



Headway Essex News

Q1 – 2024

PUPPETS • PROPS • MEMORABILIA • ACTIVITIES

STAND BY FOR ACTION...

THUNDERBIRDS AND CO!

TV-Puppet Weekend

- Original TV puppets and Daleks
- Special activities and prizes
- Evening talks and performances
- Special guest appearances

**JOIN US ON 5-7 APRIL
AT COLCHESTER CASTLE**

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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 Spring Edition of our Newsletter!

Welcome to the first edition of our 2024 Newsletter

I hope your New Year has started with good health and is bursting with exciting opportunities.

Thank you to everyone that supported Headway Essex during 2023. It is only with the generosity of kind people like yourself that we are able to continue to provide the help to people in our community living with a brain injury. Over the next few pages we share with you the wonderful activities that have taken place at Headway Essex over recent months. When I reflect on 2023, I am very proud of what Headway Essex has achieved.

A few of my highlights of the year has to be "Making Headway," our exceptional play that tells the stories of a number of people and how brain injury has affected their lives.

Working with the University of Essex we also presented the play and its training potential to The Dublin World Brain Injury Congress, which was such an exciting opportunity.



Last year also saw the amazing growth of our South Essex Day Service in Benfleet. Having recently celebrated its second birthday we hope we will see a fourth day opening soon...

I would like to welcome to the Senior Leadership Team, Emma McCullagh, our new Head of Services. Emma joins us with a wealth of experience as a Specialist Occupational Therapist and we are delighted to have her on board.

Happy New Year to you all and sending my best wishes to you for a great 2024.

Joanna Wright
Chief Executive, Headway Essex

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TV Puppet Weekend

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Supporting:

Headway Essex

In conjunction with our new TV and film puppet exhibition celebrating the work of local puppeteer Joy Laurey and the iconic creations of Gerry and Sylvia Anderson.

Fireball XL5, Stingray Thunderbirds, and Captain Scarlet are Gerry and Sylvia Anderson Productions © ITV 2024



5-7 APRIL 2024
COLCHESTER CASTLE



More information including ticket details will be available in the New Year
www.colchester.cimuseums.org.uk/events



WE NEED VOLUNTEERS FOR THIS BIG WEEKEND EVENT!
PLEASE CALL 01206 845945 OR EMAIL
FUNDRAISING@HEADWAYESSEX.ORG.UK

SERVICE NEWS

Latest news and updates from the Service Hubs

SOUTH & WEST HUB – RELATIVES AND CARERS DAY



During October 2023 the Benfleet Team hosted a Relatives and Carers information day, dedicated to them, giving these individuals the opportunity to be heard and to learn. For many of these people they can often feel like they are experiencing supporting someone with an acquired brain injury alone, so it is important that Headway Essex support them too. The day was full of information, advice, peer support and the chance to learn about what they can do to take care of their own emotional and physical health.

The day started with an informative morning provided by Rob Warren – Neuro-OT, covering topics such as neuro-anatomy, neuro-plasticity and

rehabilitation vs therapy. It was an excellent and, at times, emotional morning that aimed to show our relatives and carers how much of a vital role they play in their loved ones journey and how much of an incredible job they are doing. The morning finished with a question and answer session that allowed a chance to share stories and offer peer support.

The afternoon consisted of a marketplace of professionals providing excellent information and advice. Our huge thanks goes out to Thurrock Council Adult Social Care, Estuary Physiotherapy, Castlepoint Independent Speech and Language Therapy, DIAL benefits advice, BTMK Solicitors, Southend Carers Hub and Stanford Wellbeing.

The day finished with a much needed relaxation session provided by Keeley Beech - Yoga4All, which was the perfect way to reflect on the day.

Without Headway Essex's unwavering support, these caregivers would be up against the daunting challenge of navigating the complexities of acquired brain injury without the crucial knowledge and respite offered by the carers' day event. Headway Essex's commitment ensures that carers and relatives are not only armed with information, but are also provided with a vital support network of understanding and compassion.

Thank you to the Jerome Booth Charitable Fund for helping to fund this event.

We look forward to planning and running our Relatives and Carers Day 2024 if you or someone you know would benefit from coming along please register your interest by contacting abisupport@headwayessex.org.uk or 01206 845945.

HOW DID YOU FEEL AT THE END OF THE RELATIVES AND CARERS DAY?

"It was great speaking to other carers and knowing I'm not alone. Headway has been a fantastic lifeline for my son and myself, thank you!!"

"Better for sharing stories with others."

"I feel knowledge is power – it's always good to meet others."

"Uplifted"

SERVICE NEWS

Latest news and updates from the Service Hubs

SOUTH HUB – ‘BRAIN INJURY & ME’ PROGRAMME 2023



The South Essex hub in Benfleet completed a second successful Brain Injury and Me programme of the year. **The programme runs for 3 hourly sessions across 8 weeks and includes topics on :-**

Brain Anatomy; Concentration & Attention; Memory; Different Functions of the Brain; Emotional Consequences.

The programme is packed full of informative and useful information for our clients and their families, information that in some instances they have never been told about. It combines an aspect of learning about the brain injury from a practical perspective as well as individual topics such as issues with attention, memory, fatigue, emotion to name just a few.

The most powerful take away for many of the people that attend the programme is that feeling of not being on their own, having the opportunity to talk about some serious things but with an element of comfort and peer support.....and some amazing humour! It is the people who attend the group and share their own personal experiences which makes the programme so valuable.

“The Brain Injury & Me course at Benfleet was invaluable to us.

We learnt so many things we didn't know and nobody (medical) had ever explained to us.

Since attending the course and coming to other Headway meetings she has regained some of her confidence which she had completely lost before. We found the staff team friendly, patient and professional.”

If you know someone that would benefit from this programme, do get in touch and register your interest on abisupport@headwayessex.org.uk or 01206 845945.

“We were not really sure what to expect from the course before it started. We got so much out of it. Staff have paced the course really well taking into account different abilities of the participants. The course felt informal but very informative. Great use of props, visual aids etc Thank you so much. Meeting people that have had similar health issues has been invaluable and made us feel less alone with our problems.”



In order for Headway Essex to continue to provide valuable programmes we are always looking for generous organisations that would like to support us at our events or become a potential sponsors or choose us as their **Charity of the Year**. If your place of work or a company you know would like to get involved **please contact fundraising on 01206 845945 or email fundraising@headwayessex.org.uk**

SERVICE NEWS

Latest news and updates from the Service Hubs

MID AND NORTH HUB



Exciting times at Headway Essex in the North as we welcome lots of new faces to the team, meet Josh, Wendy, Chloe and Gavin. Josh shared "I am loving my new role, I feel at home already as everyone is really friendly."

We are delighted to share that Natalie Watson has been promoted to Junior Service Manager of the Colchester Hub.

The team are flourishing, and they are enjoying getting to know all the clients and working alongside the volunteers. Focus for the start of the New Year has been getting to know what clients want to achieve, helping them to set goals and developing a great timetable of activities for everyone. Which of course will include

some of the old favourites such as Just Bowls, Linkee and hopefully a lovely community walk, weather depending obviously.

We had the pleasure of hosting our Volunteer Christmas

evening at the centre, it was very special to bring everyone together and celebrate their wonderful support. We were very fortunate to be joined by a choir that one of our volunteers is part of, who put everyone in the Christmas spirit.

Our clients have already enjoyed a number of fitness activities this year and we are all very grateful to all the 12 Days of Christmas corporate sponsors that have helped to make this possible.

The team look forward to the year ahead, particularly our client social events. If you or you know someone who would like to join us at our up and coming



Andrew who joins us at the centre has kindly written a poem for us to share in the newsletter with you.

January Blues

So, Christmas is over and a "Happy New Year",

With Bills to pay, Cards to Settle
and not *much* 'cheer'!

At least Tommy liked his new Bike,
Not a 'Bad' kid, the little Tyke!

Grandma's Curlers really 'went down' a Treat,
and her hair is now Tidy and Neat,

New beds for the children,
is the next 'Expense',

Guaranteed to use All our Pounds and Pence!

That Old Outhouse wiring is a 'Total Joke'

We definitely Need your Electrician Bloke,
What about 'All The Washing?' I hear you say,
We can't possibly 'Put It Off' another day!

Caroline wants to book a 'Holiday In The Sun',

But Prices this year are a Ruddy 'Ton',
So, time to see about 'a *little* bit more Pay',
A 'Few More Pence' to Make my Day!

events please register your interest
by emailing: natalie.watson@headwayessex.org.uk



Monday 18th March – Tenpin Bowling (Cowdray Avenue, CO1 1YH)

Monday 15th April – Quiz night at the Headway Centre (Woodland Walk, CO4 6DH)

DAVID'S STORY

We are very sad to say goodbye to our much-loved volunteer David Marshall, who has recently stepped down from his volunteering duties. David has been such an amazing supporter of Headway Essex, where for 22 years, as a regular volunteer at our Day Centre in Colchester he has tended the garden, keeping the paths clear of leaves to ensure everyone has safe passage to our door.

David has also been a fantastic asset to the fundraising team, volunteering at countless events over the years from Dogathons and Classic Vehicle Shows to Half Marathons and Christmas Fayres. In addition, he has been one of our greatest ever volunteers at store collections and supermarket bag packing. His cheerful and friendly face led to some amazing donations, once receiving a record-breaking single donation of £100 from one customer in a Sainsbury's store.

Not content with just his volunteering David was also a regular member of the Headway Essex



David and other volunteer Pete Barrett taking a break at the Classic Vehicle Show.

Fire Swim Team, raising funds for Headway Essex and other Fire Swim charities.

We are all so fond of David and sorry to see the time has come for him to hang up his broom and collection bucket. David recalls his years at Headway Essex as some of “the best years of his life”. We will miss him dearly, we wish him all the best and thank him for his commitment and loyalty over the past two decades.

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 – 12pm
19th March, 16th April, 21st May, 18th June

North East Essex Support Group 6pm- 8pm
5th March, 2nd April, 7th May, 4th June

South Essex Support Group – 7.00 – 9.00pm
12th March, 9th April, 14th May, 11th June

West Essex Support Group – 10am-12pm
26th March, 23rd April, 28th May, 25th June

Tendring Support Group 10am – 12pm
21st March, 18th April, 16th May, 20th June

North East Essex Carers – 10.30am – 12.30pm
22nd March, 26th April, 24th May, 28th June

South Essex Carers Support – 7pm- 9pm
28th March, 25th April, 23rd May, 27th June

The 3M Club ‘Men Motivating Men’ – 6pm-8pm
27th March, 24th April, 29th May, 26th June

South Essex Social – 1.30pm-3.30pm
6th March, 3rd April, 1st May, 5th June

North Essex Social – 5pm-7pm
18th March, 15th April, 20th May, 17th June

FUNDRAISING NEWS AND GETTING INVOLVED

FIREWALK EVENT

In November 17 brave souls walked over hot coals in order to raise vital funds for Headway Essex.

Our brand new Firewalk event raised around **£5,000** which could help run one of our **Support Groups for 16 months**.

We would like to thank everyone who supported the event including the walkers, volunteers and all at Green Barn Farm where it was held.



If you too would like to do something amazing

and support people living with a brain injury and take on a challenge why not visit our website www.headwayessex.org.uk/i-want-to-help/our-events/ or give our Fundraising team a ring on 01206 845945 and we will help find the right challenge for you.



SAHARA TREK & EVEREST CHALLENGE



Congratulations and Well done to Henry who took on the Sahara trek in November and to Adrian who completed Everest challenge in January. We are incredibly grateful to both of you for taking these challenges on and raising funds for Headway Essex.



FUNDRAISING NEWS AND GETTING INVOLVED

Christmas has always been seen as a time of giving and here at Headway Essex we have been incredibly lucky to have had such great support during this time of year. **Over the course of the season, we ran various festive activities.**

Early December, we held our Christmas fayre at our Headway centre in Colchester. The local community enjoyed craft stalls, tombola, raffle, children's activities, and of course a Santa's grotto! **A shout out to Tesco, Waitrose, Smyth Toys and The Works for donating such wonderful prizes for our activities.**

A big supporter of Headway Essex, James Cracknell joined in the fun and said hello to Santa.



The event would not have been what it was without the help of our amazing volunteers, which included some of the team from Informa. We would also like to thank Jobserve Community Stadium, who kindly allowed us to use their grounds for us to park on the day.



A week or so later, our annual supermarket bag packing events were underway and were a roaring success! We pitched up at Waitrose on St Andrews Avenue and Tesco Highwoods and were met with such enthusiasm and generosity. **A HUGE thank you, to both supermarkets, their customers**



and our wonderful volunteers who helped on the day.

On 13th December, the spirit of Christmas was in full swing at Headway Essex Town Office, in the form of **our first networking event!** This soft launch was an opportunity for our neighbours to get to know us and what we are all about.



Being Christmas, we made it ultra-festive, with mince pies, biscuits and a selection of seasonal coffees. We even celebrated the season with a lucky dip to win a Christmas bottle of fizz which was won by our wonderful neighbours at Reed! The event was a great success and as such, we are hoping to make these a regular feature here at the office.

The final chapter in our Christmas appeal, was the 12 Days of Christmas promotion. Based on the 'Every 90 seconds' campaign launched earlier this year, during ABI week, we set about connecting with local businesses in a bid to raise awareness of how often someone is admitted to hospital with a brain injury.

A massive thank you needs to be given to our amazing corporate sponsors , Cloud Digital, Fisher Jones Greenwood, Blackwater Law, Agile, JKB Financial., G&B Finch Ltd, JL Physio, Chelmsford breakfast business club, and Bennetts Funeral service.

The money donated to us, could pay towards activities at our day centres to promote a healthier lifestyle, including chair yoga, dance and movement classes or a gym session. A huge thank you to all the businesses that took part!

If your company or community group would like to help people living with a brain injury please get in touch, we would love to hear from you. **There are so many ways to get involved from team building with corporate volunteering or hosting your own fundraiser, to attending one of our events to simply hosting one of our collection pots. Contact one of fundraising team on 01206 845945 or email at Fundraising@Headwayessex.org.uk.**

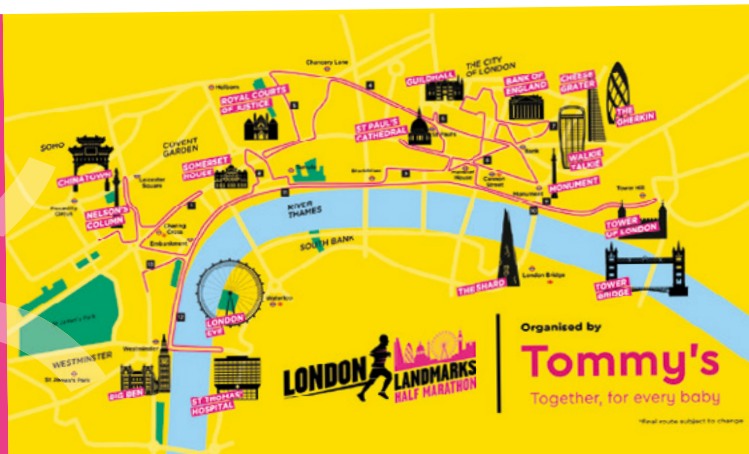




Headway Essex

UP FOR A CHALLENGE?

**LONDON
LANDMARKS
HALF MARATHON
SUNDAY 7th APRIL
2024**



**FORD RIDE
LONDON-ESSEX
60 MILE CYCLE RIDE
SUNDAY 26th MAY
2024**



**ROYAL PARKS
HALF MARATHON
SUNDAY 13th
OCTOBER 2024**



GET INVOLVED

CALL 01206 845945 or

email fundraising@headwayessex.org.uk

or visit: www.headwayessex.org.uk

SPECIAL THANK YOU TO:

Our amazing corporate sponsors, Cloud Digital, Fisher Jones Greenwood, Blackwater Law, Agile, JKB Financial, G&B Finch Ltd, JL Physio, Chelmsford breakfast business club, and Bennetts Funeral service.

Everyone who supported the FIREWALK event.

Everyone who have donated or raised money for HEADWAY by completing a challenge.

Everyone who attended and was involved in our Christmas fayre.

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
01206 845945 (option 5)

6th Floor Annex, Wellington House,
90-92 Butt Road, Colchester, Essex,
CO3 3DA

COMMUNITY SUPPORT:

abisupport@headwayessex.org.uk
01206 845945 (option 3)

THE HEADWAY CENTRE (North):

dayservice@headwayessex.org.uk
01206 845945 (option 4)

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

THE HEADWAY CENTRE (South):

dayservice@headwayessex.org.uk
01206 845945 (option 4)

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

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www.headwayessex.org.uk