



Headway Essex News

February 2023



Headway
Essex



NPpsych



10th March 2023 - 7pm
The Fennes Estate in Bocking, Essex

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Your support makes a huge difference to those living with an acquired brain injury

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 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 2022 fades into the background, I look back on what was not only a year of recovery but also of growth and moving forward with renewed ambition and energy.

We achieved our long time goal of starting our day service in South Essex and we have watched it grow from strength to strength. Starting with a small pilot, just one day a week, we now have two additional days added and now operate three days a week!

Our fundraising team organised two very successful events that exceeded the income achieved on the same events in previous years. They are now busy organising the 2023 event, a Coronation themed Ball, which promises to be a very regal affair. I hope as many of our supporters as possible will join us on March 10th at the Fennes and make it an event to remember.

Finally, I am so excited to announce a very special project that was several years in the making and will be realised in March this year. Making Headway is a play that tells the extraordinary stories of a number of people and how brain injury has affected their lives.

The play is a collaboration between Headway Essex, Packing Shed Theatre Company, Pete Barrett (Playwright) and the University of Essex. Pete is also a volunteer at Headway Essex, and you can read in this Newsletter the full story of how the play came into being. We hope the play will link Headway Essex with new audiences, and raise awareness of how brain injury affects peoples' lives and why we need to be here to provide care and support. The venues and dates for the play are detailed below and we hope to see you at one of the shows.

There is much to look forward to in 2023, but we cannot achieve this without the help of those who support Headway Essex, whether that be through volunteering, fundraising, sponsorship, attending our events, grant providers, or through donations. Thank you all for your support and for taking the time to read our newsletter. A happy, healthy and prosperous 2023 to you all.

Joanna Wright
Chief Executive, Headway Essex



Ticket prices vary from £8-£15, with the Harlow Playhouse offering a 'Pay what you can' offer so anyone and everyone can attend, please go on our website for more information.

Tour Dates below:

March 15 - Dixon Studio, Southend

March 17 - Mercury Studio, Colchester

March 18 - Cramphorn Theatre, Chelmsford

March 22 - Theatre 2, Harlow Playhouse

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.

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

Mid Essex Support Group Meetings 2023 10.00am - 12.00pm

Upcoming meetings: 21st February, 21st March, 18th April, 16th May

North East Essex Support Group Meetings 2023 6.00pm - 8.00pm

Upcoming meetings: 7th February, 7th March, 4th April, 2nd May

South Essex Support Group Meetings 2023 7.00pm - 9.00pm

Upcoming meetings: 14th February, 14th March, 11th April, 9th May

West Essex Support Group Meetings 2023 10.00am - 12.00pm

Upcoming meetings: 28th February, 28th March, 25th April, 23rd May

Clacton Support Group Meetings 2023 10.00am - 12.00pm

Upcoming meetings: 16th February, 16th March, 20th April, 18th May

North East Essex Carers Support Group Meetings 2023 6.00pm - 8.00pm

Upcoming meetings: 24th February, 24th March, 28th April, 26th May

South Essex Carers Support Group Meetings 2023 7.00pm - 9.00pm

Upcoming meetings: 23rd February, 23rd March, 27th April, 25th May

The 3M Club 'Men Motivating Men' Meetings 2023 6.15pm - 8.15pm

Upcoming meetings: 22nd February, 29th March, 26th April, 31st May

Young Circle Group Meetings 2023 6.00pm - 7.00pm

Upcoming meetings: 1st February, 1st March, 5th April, 3rd May

South Essex Social Group Meeting 2023 1.30pm-3.30pm

Upcoming meeting: 1st March, 5th April, 3rd May

North Essex Social Group Meeting 2023 5.00pm-7.00pm

Upcoming meeting: 14th March, 12th April, 15th May

SERVICE NEWS

Latest news and updates from the Headway centres

MESSAGE FROM STELLA KERINS



Happy New Year!

At Headway Essex we are really excited about all the things that are happening over the next few months.

Our community team are currently planning a whole day carer's workshop which will be held in the spring. This will be for anyone living in the county caring for someone with an acquired brain injury. Watch this space as we will release details soon. If you are a carer needing help or support or would like to attend this day then please contact abisupport@headwayessex.org.uk

We are also planning for our next brain injury education programme which will be run face-to-face in Chelmsford so that people from across the county can access it. If you or anyone you know would benefit from it then please contact abisupport@headwayessex.org.uk or call 01206 845945.

Calling all those living in Thurrock, we have released a survey to gauge the level of understanding of Brain Injury from people living in the area and also to promote our services so that people living in Thurrock can access them. Please go to <https://surveyhero.com/c/testbraininjury>

In Colchester, our team are about to start piloting a new education curriculum aimed at supporting people to learn more about their brain injury alongside regaining lost skills.

In our South Essex hub we are opening another day at our centre in Benfleet, the service has really grown in the year since we first opened the day centre there. This means that we are recruiting new staff and volunteers to support so if you or anyone you know has the skills to work with our team then please contact admin@headwayessex.org.uk

*Stella Kerins,
Head of Brain Injury Services*

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 South Essex



Rotary Club of Billericay Town

We were delighted to meet some of the Rotarians from the Rotary Club of Billericay Town who visited the South Essex Day Service on 31st January to present us with a plaque. They had previously generously donated £912.40, which allowed us to buy equipment for the centre, gardening materials and display boxes.

DIY Pizza Day!

Today we wanted to have a bit of fun and a nice treat!

The service users each started by chopping up the toppings and then set to work creating their pizzas. We have some adapted equipment, so even those who think they are unable to take part can get involved! It always offers that sense of community when the group are eating the same meal, as it is a shared experience and sense of achievement that they made their own lunches.



Vision boards

At the Day Centre, we are continuously looking at goal setting and the steps we can put in place to achieve our goals. As it was the New Year, we started off by discussing New Year's resolutions!

As part of the session, service users looked at planning vision boards and then making them come to life.

We found that it introduced the feeling of optimism and hope as we put on paper and manifested what we wanted our own 2023 to look like.

SERVICE NEWS

A Play About Challenge, Hope, Laughter and Inspiration



Pete Barrett has been a volunteer bus driver and fundraising volunteer at Headway Essex for 14 years. What many people do not know is that Pete is also a very accomplished and award winning playwright.

'Making Headway' is a play written by Pete, as part of a collaboration between Headway Essex, Packing Shed Theatre Company, Pete and the University of Essex. It has been many years in the making and this is how the play came about.

Neil D'Arcy Jones of Packing Shed Theatre in Colchester approached Headway Essex several years ago about an idea to bring the experience of head injury to the stage. Neil was looking for an author for the project and Pete, with his playwright skills and experience at Headway Essex, was the perfect candidate.

Through talking to attendees at the Headway Centre, Pete had collected many extraordinary stories about the way head injury upends lives. Neil D'Arcy Jones then arranged meetings with attendees, volunteers, carers and families to flesh out the portrayal of the experiences of those affected.

The initial idea was to tell the story of one person, of their life before the injury through to their very different life now, but telling a story in this way would have excluded such a wealth of fascinating material. Pete began to look at the common narrative of people with head injuries - their 'normal' life before, the circumstances of injury, recovery, rehabilitation and the return to a new life, usually infinitely more difficult than the one left behind. Pete also wanted to address the confusion, fear and incomprehension the general public have when encountering people who look and speak differently, or may not be able to speak at all.

Once the project was underway, there was enthusiastic participation from the School of Health and Social Care at Essex University and in particular that of rehabilitation director Andrew Bateman. Despite Pete's limited knowledge of the academic side of the study of brain injury, many of the scenes in the play meshed perfectly with the school's areas of study.

The result was a play with thirty two characters, 17 scenes and narratives, each revealing a different aspect of head injury. A challenge for a group of just four actors.

Then, with a grant from the Arts Council, Neil D'arcy Jones put together a two week program with the four actors, beginning with workshops, interviews, and discussions, and moving on to rehearsals and work with theatre professionals - in music, design and staging.

The two-week session culminated in a scratch performance at the Lakeside Theatre at Essex University, before representatives of the different organisations involved in the project. The reaction was extremely positive. The current phase of the project takes the play to theatres in Essex, but there is a plan to extend the tour nationwide and develop a partnership with other Headway groups.

A short film about Making Headway can be seen at www.youtube.com/watch?v=2QuGr1HoYRI

The venues and dates for the play are detailed on page 3. We hope to see you at one of the shows.

FUNDRAISING

News on recent donations and fundraising

You're Cordially Invited to Attend!



Headway Essex Coronation Ball!

The Headway Essex Coronation Ball promises a spectacular night of lively entertainment, lavish feasting and some right royal fun and laughter. The Coronation Ball is our slightly tongue in cheek way to mark a very auspicious event in the UK Calendar this year. This is the perfect time to come together and enjoy a great night out with friends, family, clients or colleagues.



The Great After Eight Group Bookings

We are offering a pretty sweet treat for anyone who books a table of eight or more guests. Get 10% off the ticket price and a box of mint choccies to enjoy with your tea & coffee after the meal.

Date: 10th March 2023 - 7pm

Ticket Price: £80.00

Location: Fennes Estate, Bocking, CM7 5PL



We would like to thank Npsych for being the main sponsor for our event. NPpsych are committed to working collaboratively with their clients to help them adjust to their lives following brain injury and maximise their potential through goal-focussed rehabilitation.

FUNDRAISING

News on recent donations and fundraising



Looking Back at Our Christmas Appeal!

It was such an amazing appeal this year. On top of the usual Christmas donations, we had help from our patron, David Tennant, who personally signed cards to thank everyone who had made donations of £50 or more!

We would like to also thank everyone who supported us, from all the people around the world, to our patron, David Tennant, for signing so many cards!

Every donation we received went a long way in supporting people living with the effects of brain injury, so we truly appreciate everyone who has helped.



We have found our runner for the London Marathon!

Shea Nightingill is taking on the challenge to help raise funds for Headway Essex who supported his father on his recovery journey. Shea says:

"I have chosen to run the marathon in aid of brain injuries and victims of brain damage and other brain related trauma."

Headway Essex is a charity group my dad has attended for the past 15 years and have helped him come on leaps and bounds! Without the group and the people there, he may not be the same person he has turned out to be since his stroke."

Everyone here at Headway just want to thank Shea Nightingill for bravely taking up the torch and running with us. His connection to Headway is deeply personal and we couldn't have chosen a better candidate.

Shea has already reached the half way line of his £2,000 target. You can show your support by visiting his fundraising page at: <https://2023tcs londonmarathon.enthuse.com/pf/sheanightingill-fundraising>

Get Involved

Discover how you can support Headway Essex

Help Henry go the Distance



Henry has been a client with us at Headway Essex for seven years. In that time he has overcome so much. Last year he ran for us at the Colchester half-marathon. This year he plans to walk the Sahara Desert.

"I couldn't walk for many weeks after my Traumatic Brain Injury. I have since gained full control over my body and now value the ability to walk. Now I'm dedicated to walk for those who can't themselves after suffering a TBI. For this, I need to raise at least £2000 for Headway Essex. I do this for the people there who are not as able as me."

Henry has already reached the halfway mark, raising over £1000 for Headway Essex with his quiz and curry nights and he has until mid-August to raise the rest. For this he'll need help. The link to Henry's JustGiving page will be below for anyone who would like to make a one off donation.

www.justgiving.com/fundraising/henry-mitchell2023

And for everyone who would like to show their support and fill up on some great food,
Henry's next charity curry night takes place on:

**26th February -6pm
61-63 Hart Rd, Benfleet SS7 3PB
At the Tandoori Parlour**

It's all you can eat at £18 per person! Half the proceeds will go to Headway Essex as This is a joint event Henry is organising with a friend who is fundraising for the Ectopic Pregnancy Trust.

Ride With Us at the Ride London-Essex 60!

This unique 60-mile cycle sees participants pedal past impressive London landmarks and through picturesque rural Essex – and now is your chance to enter the 2023 event on Sunday 28 May!

We are looking for 3 cyclists to represent Headway Essex. If you're ready and willing, please sign up via our website:

www.headwayessex.org.uk/headway-events/ridelondon-essex60/



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.

We would like to give a special thanks to:

Annoshka Warriner from Caramel Browne Hair Salon

Chris Miller,

John & Sharon Perfect

Mary Rowsell from the Fountain House Tea Room,

The Congregation of St James the Great Church Leigh on Sea

Sally Mays

Leonardo UK Ltd

Duncan Horner

Kristina Neubalt

Justin Johnson

UTL Group

And our volunteers for the Waitrose Store Collection:
Pete Barrett, Cyril Coppin, Jo Harding and Freya Jolly.

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!

Thank you Essex Freemasons!

During 2021, we were struggling to raise all the funds to purchase a new minibus. Despite some generous grant donations, we were still short of our target. Thanks to a generous donation of £24,000 from the Essex Freemasons own charity; the Masonic Charitable Foundation, we were able to make the new mini-bus a reality.



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

Nicholas Foskett

Beryl Lavinia Cook

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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