



Headway Essex News

Q4 – 2023

Christmas Fayre

Saturday 2nd December

2pm-5pm

The Headway Centre,
Woodland Walk, Colchester,
Essex, CO4 6DH

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

Christmas fundraising for Headway Essex
Page 10



CONTENTS

Fourth Quarter 2023 issue

03 CEO Message

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

05 Service News

Discover all the ideas and activities that have been going on.



07 Michelle and Kathy's Story

How mother and daughter are getting through difficult days together

08 Fundraising News

Read up on how our supporters have been helping Headway Essex

10 Get Involved

Christmas is the perfect time for fundraising

11 Donation Form

Making donation easy

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 Autumn Edition of our Newsletter!

Now the colder weather is upon us what better way to warm up than to be brave and walk over hot coals to raise funds for Headway! I am very excited about the forthcoming new Firewalk event which will be launching in Benfleet. By the time you read this our brave walkers will be gearing themselves up to take on this challenge.



Looking back at our activities this year

Headway Essex have enjoyed a wonderful summer, the centres have been full of different activities from festival vibes in our North Hub as our clients enjoyed our annual musical Headfest event to the seated volleyball in the South and the creative Dragons Den project. There has been a lot of fun, but each and every one of these activities has been carefully thought through to help and support our clients to rebuild their skills and independence.



The Essex Classic Vehicle Show

I am incredibly grateful to everyone who joined us at our Essex Classic Vehicle Show. The lower castle park was buzzing with visitors and old classic cars of every make and model. It was such a glorious day for the event and was enjoyed by hundreds of people. I have the pleasure of sharing with you that the event raised an incredible £13,000. A huge thank you to our fabulous fundraising team and volunteers and to all of you that made this day possible.

Christmas Fayre

Why not join us at our Christmas Fayre, entry is free. We will have Christmas crafts, stalls, food and a Santa's Grotto.

I hope that 2023 has been kind to you and would like to take this opportunity to wish you a wonderful Christmas and New Year.



Joanna Wright

Chief Executive, Headway Essex

SUPPORT GROUP MEETINGS

If you are interested in attending one of our groups, please contact the
Headway Essex team on **01206 845945 (option 1)**
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 10am – 12.00 pm
16th January, 20th February, 19th March

North East Essex Support Group 6pm- 8pm
9th January, 6th February, 5th March

South Essex Support Group – 7.00 – 9.00pm
9th January, 13th February, 12th March

West Essex Support Group – 10am-12pm
23rd January, 27th February, 26th March

Tendring Support Group 10am – 12pm
25th January, 22nd February, 21st March

North East Essex Carers – 10.30am – 12.30pm
26th January, 23rd February, 22nd March

South Essex Carers Support – 7pm- 9pm
25th January, 22nd February, 28th March

The 3M Club ‘Men Motivating Men’ – 6.15pm-8.15pm
Dates TBC – please register your interest

South Essex Social – 1.30pm-3.30pm
3rd January, 7th February, 6th March

North Essex Social – 5.00-7.00
Dates TBC – please register your interest

SERVICE NEWS

Latest news and updates from the Service Hubs

SOUTH & WEST HUB – BURSTING WITH IDEAS



As we look back at another fun-packed summer, we have been wowed by the activity ideas our team have worked on at our Benfleet Hub over the past couple of months.

Our service users have taken part in seated balloon volleyball sessions, which, aside from being lots of fun, has allowed them to develop their team building skills along with their mobility and coordination. Beautiful bubble art paintings have been created and a

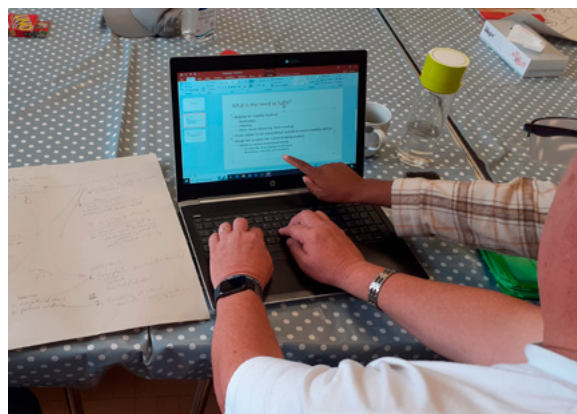
‘Journey across Africa’ has been planned.

Our favourite has been a 6-week Dragons Den project, where service users worked hard to create their own accessible games, activities, and equipment - this even included prototypes and presentations. The ideas were then pitched to our very own dragons at the end!

We are all about having fun, whilst creating independence and rebuilding skills at the same time and our South Essex Hub have definitely managed that!

We are always looking for volunteers to join our team to come and help support us with these activities if this is something that interests you and you live in and around the Benfleet area we would love to hear from you so please contact us **abisupport@headwayessex.org.uk** or for an informal chat call **01206 845945** select option **4** then option **2**.

WE ARE
ALWAYS
LOOKING FOR
VOLUNTEERS



SERVICE NEWS

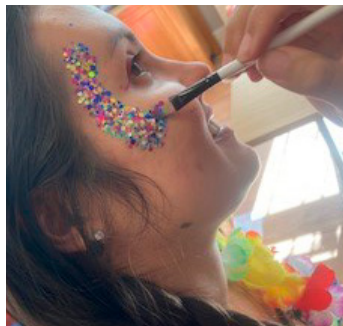
Latest news and updates from the Service Hubs

MID & NORTH ESSEX HUB – FESTIVAL VIBES

Summer at Headway Essex in the North celebrated Headfest during the month of August.

Think festival vibes with a BBQ, glitter facepainting and 60's music performed by local bands! Staff and service users alike, dressed in bright colours, enjoy a cold treat from Joe's Whippy Ice Cream van and a sing-a-long on the karaoke!

The weather was really kind and every one had a lovely summer.



MICHELLE AND KATHY'S STORY

Michelle had a successful career that she loved as an animal trainer and keeper at a Zoo. This was her life for 24 years until she got the call from her father four years ago, asking for help with looking after her mother, Kathy.

Michelle's mother Kathy suffered a brain injury 25 years ago at the age of 47. Having survived a stroke and spending time in a coma, she returned home, but she was no longer the same person. Although she was able to talk, write and read, her personality had completely changed and she had lost her social skills. She had no short-term memory and although she could remember her family and a few friends, everyone else she met was a stranger. This left



her vulnerable and dependant on the care and support of her husband Mick, Michelle's father. All this coupled with the fact that she rarely slept at night, meant looking after Kathy was a 24/7 responsibility.

SERVICE NEWS

Michelle and Kathy's Story

Mick found out about how Headway Essex could help both him and Kathy. Attending the Headway Centre two days a week, gave Kathy a routine, a social outlet and consistency of care, which was important to help manage her behaviours. The Headway Centre was a lifeline to Mick and the only time he got a break from his caring role to rest, or do the things he was unable to do when Kathy was with him. Sadly, Mick passed away suddenly, soon after Michelle came home to help, leaving Michelle as the primary carer for her mother.

"I WAS NEEDED, SO I WAS THERE. THE TRANSITION TO BEING A FULL-TIME CARER WAS NOT EASY." Michelle was coming to terms with the loss of her father and leaving behind the life she knew.

Michelle said, "I was needed, so I was there. The transition to being a full-time carer was not easy, as she was coming to terms with the loss of her father and leaving behind the life she knew. Michelle said, "I had to stay strong for Mum, even when it seemed impossible"

Michelle realised it would not be sustainable to care for her mother in the same way that her dad had. One of the first things she had to work on was to introduce some boundaries around bedtime to ensure they both got sleep. She used different methods to remind Kathy, that when she woke in the night, she needed to go back to bed to sleep. Although she does not always stick to this, things are much improved and both are getting more sleep.

Michelle has also found places where she and Kathy can go regularly and enjoy time out together. It helps Kathy to interact with the people working there and in turn, they can better understand and interact with her.

Kathy continues to attend the Headway Centre two days a week. The activities such as bowling and gentle exercise along with other

group activities help to maintain her health and wellbeing. It is a place where Michelle is confident she knows Kathy will be safe and happy while Michelle gets a break from her caring role. Kathy also now attends the Yarra Farm, for adults with disabilities, where she is encouraged to get involved with looking after the animals, something she did before her brain injury.

It has taken time, but Michelle has found a way that it is sustainable, allowing them both to live fulfilling lives. This would not be possible without the help Headway Essex, where the staff understand brain injury and support both the person with the brain injury and the carer and other family members.

If you are a carer of a person with acquired brain injury, or know someone who is and needs help, Headway Essex is here for you and your loved ones. Please contact us by calling: 01206 845945, or email: abisupport@headwayessex.org.uk or following the link to our support page on the Headway Essex website www.headwayessex.org.uk/im-a-carer/our-support/



AT HEADWAY, THE ACTIVITIES SUCH AS BOWLING AND GENTLE EXERCISE ALONG WITH OTHER GROUP ACTIVITIES HELP TO MAINTAIN KATHY'S HEALTH AND WELLBEING.

FUNDRAISING NEWS

THE ESSEX CLASSIC VEHICLE SHOW



Over 2,000 visitors attended the Essex Classic Vehicle show in Colchester's Lower Castle Park on 24th September and we raised over £13,000 to help fund services that support over 500 people a year in Essex, who have suffered a stroke or other type of brain injury.

The Mayor and Mayoress of Colchester, Cllr John Jowers and Susan Jowers officially opened the event where over 250 classic vehicles were on display representing decades of motoring history. Visitors heard stories from proud owners as some of the most interesting vehicles were presented in two arena shows. The event culminated with an awards ceremony where trophies were awarded in various categories. The proud winner of the coveted 'Best Vehicle at Show' owned a 1950 Lea-francis Tourer. There was plenty of other entertainment during

the day with performances from vintage singers 'The Harmonettes' whilst we enjoyed fabulous rock 'n roll performance from LJ's Jive School. Regular entertainers at the event, Team Kinetix, wowed the crowds with an amazing parkour and acrobatic performance. As always, we welcomed trade stalls along selling everything from auto jumble to homemade cheeses! A particular thanks has to go to our food friends at Prime Event Catering who provided a hot drink and bacon buttie for all volunteers on the morning.

Local support for the charity is critical as we rely on fundraising to provide our services to help local people struggling to recover from life changing effects of acquired brain injury. We are incredibly grateful to all the classic vehicle owners for their support in making this such a wonderful event and this year's sponsor Blackwater Law.

This year was a real community effort and would not have been possible without the fantastic support from our wonderful team of volunteers, those that helped before the day, those on the day, including members of the Colchester Rotary Clubs, the Essex Police Cadets and photos provided by the talented Gilmour Machado and of course our fundraising volunteer ladies that helped in the office after the event. Thank you to you all.



FUNDRAISING NEWS

CHRIS JAMES AND STEVE WELLS HOST THEIR 5th GOLF DAY IN AID OF HEADWAY ESSEX

We thank Chris and Steve once again for hosting their annual golf day at Chigwell Golf Club to raise vital funds for Headway Essex.

The event took place on 7th September 2023. The golf club was taken over by Chris and Steve's close friends and work associates, who return year after year, to support this event.

The golfers, in teams of four had great day, playing the immaculate course on what turned out to be a rather hot day.

Chris and Steve have raised over £22,000 for Headway Essex over the years, which is an incredible sum of money.



ROYAL PARKS HALF MARATHON 2023



It was great to have 3 runners run the Royal Parks half marathon on behalf of Headway Essex in October. All did incredibly well, some are supported by Headway and one even managed a 'Personal Best' on the day.

We are so proud of them, together they raised over £1,600.

"It's still sinking in that I completed it – was such an incredible day and the weather was perfect." – Chloe

GET INVOLVED

CHRISTMAS AT HEADWAY ESSEX

The fun and joy of Christmas can also bring with it chaos and stress for many of us. For those living with an acquired brain injury it can turn the festive season into festive fear. That is why it is essential that Headway Essex continue to be here to support those people in our community leading up to Christmas and all year round.

HOW YOU CAN GET INVOLVED:

12 days of Christmas CORPORATE SPONSORSHIP

BECOME A CORPORATE SPONSOR

Give the gift to people in your community that are living with a brain injury by helping improve their health, mobility and strength.

A donation of £90 could pay for a weekly activity at one of our day centres, this could be Chair yoga, Dance and Movement or a Therapy Gym session. Headway Essex are all about having fun with our clients, whilst creating their independence and rebuilding skills at the same time.

Find out more – visit
www.headwayessex.org.uk/christmas-2023/

DONATE TODAY

the first 50 people to make a donation of £50 (or more) will receive a special thank you by way of a personally signed card by our Patron, David Tennant.



HOST A FUNDRAISING EVENT

CHECK
OUT
OUR



TO



OF FUNDRAISING

www.headwayessex.org.uk/christmas-2023/

JOIN OUR

Christmas Fayre

Saturday 2nd December
2pm-5pm

The Headway Centre,
Woodland Walk, Colchester,
Essex, CO4 6DH

FREE ENTRY

Make a donation today or volunteer - call:

01206 845945

visit: [www.headwayessex.org.uk/
i-want-to-help/our-events/](http://www.headwayessex.org.uk/i-want-to-help/our-events/)
or scan our QR code.

DONATE

VOLUNTEER



DONATION FORM

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

Title: _____ **Full Name:** _____

Address: _____

Postcode: _____ **Telephone:** _____ **Date:** _____

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 ☐ Yes to Phone ☐

I would like to:

☐ Make a donation to Headway Essex of £ _____ (Please make cheques payable to Headway Essex)

☐ Give a regular gift monthly* / quarterly* / annual* of £5 ☐ £10 ☐ £20 ☐ £50 ☐ 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 is needed to identify you as a current UK taxpayer and claim gift aid.

In order to Gift Aid your donation you must tick both boxes below:

☐ 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 Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference.

Please notify the charity if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your self-assessment tax return or ask HM Revenue and Customs to adjust your tax code.

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

SPECIAL THANK YOU TO:

Thank you to all our wonderful volunteers
that have supported us in 2023.

Special thanks to everyone that helped us at the
Essex Classic Vehicle Show

Brightlingsea Rotary Club for their kind donation
and welcoming Sarah and Lisa from fundraising
to join them at the October meeting

Chris James and Steve Wells
for hosting another incredible golf day

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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CO3 3DA

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01206 845945 (option 2)

The Headway Centre,
Woodland Walk, Colchester,
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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www.headwayessex.org.uk