings: 3rd January, 7th February, 7th March

### **South Essex Support Group Meetings 2023**

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

Upcoming meetings: 10th January, 14th February, 14th March

### **West Essex Support Group Meetings 2023**

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

Upcoming meetings: 24th January, 28th February, 28th March

### **Clacton Support Group Meetings 2023**

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

Upcoming meetings: 19th January, 16th February, 16th March

### **North East Essex Carers Support Group Meetings 2023**

The meetings take place on the fourth Friday of the month and run for two hours commencing at 6.00pm.

Upcoming meetings: 27th January, 24th February, 24th March

### **South Essex Carers Support Group Meetings 2023**

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

Upcoming meetings: 26th January, 23rd February, 23rd March

### **The 3M Club 'Men Motivating Men' Meetings 2023**

The meetings take place on the last Wednesday of the month and run for two hours commencing at 6.15pm.

Upcoming meetings: 25th January, 22nd February, 29th March

### **Young Circle Group Meetings 2023**

The meetings take place via Zoom on the first Wednesday of the month and run for one hour commencing at 6.00pm.

Upcoming meetings: 4th January, 1st February, 1st March

## SERVICE NEWS

Latest news and updates from the Headway centres

## MESSAGE FROM STELLA KERINS

Since our last newsletter so much has changed in our world, nationally we have had the sad death of Queen Elizabeth II, our national anthem changing to God Save the King (which it felt strange to sing at a remembrance service), and not one but two new Prime Ministers. At Headway Essex our care team have quietly carried on offering care and support to our services users. They, each and every one, work with commitment and dedication to our service users who appreciate their efforts and I would like to say a big thank you to the team for all their hard work.

In North Essex we have been excited with the arrival of a new minibus at our Colchester centre. This was only possible thanks to the generosity of grant funders including, Essex Freemasons, The Clothworkers Foundation and the Edward Gostling Foundation. A huge thank you to all grant funders who provided the funding for this.



### News on Groups

We have reviewed our virtual services and now offer two yoga sessions and a quiz each month. This is alongside the Young Circle group that also meets monthly. The Young Circle group is for people aged 18 to 40 living with a brain injury in Essex. The group started small and is growing. Those that attend have a lot of fun together as well as supporting each other. If you or anyone you know is interested in these groups please contact [abisupport@headwayessex.org.uk](mailto:abisupport@headwayessex.org.uk)

Brain Injury and Me (BIAM) is our eight-week brain injury education programme for people with acquired brain injury. We have a group currently running, and it covers all aspects of brain injury. It helps people to understand why their injury has impacted areas of their life and to develop strategies to overcome some of the impact. Following feedback from our Carer's Forum we are developing a similar programme for family members too. Please let us know if you are interested in either course.

Our South Essex day centre, which opened this year, continues to grow and in January we will be opening an additional day. As a result of this growth and an internal promotion we are recruiting new team members and new volunteers. For further information please contact Jennie, our Hub Manager; [jennie.morrell@headwayessex.org.uk](mailto:jennie.morrell@headwayessex.org.uk) or me [stella.kerins@headwayessex.org.uk](mailto:stella.kerins@headwayessex.org.uk)

Wishing you all a healthy and happy Christmas and a peaceful New Year.

## VIRTUAL GROUP MEETINGS

via Zoom

Yoga – second and fourth Wednesday of the month commencing at 1.45pm (until 3pm)

Quiz – third Wednesday of the month commencing at 3.30pm (until 4.30pm)

# SERVICE NEWS

Latest news and updates from the Headway centres

## National Poetry Day 2022

This year some groups at the Headway Centre have been working on various projects following a theme of the Environment. To celebrate national poetry day on the 6th October 2022, the group created poems on this theme. The poem The 'Superior Species' was written by Andrew Tribble, a service user and he would like us to share his work with our readers.

## South Essex 'Gardener's World'

Last month, service users at our new day centre in South Essex were able to show off their creative gardenening skills. The planters and equipment used were bought with money donated by the Rotary Club of Billericay. Our premises are now even more welcoming for our growing South Essex day service.



### The 'Superior Species'

We are the Superior Species, or so we are Told,  
We 'Trumpet' it loud, forcefully and Bold,  
Look at what we have built and achieved,  
Things that can hardly be Believed!

#### Because we are the Superior Species

Roads, Cars, Trains, Boats, Planes and Things,  
Flats, Houses, Maisonettes, Beds with Springs,  
Every Comfort of which we can Think,  
Heating, Cookers, Hot Water, even a Sink.

#### Because we Are the Superior Species

Mastery over the whole Planet, ours for the Taking,  
Digging, Blasting, and also of course 'Fraking',  
Nothing that we cannot extract, from our World.  
Drill 'Bits' Hard, Soft, Strait, Round or even Curled.

#### Because We ARE the Superior Species

But Look at what we have 'Been and Done'  
Animals and Creatures Dead and Forever Gone,  
Our Home Poisoned, Polluted and forever Scared,  
I guess we Pushed Just Too Hard....For Indeed,

#### We ARE The SUPERIOR Species!

# SERVICE NEWS

## Client Story

## Thanks to Headway Essex I have my children with me this Christmas

A brain injury can happen to anyone and lives are changed in an instant, but for some even with rehabilitation, the affects can last a lifetime. People like Leigh, this is her story she would like to share with you.

### I was desperate to leave hospital, get back to my children and on with my life

"When I had my accident, whilst my broken bones were fixed, no one including me really considered my broken brain. I guess because I have no memory of the accident, then in one way it didn't happen to me. This helped create a short term method to deny my injuries, bury them and get on with life. I struggled to admit to myself that I had been affected by brain injury. I saw people being helped by charities, but back then I was too proud and also just couldn't find the courage to ask for help"

### Asking for help was a brave thing for me to do

"At Headway Essex the staff listen, help and do not judge. They are here for me when I need it most. It is a safe space and supportive community. Headway Essex has helped me understand loss and in its own way, this has helped me process the sudden death of my husband five years ago.

I have isolated myself at times, due to tiredness; I'm just not able to do the things that I used to. Headway Essex helped me realise I'm not alone.

In 2020 Leigh recounts: "I received a call from social services telling me that they were holding an emergency meeting to consider taking my children away. I was devastated and could not think where to turn.

### How would I cope, or face the future?

"I was distraught at the thought of losing my children and my mother's instinct kicked in, I called Headway Essex. I had only just begun working with them, but everyone was so supportive and understood that my brain injury affected every part of my life. They calmed me down and immediately contacted social services, explaining that we needed support to stay together as a family, particularly as my children already had to cope with the death of their father in 2017. Headway Essex advocated for me, helping me to get mine and my children's voices heard.

### We have the support we need to keep on track

"I now go to the Headway Essex support group, I have a brain injury card, that I show to people when I need a bit more understanding, or time. Doing the brain injury education programme with Headway Essex, helped me enormously to understand my life now a bit more and in turn helped my children. Together we put strategies in place to help me manage my home, my life and my family. We have the support we need to keep on track. Working with Headway Essex and having them advocate for us all, has kept my family together. If it wasn't for them I'd be facing this Christmas, and every one to come, without my children. I am eternally grateful to have my family beside me, grounding me and growing into lovely people in front of my eyes, we are all much happier now."

### Leigh

Leigh's story features in our Christmas Appeal and you can find out more by visiting [www.headwayessex.org.uk/i-want-to-help/christmas-appeal](http://www.headwayessex.org.uk/i-want-to-help/christmas-appeal)





# FUNDRAISING

News on recent donations and fundraising

## WHAT IS HAPPENING IN FUNDRAISING

### Another Successful Year for the Essex Classic Vehicle Show

Our Essex Classic Vehicle Show in Colchester Lower Castle Park, was a fantastic success again this year, raising £11,000 to help fund our services.



Visitors were transported back in time, to admire motoring classics of a bygone age. We had excellent weather which helped bring in the crowds of around 2000 people. Once again, we had high octane performances from free running troop Team Kinetix and music to suit all tastes. It is clear the show retains loyalty with many visitors, car clubs and car exhibitors returning from previous shows.

The 2022 show featured around 285 classic vehicles, collectively representing 10 decades of motoring history. Our oldest vehicle was a 1927 Humber 14/40 Tourer. We had such a diverse mix of vehicles, personal stories of restoration too; with one devoted owner of a 1980's Ford Capri lovingly restoring it to its former glory after a near catastrophic crash and a full rebuild."

The event was officially opened by the Mayor of Colchester, Councillor Tim Young.

Crowds were treated to two arena shows presenting the best vehicles where the selected proud owners showed off their cherished cars. Trophies were awarded in various categories including best pre-war car and best vehicle of the show.



The winner of the coveted 'Best Vehicle at Show' was a Cadillac Biarritz 1957 convertible. There was plenty of other entertainment during the day with a selection of stalls, fairground games, crafts, and motoring memorabilia.

The proceeds raised will go to ensure that Headway Essex can continue to provide rehabilitation and support for brain injury survivors and their families and carers in Essex.

We're also incredibly grateful to all the classic vehicle owners for their support in making this such a wonderful event. We're once again grateful for the tireless work of the many volunteers, including local Police Cadets, to put this event on, it wouldn't be possible without their help. We're also very thankful to this year's sponsor, Agile Technical Solutions.

*Photographs courtesy of Steve Downey – Headway Essex volunteer*

Help us this year by getting your own  
**Christmas Cards**



Order yours today!  
[headwayessex.org.uk](http://headwayessex.org.uk) / Colchester & Benfleet Hubs / Town Office

**SAVE THE DATE!**

**HEADWAY ESSEX ANNUAL BLACK TIE BALL**



**HOSTED AT THE FENNES ESTATE**

10 DAY 03 MONTH 23 YEAR



# Get Involved

Discover how you can support Headway Essex

## Chris and Steve's Annual Golf Day

We are so grateful to our amazing supporters Chris James and Stephen Wells who for the past few years have organised a golf day in aid of Headway Essex. This year's event held on 15<sup>th</sup> September at the Chigwell Golf Club in Essex raised an amazing £7,750.

Chris, a brain injury survivor says; "This year's golf day was the biggest yet that Steve and I have organised, with sixty golfers. The day got off to a great start with the usual Champagne reception on the patio. We then headed off to start the day, we had a two-tee start this year from the first and tenth holes, and the weather was great for us. We had the halfway house where golfers got a beer and sausage roll, which went down well. After golf, we all sat down for a meal and the Prize giving, raffle and auction. Everybody had a super day and we raised an amazing amount of money."

Headway Essex would like to thank Chris and Steve for putting on such an amazing event and also thank all the players who supported the event and participated in the raffle, the Hole In One challenge and the auction.

Chris and Steve, along with Headway Essex, would also like to thank the following organisations who supported the event:

- Chigwell Golf Club for being so welcoming and amiable
- Oeno Group for their headline sponsorship and auction lots
- Bennetts Funeral Directors
- BoConcept
- Graphic International Display
- Keith Ashton Estate Agents
- Premier Design Essex
- Envio International
- Chris & Jeff Galvin
- The Bricklayers Arms, Stondon Massey



Next year's event is already booked for 7th of September 2023.

If you wish to enter a team please get in touch with Chris James, by email on [Jamathome2750@gmail.com](mailto:Jamathome2750@gmail.com).  
Alternatively, contact [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk).

### WE'RE LOOKING FOR VOLUNTEERS!

We're currently seeking volunteers to help support us in our work at our Centres in Colchester and Benfleet.  
We would love to hear from you if you can donate some time.

**If you can help, please contact:**  
Email: [admin@headwayessex.org.uk](mailto:admin@headwayessex.org.uk)  
Tel: 01206 845945

# THANK YOU

To everyone who has supported us throughout the year and to everyone who is planning a fundraising event for us in 2023 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.

Beverley and Jeremy Langran, Summer BBQ Fundraiser - £600

Margaret Wheatley and daughter Helen, Helen's 60th Birthday donations - £100

Martin Scragg, Way of the Roses Sponsored Cycle Ride - £1,226

Abigail Oliver, London Marathon - £3,000

Mike Rohan at North Essex Modellers, donation from sales - £539

Chris Day, Harwich Golf Club Charity Day and raffles - £1,650

Salter Court and West Bergholt Womens Institute, donations given following John Worland's Essex Witch Trials Talk - £150

Rotary Club of Billericay - £912.40 for equipment and gardening materials, South Essex Hub

A huge **THANK YOU** to all our lovely **VOLUNTEERS** who so generously give their time and energy to support our Centres, Fundraising Office and Events, we really couldn't do it without you!

## 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

Stephen Woodiwiss

J Vine

Brian Temple

Myrtle Duffett

**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)  
01206 845945 (option 5)  
6th Floor Annex, Wellington House,  
90-92 Butt Road, Colchester, Essex,  
CO3 3DA

### COMMUNITY SUPPORT:

[abisupport@headwayessex.org.uk](mailto:abisupport@headwayessex.org.uk)  
01206 845945 (option 1)  
6th Floor Annex, Wellington House,  
90-92 Butt Road, Colchester, Essex,  
CO3 3DA

### THE HEADWAY CENTRE:

[dayservice@headwayessex.org.uk](mailto:dayservice@headwayessex.org.uk)  
01206 845945 (option 2)  
The Headway Centre, Woodland  
Walk, Colchester, Essex,  
CO4 6DH

**Facebook:** @headway.essex   **Twitter:** @headwayessex   **Instagram:** @headwayessex

**[www.headwayessex.org.uk](http://www.headwayessex.org.uk)**