



# Headway Essex News

Q2 – 2024

**ESSEX  
CLASSIC  
VEHICLE  
SHOW**

**The Essex Classic  
Vehicle Show  
22nd September 2024  
Castle Park,  
Colchester**



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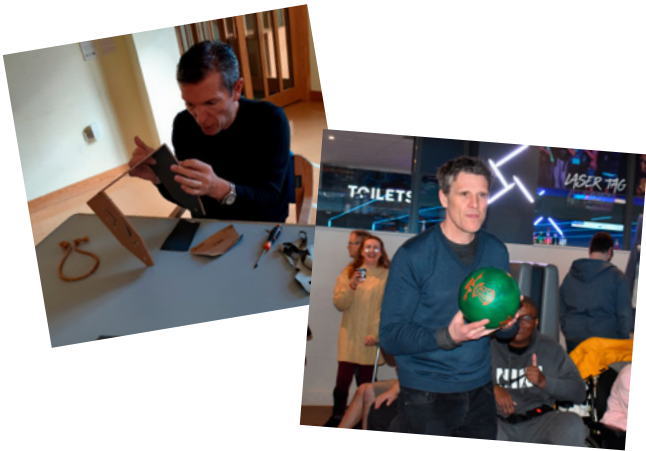
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# ABOUT HEADWAY ESSEX

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 second edition of our Newsletter for 2024.

I am hopeful by the time this reaches you the weather will have brightened up and we will all be feeling a little warmer. I always welcome the longer days and lighter evenings, but I am sure you will agree some sunshine to accompany this will be the icing on the cake.

## **Congratulations fundraisers**

Headway Essex have been so fortunate to have received some wonderful support from a whole host of people and organisations during the start of 2024. I am so grateful to each and every one of you. I would particularly like to congratulate our runners who took part in the London Landmarks Half Marathon and the TCS London Marathon in April. What an incredible achievement. You are all such an inspiration.



## **Fantastic feedback**

The Making Headway Play has been on tour and played at Leeds University and Canterbury which has had fantastic feedback. We also submitted the play into the Headway UK Innovation Award and were delighted to be chosen as a finalist.

## **It's ABI Week**

There is so much coming up over the next few months and a significant date in the calendar for us is ABI Week 20th – 26th May. During this week every Headway will be raising awareness and understanding of brain injury. Making more people aware will improve the lives of ABI Survivors through enhanced support and more compassionate social interactions.



We have our sky dive in July and the Fundraising Team are in full swing organising the Essex Classic Vehicle Show which is taking place in September.



## **Welcome Sue**

To conclude I am delighted to introduce Sue Hayden Sargeant, our new Finance Manager. Sue comes with a wealth of experience in the voluntary sector and currently has her head down doing our end of year accounts! Welcome Sue.

I hope you all have an excellent summer and look forward to chatting again in our Autumn Edition.

I look forward to seeing you there!

*Joanna Wright*  
Chief Executive, Headway Essex

# SERVICE NEWS

Latest news and updates from the Service Hubs

## MID & NORTH ESSEX HUB



We welcome another new face to the Colchester centre, meet Becca, Support Worker. It is lovely to have her as part of the team and everyone is enjoying her bubbly personality.

Thank you to James Cracknell for joining the clients at their weekly get together at Tenpin bowling in March. We think it is fair to say it got a little bit competitive and fun was had by all.



### Reminiscence

Meet Kathy and Wendy, they spent some time reminiscing about holidays. That is why Kathy is donning her hat to represent a golfing holiday and they both are wearing colourful Hawaiian Lei necklace.

Each day the centres are busy and full of fun activities all designed for the benefit of our clients and their rehabilitation.

Kathy and Wendy's reminiscence activity enables cognitive stimulation. It evokes positive emotion and feelings of connection for Kathy of her past self and the reinforcement of feelings of identity.

This activity provides our clients an outlet to express their thoughts, emotions and experiences. Social interaction is so important too and this supports the process of combatting loneliness.

### Photo A Day Challenge 2024

Photography can provide a therapeutic outlet for self-expression, improving concentration and problem-solving and supports the practice of mindfulness, along with having some fun. Here are two of the photos that have been taken by our clients that have taken part in this challenge.



Wivenhoe Sunset by Carol.



Tulips at Norfolk by Marc



# SERVICE NEWS

## Latest news and updates from the Service Hubs

### SOUTH & WEST HUB



The Benfleet Hub hosted their very own version of the BBC show 'The Repair Shop' with our service users that attend on a Friday. This was spread over 5 weeks. There was a variety of items to choose from for each client to repair which we had sourced from charity shops.

Everyone started by planning out their project - this included deciding which materials were needed; how much it was going to cost to upcycle; the duration needed to complete it; and their vision of the final product!

The group worked hard and completed lots of different tasks such

as; cleaning; sanding; disassembling products; varnishing; painting; decorating and tiling.

This project was good fun, but also took a lot of planning, organising, attention and concentration skills. It also presented some challenges with fine motor skills and dexterity, as well as a lot of patience! It was great to see our clients so focused and determined to complete this task, as well as putting into practise many skills in a safe environment, that they haven't had an opportunity to use post-ABI.

A small group of clients, including a gentleman who was a tiler by trade, have worked together to get an old table looking brand new, with a freshly tiled surface. Another has upcycled an old chair so it looks as good



as new, ready to gift to his young granddaughter.

'I had an old table chair I decided to re-do for my granddaughter. I sanded and painted it and then took it home where my wife helped by replacing the seat upholstery with a hedgehog pattern fabric. I then painted my granddaughters name and her favourite animal, a snail, on the back. The repair shop was a good activity and I enjoyed having the chance to create something nice for my family.'

Overall, it has been a very successful project, and all of the items are now ready for their new homes. Well done to everyone and thank you for taking part!

At Headway Essex we encourage people living with a brain injury that there are some skills pre-their brain injury they can still use. They may have to do it in a different way and that is where Headway Essex can help. So if you or someone you know would benefit joining us we would love to hear from you, so please contact us on 01206 845945 or email [abisupport@headwayessex.org.uk](mailto:abisupport@headwayessex.org.uk).

## 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](mailto:abisupport@headwayessex.org.uk)

Please note there are no meetings in August.

**Mid Essex Support Group Meetings** 10am – 12pm  
18th June, 16th July, 17th September

**North East Essex Support Group** 6pm- 8pm  
4th June, 2nd July , 3rd September

**South Essex Support Group** – 7.00 – 9.00pm  
11th June, 9th July, 10th September

**West Essex Support Group** – 10am-12pm  
25th June, 23rd July, 24th September

**Tendring Support Group** 10am – 12pm  
20th June, 18th July, 19th September

**North East Essex Carers** – 6pm-8pm  
26th June, 31st July, 25th September

**South Essex Carers Support** – 7pm- 9pm  
27th June, 25th July, 26th September

**The 3M Club 'Men Motivating Men'** – 6pm-8pm  
26th June, 31st July, 25th September

**South Essex Social** – 1.30pm-3.30pm  
5th June, 3rd July, 4th September

**North Essex Social** – 5pm-7pm  
17th June, 16th September

# DEBI'S STORY – A Life Rewritten

**On the 11th January 2008, Debi Arnold's life changed forever. Whilst driving home with her young daughter Phebe, in the back of the car, the car aquaplaned into the path of a 16-ton tractor.**

Despite of the horror of the situation, two things were in Debi's favour that day. The first was, that in the car behind was the clinical director of an acute care unit. He immediately called the air ambulance, because he recognised time was of the essence, and stabilised her at the scene of the accident. The second was that the impact was on the left-hand side of the car. These two factors combined, probably saved the lives of both Debi and her daughter that day.

Debi was left with a brain injury and sixteen years later we catch up with Debi to hear how with her determination and the support of family and friends she managed to rewrite her life. These are Debi's words;

“A life rewritten is a very appropriate title for what happened to me. You have to learn to live with what is different and your family and friends have to accept that you are different. This does not happen overnight, it took me a long time to accept that I was different and to adjust. Some friends were never able to understand and accept the changes, so have fallen away.

My brain injury is a hidden disability. To look at me you would not know I have a brain injury. I have a large blind spot on my left hand side. It means I can no longer drive and I don't see objects or people in my blind spot, even though it may appear that they are in my line of vision. My short term memory is very poor and I have no facial recognition. This makes it difficult for me in social and work situations with people who I have only met one or two times before. I will not know if I have met them before, even if it was just a few minutes ago. I also never feel hungry, so initially I would forget to eat, until it got to about 2pm when I would get an awful headache and realised I had not eaten all day. I felt cold all the time and even when I was away with the family in Florida, they would all be in T-shirts and I was in a jacket in the heat of the sun.

They told me if things had not improved after 18 months then they would never improve. In my situation, this was not the case and I would say to anyone to never give-up. I have always been a very determined person and pushed myself and I wanted to prove them wrong.

I was fortunate that before my injury, I worked with my husband in the family business and I managed the payroll. With all the hidden effects of my injury,



Debi, far right with her family.

my mechanical mind still worked and one of the first thoughts after coming out of my coma, was I needed to run the payroll!

I wanted to try to 'get back to normal' as soon as possible and a few months after I left hospital my husband brought one of the computers home from work. Initially, he would check that I had done everything correctly, but after a few months it was apparent this was something I could still do well.

After a while I was back in the office, I had to pace myself as the effort made me feel very fatigued and I had to be reminded to eat lunch, as I did not feel hungry. There were other adjustments I had to make; Before my brain injury I printed out payslips and handed them out in the office. Now, ensuring they got to the right person was a challenge, because of my memory and facial recognition deficits. I was worried people would judge me and question whether I could not do my job, if I muddled things up. Fortunately, this problem is now overcome as all the payslips are e-mailed to staff.

Today, I am less confident than I was before the injury. Everyday things take more thinking and planning and this can make me very tired. I use routine to help me with things like remembering to eat, like regardless of what time I get up, the first thing I do is always to have breakfast and take my vitamins and tablets.

**“I WAS WORRIED PEOPLE WOULD JUDGE ME AND QUESTION WHETHER I COULD NOT DO MY JOB, IF I MUDDLED THINGS UP.”**

# DEBI'S STORY – A Life Rewritten

I used to be the one who organised everything and now I can only organise things for myself, anything more will be overwhelming. I am sad that I can no longer just say, "We have a free afternoon let's go somewhere and do something nice". For example, to travel to see my sister in Doncaster I have to plan every step of the journey. I have to get to the station at least 45 minutes before the train departs to give myself time to orientate myself and find the right platform. Then when I am on the train, if I need to go to the toilet I have to consciously think of the

**"MY SHORT TERM MEMORY IS VERY POOR AND I HAVE NO FACIAL RECOGNITION. THIS MAKES IT DIFFICULT FOR ME IN SOCIAL AND WORK SITUATIONS WITH PEOPLE WHO I HAVE ONLY MET ONE OR TWO TIMES BEFORE."**

direction I walk in and register that when I come out I have to walk in the opposite direction to find my seat. Fortunately, now with a ticket app on my phone I can easily check my seat number to help me locate it.

I miss the feeling of relaxing at the end of a hard day with a glass of wine. Because my brain has to work twice as hard to do the simplest of tasks, the only time I can relax is when I am in bed at the end of the day with a book and I do not have to think about the next task.

There are still many positives from my situation. The main thing is I no longer take anything for granted. Although things take more planning and time, I am so grateful I can still do the things I could do before my injury. When I achieve something like travelling to see my sister on my own it makes me really appreciate my achievements and that brings a big smile to my face. I also appreciate the importance of having family and friends, who have accepted I am different and have supported me along the way."

## FUNDRAISING NEWS

### THANK YOU INFORMA

We are thrilled to be one of Informa's chosen charities this year. Sharon and her colleague are showcasing their Valentines raffle, which is one of their many fundraising activities taking place this year. Two of their colleagues are already signed up to the sky dive in July. Thank you for your support Informa. 😊



## When the time is right for you to remember a charity in your Will, please remember Headway Essex.

As a charity we depend on gifts in Wills to be able to continue to provide the support to those affected by acquired brain injury for years to come. Every gift that is pledged will help to ensure Headway Essex will be here for future generations.

Writing a will enables you to plan for the needs of your loved ones and helps the causes that are important to you.

There are lots of different ways to write or update your Will. To support you, over the coming months Holmes and Hills Solicitors are hosting some free

clinics at our Colchester centre for our clients, their families, volunteers and colleagues.

Also, Headway UK have teamed up with will writers, Octopus Legacy who provide a free quick and easy online service [www.headway.org.uk/donate/leave-a-gift-in-your-will/](http://www.headway.org.uk/donate/leave-a-gift-in-your-will/)

If you would like to learn more about these either of these please contact fundraising on **01206 845945** or email [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)



# FUNDRAISING NEWS

## FRINTON GOLF CLUB

We are so grateful to Jemma and Harry, the Ladies and Mens Captains at Frinton Golf Club, for nominating Headway Essex as their charity during the last year. Michael Gates, supporter and brain injury survivor collected a donation from them for £4728.50 on our behalf.

Donations like this make an incredible difference to people living in our community with a brain injury, and could pay for the running of our 'Brain Injury and Me' programme. This helps to rebuild and improve lives, providing vital information on managing memory deficits, fatigue, emotional challenges and much more. Which not only supports the survivor, but their family and carers too.



If you are a member of a local golf club please suggest to them to support Headway Essex this year. Get in touch and speak to fundraising on 01206 845945 or email at [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)

## CONGRATULATIONS TO ALL OUR RUNNERS

Pavements have been pounded in April as 6 runners took to the streets of London and supported Headway Essex, running the London Landmarks and the TCS London Marathon. Thank you and Congratulations to each and every one of you – we think you are awesome!

Collectively they raised £8190 and it keeps rising.

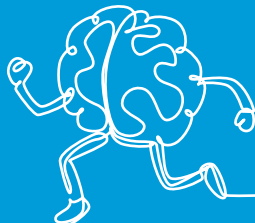
### London Landmarks

- Paul Gardener
- Christian L'Esperance
- Chloe Salmons

### London Marathon

- James Cracknell
- Shea Nightingill
- Sophie Culley

If you are inspired and want to put running shoes on why not sign up to the Royal Parks Half Marathon in October. [www.headwayessex.org.uk/headway-events/royal-parks-half-marathon-2023/](http://www.headwayessex.org.uk/headway-events/royal-parks-half-marathon-2023/)



Chloe Salmons ran the London Landmarks half on Sunday 7th April raising money for Headway Essex.



Shea Nightingill with his dad (Benfleet Client).





Headway Essex

**UP FOR A CHALLENGE?**

**TANDEM SKYDIVE  
BECCLES AIRFIELD**

**SATURDAY 20<sup>th</sup> JULY 2024**



**SNOWDON  
BY NIGHT**

**VARIOUS DATES  
DURING 2024**



**TRANSYLVANIA  
WINTER  
WILDERNESS TREK**

**20<sup>th</sup> FEBRUARY 2025  
5 DAYS**



**GET INVOLVED**

CALL 01206 845945 or

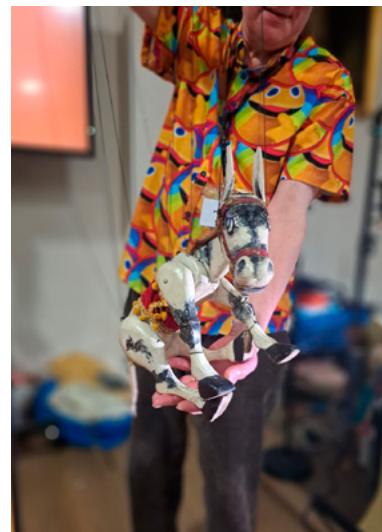
email [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk)

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



# OUT AND ABOUT

## THUNDERBIRDS EVENT



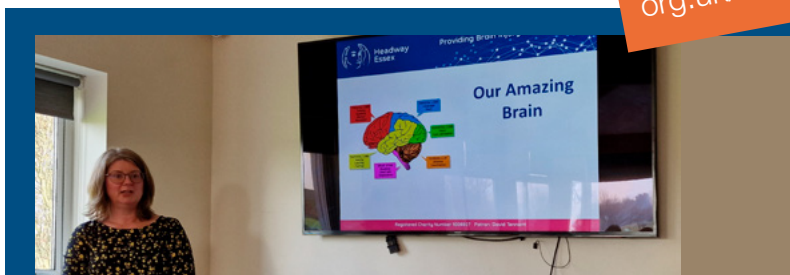
The Colchester Castle are grateful for any helping hands from Headway Essex to support them with the exhibition, so if you are free between now and the end of June and are able to represent Headway Essex and volunteer, please do get in touch with [fundraising@headwayessex.org.uk](mailto:fundraising@headwayessex.org.uk).

Some of the team had the opportunity to attend the launch events over the opening weekend where there were great guests including Mary Turner with one of the original Lady Penelope puppets. There are other events up and coming to raise funds of Headway Essex.

**Thunderbirds and Co exhibition is in full swing at the Colchester Castle. It really is spectacular and well worth a visit. It has been kindly organised by a local Mersea man, Graham Farley and all profits from the ticketed events will come to Headway Essex.**

Looking for something to do in the next school holidays - there is a **Puppet trail** for the younger visitors between the 25/05/2024 to 02/06/2024 <https://colchester.cimuseums.org.uk/events/puppettrail/>

On the 06/06/2024 the **Thunderbirds Concert** is taking place, visit <https://colchester.cimuseums.org.uk/events/thunderbirds-concert/>



Sarah Wilson, Fundraising Manager was invited to join the Rotary Club of Clacton on Sea for lunch and had the opportunity to present on the support Headway Essex provides. It was a real pleasure meeting everyone and a wonderful surprise to be presented with a donation of £250.



# 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:

Linklaters and BP service stations in the East Anglia Region.

Everyone who has donated or raised money for Headway Essex by hosting a fundraising event.

Barry Ford from Estuary Physio dedicating his expertise to our Benfleet Hub.

Our very own Tara for joining us at the Thunderbirds & Co event, and sharing her story.

Informa, Cyril Coppin, Pete Barrett and Debbie Hall for volunteering at Colchester Castle representing Headway Essex.

Optimum Print in Clacton for kindly gifting us a new pull up banner to promote our services when we are out and about.

## 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 3)

### THE HEADWAY CENTRE (North):

[dayservice@headwayessex.org.uk](mailto: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](mailto:dayservice@headwayessex.org.uk)  
01206 845945 (option 4)

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

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

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

