



Headway Essex News

Q3 – 2023

ESSEX CLASSIC VEHICLE SHOW

Calling for volunteers

Headway Essex

Sponsored by Blackwater Law

Headway Essex Presents...

THE ESSEX

CLASSIC VEHICLE SHOW!

SUNDAY 24TH SEPTEMBER 2023
10:30AM - 4:30PM

LOWER CASTLE PARK,
COLCHESTER, CO1 1UW

VISITOR TICKET PRICES!

ADULT TICKET £5
CHILD TICKET £3
CONCESSIONS TICKET £3
FAMILY TICKET £14

UNDER THREES GO FREE!

Headway Essex
6th Floor Annex, Wellington House,
90-92 Butt Road, Colchester, Essex, CO3 3DA
Registered Charity Number: 1008807

To get involved, contact us at:
01206 845945
fundraising@headwayessex.org.uk
www.headwayessex.org.uk

BOOK TICKETS TODAY AT
WWW.HEADWAYESSEX.ORG
OR USE OUR QR CODE

Inside:

CEO MESSAGE

Highlights from the last few months at Headway Essex
Page 03



SERVICE NEWS

Latest News from our Service Hubs
Page 05



GET INVOLVED

Take on a Challenge for Headway Essex
Page 10



CONTENTS

Third Quarter 2023 issue

03 CEO Message

CEO, Joanna Wright reflects on the busy past few months.

05 Service News

Discover what has been going on over the summer months at the day centres.



07 Cat's Story

Determined to find her a new place in the world

08 Fundraising News

Read up on how our supporters have been helping Headway Essex



10 Get Involved

Up for a challenge?



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

Welcome to the Summer Edition of our Newsletter!

At Headway Essex we are all enjoying the warm summer vibes, we believe a little bit of sunshine makes a big difference to how we are feeling giving us that lift of energy, I hope you are all feeling the same. Here are a few of the wonderful highlights of the last few months at Headway.



World Congress on Brain in Injury

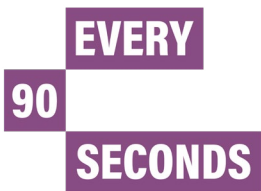
In the spring I had the privilege to present, alongside Essex University at the 14th World Congress on Brain in Injury at the Convention Centre in Dublin. We spoke of the University's 'Heads Together' project and how the Making Headway play helps spread the word of living with brain injury to health and social care students in a unique fully immersive theatre experience.

Our play is going on tour

I am delighted that the Making Headway Play is going on tour and funding has been secured for the play to be seen at three other universities across the country linking in with their local Headway groups too. A fantastic project in raising vital awareness of what it is like to be living with brain injury.



Annual Campaign focused on 'Every 90 seconds'



We were proud to promote and raise awareness of acquired brain injury during ABI week in May. This year the annual campaign focused on 'Every 90 Seconds', sharing people's experiences and stories. It highlighted that every 90 seconds someone in the UK sustains a brain injury and the importance of the support that my incredible team provide to our service users and their families. You can find more about the amazing work they are doing in our Service News section.

Thank you to our volunteers

We also recently celebrated Volunteers Week and I wish to thank all of our wonderful volunteers for their help because without them we could not do what we do.

Our next big event

The next big event on the fundraising agenda is the Essex Classic Vehicle Show in September. You can read all about it in this newsletter edition. It is such a great event and not to be missed. I look forward to seeing you there!

Joanna Wright
Chief Executive, Headway Essex

SUPPORT GROUP MEETINGS

Please note there are no meetings in August

Mid Essex Support Group Meetings 10am – 12.00 pm

19th September, 17th October, 21st November

North East Essex Support Group 6pm- 8pm

5 September, 3rd October, 7th November

South Essex Support Group – 7.00 – 9.00pm

12th September, 10th October, 14th November

West Essex Support Group – 10am-12pm

26th September, 24th October, 28th November

Tendring Support Group 10am – 12pm

21st September, 19th October, 16th November

North East Essex Carers – 10.30am – 12.30pm

22nd September, 27th October, 24th November

South Essex Carers Support – 7pm- 9pm

28th September, 26th October, 23rd November

The 3M Club 'Men Motivating Men' – 6.15pm-8.15pm

27th September, 25th October, 29th November

South Essex Social – 1.30pm-3.30pm

6th September, 4th October, 1st November

North Essex Social – 5.00-7.00

11th September, 10th October, 8th November

SERVICE NEWS

Latest news and updates from the Service Hubs

SOUTH & WEST HUB – ENJOYING THE SUMMER SUN



From mocktails to ball games in the garden at Benfleet, the team are taking full advantage of the summer months.

There's nothing like a bit of peer support and team building to help increase motivation within a group. So the ball games in the garden this summer have been thoroughly enjoyed by our service users and it's an added bonus that they are also great for improving mobility, balance and co-ordination.

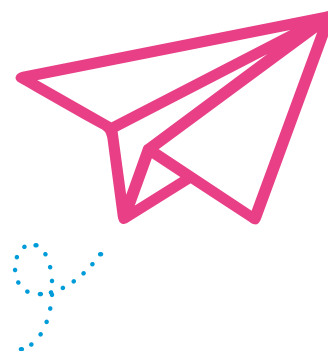
Our Wednesday group enjoy getting practical so they have

been busy getting creative and designing bird boxes, which they will be making, decorating and placing up in the gardens at the centre over the coming months. The end result will be very rewarding for the group after all of their hard work and the activity aims to build and develop fine motor skills as well as requiring high levels of focused attention and concentration.

Communication deficits are a common effect of brain injury and can be a huge challenge for some individuals so it is important that the group are aware of this in order to support one another. Communication has been a topic we have focused on with the groups during our brain injury portfolio sessions and we have spent time exploring alternative ways of communicating – we have even been learning Makaton. The groups can now communicate using basic sign language, including signing their name and 'thank you' and we have even tried signing along

to songs! This task not only builds on communication skills but also focuses on memory, dexterity, attention and listening skills.

Acceptance of new circumstances following brain injury can be a challenge. The groups in South Essex have faced this challenge recently by writing down something that has been difficult to accept, then folding up the paper to make an aeroplane and throwing it away as far as they can. This simple, yet effective activity really creates the sense of letting go of any worries. This has been a positive and emotional session for the groups recently.



What better way to round up the week than mocktail making on a Friday afternoon! Some service users do not have access to adapted equipment at home meaning tasks many of us take for granted such as chopping up fruit, may not be as achievable following brain injury. This inspired one individual to treat themselves to some equipment so they can get more involved in preparing meals at home for the family.

SERVICE NEWS

Latest news and updates from the Service Hubs

MID & NORTH ESSEX HUB – SUMMER FUN

Angela attends the weekly skills for life sessions at the Headway Colchester Centre. As she finds it difficult to recognise her surroundings she has been working with one of our volunteers on route planning during these sessions. With this support Angela has researched and planned a route to walk from the centre to McDonalds. Following these instructions she successfully led the group there, she did an amazing job and used a lot of visual cues to help her with her bearings.

The rest of the group enjoyed the time out with Angela. Henry was pleased to get his steps in for his training for his Sahara trek in November. Cat wanted to challenge herself with the walk as she had lost confidence in her mobility since her accident.

Everyone rewarded themselves with a McDonalds and it ended up being a really positive morning with everybody feeling proud of what they achieved (and a full belly).



The centre is living up to its road name – Woodland Walk as the beautiful blooms kindly donated by Perrywood Garden centre blossom! Our gardens are a haven for wildlife now and the mixture of shrubs and flowers have created a sanctuary for everyone to



enjoy; providing an opportunity to get outside, breath in some fresh air and even do some gardening! Thank you to the generosity of Perrywood Garden Centre, the benefits are being enjoyed each and every day!

The centre are looking forward to Head Fest during August, throughout this holiday period there will be days when the BBQ is on and we will be enjoying some music in the centre from local artists.

CAT'S STORY – determined to find her a new place in the world

Nobody could imagine how life for Cat could change so dramatically in an instance. By sharing her story Cat hopes others never feel as isolated as she did.

One July afternoon in 2021, Cat was cycling home from work when a car came around the bend and hit her from behind sending her flying into the air. Despite wearing a helmet, Cat was seriously injured and was revived by the side of the road by the Air Ambulance team and flown to the Royal London Hospital.

She awoke 6 weeks later from a coma with no recollection of the incident. After 3 months recovering in hospital, she was still unable to walk or talk. She was then transferred to a specialist brain injury rehabilitation clinic. Cat



was determined to complete her rehabilitation and return home. What followed was another 3 months of intensive therapy where she learned how to walk, talk and perform other basic tasks unaided.

SERVICE NEWS

Cat's Story – determined to find her a new place in the world

Many would think that was a good result and the point where her story ends. Unfortunately, the hardest part was still to come as she tries to find her place in the family and in the world.

Cat says, "I get sick of people saying I look so well because inside I know I have such a long way to go. It is the cognitive and emotional side that is holding me back and I feel so resentful towards the person who caused my injury".

UNFORTUNATELY, THE HARDEST PART WAS STILL TO COME AS SHE TRIES TO FIND HER PLACE IN THE FAMILY AND IN THE WORLD.

Cat was living on a houseboat with her husband and 4-year-old son. She had a good job and was often out socialising with her friends.

After her accident their home was no longer suitable, they had to move to a bungalow away from the support network they had. She now has to rebuild the bond between her and her son, after being separated for so many months. She suffers from severe fatigue, has acquired non-epileptic attack disorder and she sees a neuropsychologist to help her deal with the mental and emotional challenges she now lives with.

Cat is also left with a weakness in her left side and has difficulty swallowing so is vulnerable to choking. She cannot go out and eat socially because she needs to concentrate on chewing and swallowing. She also feels isolated as many of her friends have fallen away.

Cat says, "My place now in the family is unknown. I used to manage the home and finances and it is hard to accept that things have changed. I feel like a teenager who needs looking after, not the woman and the mother I was. My husband's life has changed, as he is now the carer for our son and me. I miss being able to drive and to socialise. I would give anything just to have my old life back, my job and to be back living on the boat again. It is

frustrating, as I cannot do what I want, or even remember what I want to do. I forget how far I have come and I know it will be a long time and I may never get back to the person I was before."

Cat's neuropsychologist recommended she tried coming to Headway Essex to help her with her recovery journey.

Cat says, "Headway Essex has given me something for me. Brain injury is a hidden disability and it is very isolating. At Headway Essex, I am with people who totally get what I am going through. It gives me hope to see people who are further along their recovery journey than I am. It has given me the opportunity to socialise, which is something I had lost. I also need to get my strength back and the fitness activities at the centre help with this. I particularly like the yoga sessions at the Headway Centre."

"My sense of humour has improved. I have cried so much over the past 18 months, so now I try to laugh, as nothing is as bad as the trauma I have lived through. I see things from new perspective, my values have changed, and I want to do something that holds more value in the world. I would like to volunteer and help others who have had a traumatic brain injury. I feel I can reassure patients that there is hope and educate professionals on their point of view, to improve the patient experience. The world needs educating on hidden disability so that there is better support in the community to help people manage and cope with the effects, and to be given the opportunity to make the most of life after a brain injury."

Cat's journey is far from over; but she is determined to find her new place in the world and bring some good from her situation by helping others.

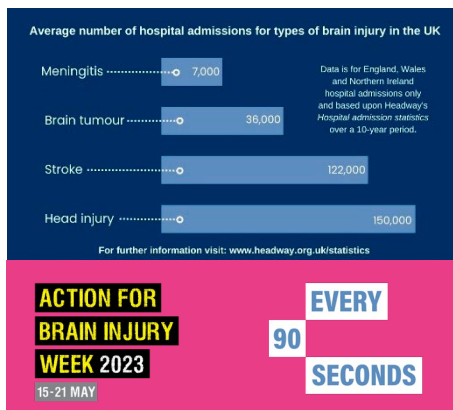
"HEADWAY ESSEX HAS GIVEN ME SOMETHING FOR ME. BRAIN INJURY IS A HIDDEN DISABILITY AND IT IS VERY ISOLATING."

FUNDRAISING NEWS

ACTION FOR BRAIN INJURY WEEK 2023

15-21 MAY

During the month of May we promoted ABI Week sharing some powerful statistic and facts to increase awareness of the devastating effects that an acquired brain injury can have to anyone and their loved ones. The Every 90 Seconds campaign illustrated very clearly that it only takes a few seconds for a life to be completely knocked off course.



The team at Headway Essex are here to support people who have been affected whether this is the injured person, family member or carer.



During this week we were all very proud to do don hats as part of Hats for Headway.

Congratulation to Tara who attends our Centre in Colchester and was the winner of the Headway UK Hats for Headway competition.



ESSEX RIDERS RAISE OVER £1400



Well done and congratulations to our riders Sunny, Antony and Pete for taking on the RideLondon challenge and raising over £1,400 for Headway Essex.

THANK YOU COLCHESTER ROTARY CLUB

Sarah our Fundraising Manager is very grateful to the Colchester Rotary club for inviting her to meet them all and join them for lunch. They too were proudly donning their hats for headway and raising funds.



GATESY'S GOLF DAY

We would like to say a massive thank you to a very special supporter, Michael 'Gatesy' Gates who organised another successful Golf day in aid of Headway Essex on Friday 19th May at the Frinton Golf Club.

It was a lovely day where the sun shone and 85 players took part in the competition in 17 teams. The event raised a whopping £1,136.88 for Headway Essex. We would like to thank everyone who took part and supported the event, with special thanks to the 'hole sponsors', L J Rose Accounting, Haven Veterinary Practice, Trusted Estates, Yorkshire Building Society (Frinton), Wealth and Finance Matters Limited, Frinton Alarm Systems Ltd, and Hallmark Interiors Ltd. Finally, we



Michael's Mum Sally takes the putt! extra big thank you to Andy, Hayley & Toby Hockey at Hallmark Interiors Ltd who also generously sponsored all the drinks at the Zulu hut and helped on the day.

FUNDRAISING NEWS



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Blackwater Law

Headway Essex Presents...

THE ESSEX CLASSIC VEHICLE SHOW!

Calling for volunteers

SUNDAY 24TH SEPTEMBER 2023
10:30AM - 4:30PM

LOWER CASTLE PARK,
COLCHESTER, CO1 1UW

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FAMILY TICKET £14

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Registered Charity Number: 1008807

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fundraising@headwayessex.org.uk
www.headwayessex.org.uk

BOOK TICKETS TODAY AT
WWW.HEADWAYESSEX.ORG
OR USE OUR QR CODE



Join us at our Annual Classic Vehicle Show Colchester Castle Park on the 24th September. We need your help if you are able to volunteer on the day. **Please contact the Fundraising Team on 01206 845945 or email fundraising@headwayessex.org.uk**

GET INVOLVED

UP FOR A CHALLENGE?

Tick one off your bucket list – whether it is flying through the skies, trekking up mountains or taking in the sights of our capital's famous landmarks. There is something for everyone...

GET
IN!

GRAB YOUR RUNNING SHOES SUNDAY 7TH APRIL 2024

London's famous half marathon takes you through central London taking in the city's most famous landmarks – St Paul's Cathedral, Nelson's Column, Monument and Tower of London.



TAKE TO THE SKIES

Tandem skydive available throughout the year. Enjoy this thrill seeking challenge of a lifetime by flying through the clouds at over 13,000ft at speeds of up to 120mph for a truly unforgettable experience.

GET
IN!

GET INVOLVED

PUT ON YOUR HIKING BOOTS



GET
IN!

National 3 Peaks Trek with various dates available throughout 2023 and 2024. Climb the highest mountains in the UK and walk 22 miles and 9,500 feet tackling the mighty Ben Nevis, Scafell Pike and Snowdon.

If you are interested in taking on any of these challenges or have come up with your own personal challenge, please contact the Fundraising Team on 01206 845945 or [email fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)

SPECIAL THANK YOU TO:

Ridelondon Essex Riders
Sunny, Antony and Pete

Perrywood Garden Centre

Informa PLC

University Of Essex
Clothes sale

Colchester Rotary Hats for Headway

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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01206 845945 (option 2)

The Headway Centre,
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Essex, CO4 6DH

THE HEADWAY CENTRE (South):

dayservice@headwayessex.org.uk
01206 845945 (option 2)

The Benfleet Methodist Church,
High Road, South Benfleet,
SS7 5LH

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