



## Kidderminster Day Opps out of the woods!

2016 welcomed us with another fresh start in Kidderminster.

Although an initial move to Simply Limitless was welcomed by all, changes had to be made shortly after encountering mobility issues. We listened to our clients who felt the need for replacement of the North base, as it was more difficult to access than originally planned. Although there was a lift, people told us there were too many stairs and corridors, so the search for a new location began towards the end of 2015.

We found ground floor offices at a price we could afford and moved to NTM HOUSE, just off WORCESTER ROAD in Kidderminster.

The new Day Opps Centre offers all the space we needed, with a good kitchen and will allow us to offer better quality of activities! Staff, volunteers and service users have done a great job turning open plan offices into a homely and welcoming place to meet, do crafts or woodwork!



Join us on  
**Friday 4th March**  
12 - 2pm

For an open day!  
All welcome.  
Refreshments and nibbles provided.  
NTM House,  
Whitehouse Road,  
Kidderminster,  
DY10 1HT.

We have our own  
entrance on the ground  
level with a Headway  
sign to locate.

**Friday, 4th of March**  
**Open Day** at Kidderminster  
Day Services, DY10 1HT

**Saturday 19th of March**  
**Easter Craft Fayre**,  
Barbourne, Worcester,  
WR3 8BA

**Thursday, 23rd of March**  
**Fundraiser with the**  
**Worcester Ukulele Club**,  
Asda, WR1 2DA

**Sunday, 24th of April**  
**Tennis Tournament**  
Hallow, WR3 7EF

**9th-15th of May**  
**Action for Brain Injury**  
**Week** – Worcestershire

**Thursday, 12th of May**  
**Fundraiser with the**  
**Worcester Ukulele Club**,  
Asda, WR1 2DA

**Friday, 13th of May**  
**Hats for Headway Day**

**Thursday, 16th of August**  
**Worcester Show**  
**Market stall and face**  
**painting**, Gheluvelt Park,  
Worcester

**Monday, 29th of August**  
**Worcester Carnival**  
Worcester City Centre Float  
and Fundraiser Day

## Extra Sessions at Bromsgrove Day Opps!

Bromsgrove Day Opps Centre finally opens on a new day at the Wendron Centre! Extra sessions were needed as the service was requested by more and more people, over the last year. In addition to Mondays, Headway's Wendron Centre sessions will also be available on Thursdays. Should you want to join or know anyone who might, or for details please drop us an e-mail on [enquiries@hwtl.org.uk](mailto:enquiries@hwtl.org.uk)

## TESCO REFRESHES WORCESTER DAY OPPS CENTRE!

Employees from the Tesco store in Warndon Villages, the St Peters store and the Express store in Foregate Street went out to Worcester Headway's Day Centre, in Gregory's Mill Street, Barbourne.

Suzy Roberts, Tesco's community champion, said: "We donated a raffle prize in November to Headway, and I asked Mel Akers about other ways we could get involved.



"We then arranged for staff to come out after Christmas to do some painting at the centre. "It is nice staff from the stores can work together, and do something in the community." The Tesco staff painted the centre's reception, the hallway, and musical computer room.

Article by Sam Greenway @ WorcesterNews



## Shoes on for Easter Fun Run, 20<sup>th</sup> March

Join the Headway Worcestershire team in this 5k fun run organised by Headway West Midlands! Entrants will receive an Easter egg and a unique Easter-themed medal on completing the 5k route, setting off from Cofton Park.

There will also be prizes for the first male and female runners to finish, as well as for the entrant wearing the best Easter costume.

If you want to participate, please get in touch with Julia on fundraising@hwtl.org.uk for further details. Entry is £10 in advance or £12 on the day. Children are welcomed but have to be accompanied by an adult. Fancy dress is welcomed and encouraged!

## TENNIS TOURNAMENT

All tennis enthusiasts are invited to participate in a fun and relaxed American Doubles Tournament, taking place at Hallow Tennis Club. The day will include family activities such as face painting, raffle, tombola, a ball throwing machine and many other enjoyable games for all.

With 5 courts to fill, we need as many of you taking part as possible! The competition is open for adults and children over 16, with all abilities welcomed. Food and refreshments will be available on the day, with prizes to go to the winning man and woman.

The event will take place **Sunday the 24th of April 2016**, tickets cost £10 per participant and £3 admission, kids under 8 enter free. Tournament participants are asked to book their places early. **For further information or tickets please e-mail fundraising@hwtl.org.uk.**



## Get active for Headway!

For those of you who enjoy a challenge, why not take on one of the events below? You'll benefit from all that exercise, and if you receive donations through sponsors Headway can benefit too.

- **Sunday, 6th of March Droitwich Marathon**
- **Sunday, 20th of March Headway WM's Easter Fun Run, 5k, Cofton Park**
- **Sunday, 1st of May Great Birmingham 10k**
- **Sunday, 6th of May Worcester Half Marathon & Marathon, Evesham Marathon & Ultramarathon, Bromsgrove 10 & 5 K**
- **Sunday, 15th of May Tewksbury Half Marathon, Cotswold Triathlon, Shobdon 5.5 Miles run**
- **Saturday, 10th of September Wineathlon, 8 miles, 3 wine stations**
- **Sunday, 18th of September Worcester City 10k & Run-Bike-Run**
- **Sunday, 16th of October Great Birmingham Half Marathon**



## Mission Slimpossible is on!

The Fortis Living staff and tenants kicked started their year with a weightloss challenge!

"Here at Fortis Living we do lots of things for charity: dress in certain colours, compete with Christmas jumpers, and paint our faces... and our bodies!

This time we're trying to improve ourselves as well as raise money for an important charity doing excellent work here in Worcestershire.

We all need to lose a little weight...some of us need to lose a lot of weight, so we are giving ourselves six months to achieve really impressive and lasting result." At the start of the challenge the group of 7 beautiful people weighed in at 108 stone and 3 pounds. A month in, and collectively have lost 34lbs and 7 ounces! Congratulations and good luck to all of you! **Those who wish to sponsor their efforts can do so here: <https://www.justgiving.com/Fortis-Living-Team>**



## DISTINGUISHED CHOIR DONATES CONCERT PROFITS

The remarkable Worcester Male Voice Choir boosted Headway's funding after holding two concerts in aid of people with brain injury. The two concerts delivered in December last year, took place in Pershore and raised a glorious total of £2035.

Mel Akers, Chief Executive of Headway Worcestershire said: "This donation will make a real difference to people's lives by allowing us to offer more and improved services. It was also a real pleasure to attend the Choirs' fabulous concert."

Alan Simmonds, Chairman of the choir presented the cheque in early February 2016, and commented, "One of our Choristers had first-hand knowledge of Headway services and recommended we support their excellent work. The training facilities I have viewed today clearly show the importance of the re-training of skills which we too often take for granted." Terry Dillingham also of the WMVC said: "A major objective of the Choir (a charity itself) is to raise money for those helping the less fortunate".

Mel concludes "We were overwhelmed that the choir also agreed to allow us to fundraise on the evening. It proves that people understand what important work we provide, and why we have to do it! We can only move forward with the community's support and we are grateful to the Choir and Friends for their efforts in fundraising."

## In Memory...

We sadly bid farewell to two of our clients, Jill and John who passed away in February. Our thoughts and prayers are with their families and loved ones. We wanted to remind you all of the nice times our teams had with them...

### John Truman

"I often called into the Cricketers for a pint with John!



His face used to light up, like it was the best thing ever, my taking the time to go see him. His happiest moments were always spent with a pint in his hand. John was the most stubborn person I'd ever met, he was fiercely independent and would lose his temper if you tried to do anything for him, I learnt the hard way! John accepted help as a last resort only... He could be hard to support sometimes but if you gave him time and showed him patience and understanding he was really, a big softy. John always planted all the pots and hanging baskets at Berkley Court where he lived and did this with one only hand, even weeks after having his kidney removed John refused to leave the pots alone and soon the whole place was in full bloom. I saw John as not only a client of Headway but

as a friend, one I admired greatly for his sheer determination to be independent right up to his last days. John you have been a pleasure." – Damian, friend and support worker

### Jill Wisniewski enjoying one of her favourite pastimes, eating fish and chips.

This was in August as at Weston Super Mare, it was a beautiful day which we often laughed about. Jan Hughes, my colleague, and I decided as we were working together, we would spend the day at the sea side. We hit Bristol and it took 3 hours to drive the next 30 miles. The only time we had was to eat fish and chips by the beach then leave for the return journey home. We sang 60s songs and took the mick all the way there and back, Jill had a wicked sense of humour."



## ACTION FOR BRAIN INJURY WEEK 2016

9-15 MAY

## VOLUNTEERS APPEAL

ABI Week is just around the corner (9th-15th of May)! Action for Brain Injury Week (or ABI Week) is an annual event where Headway groups and branches and the UK-wide charity join forces to raise awareness of brain injury and the support available across the UK. This year we are hoping to hold awareness events across Worcestershire but we need your help!

Plenty of opportunities ahead and we are welcoming volunteers to help us with fundraising events all across the county! We are in need of enthusiastic individuals to help us with the tennis tournament (24th of April, Hallow Worcester), bucket holding with the Ukulele Club (24rd March, 12th of May), Easter Fundraiser (19th of March, Barbourne, Worcester), ABI Week (9th-15th of May), Hats 4 Headway Day (13th of May), Worcester Show (16th of August), Worcester & Malvern Carnival (29th of August).

Volunteers are needed to help us during the week with bucket collection, cake sales, bag packing, getting involved with social media, coordinating and other activities. To get involved in your area, drop us an e-mail on [fundraising@hwtl.org.uk](mailto:fundraising@hwtl.org.uk)

## Safeheads

### SAFEHEADS PROGRAM KICKS OFF AT SCHOOL'S SAFETY WEEK

The first official "Safeheads" session was delivered on the 22nd of February to a local school in Worcester! Ex-teacher and current Headway volunteer Rob Young, who suffered a brain injury as a result of a car crash, was happy to share his experience with the groups of Year 7 students. Part of the school's Safety month, the tutors and pupils welcomed the team speaking about the importance of wearing a helmet during potentially dangerous activities such as cycling!

### 12 hour dance-athon for Worcester Uni students!

The Saints Dance Society at the University of Worcester will be stepping up to raise awareness about brain injury on campus. Following numerous performances, including dance shows and flash mobs, the students will be attending a 12-hour freestyled dance session at the Students' Union, raising donations on the day and sponsorships prior to the event. If you'd like to support The Saints, please get in touch with Alexandra on [sima2\\_14@uni.worc.ac.uk](mailto:sima2_14@uni.worc.ac.uk)





## Egg-citement this Easter

Crafts, cakes, games, tombolas and many more will be available at the Worcester Day Opportunities Centre on Gregory's Mill Street, Barbourne on **Saturday the 19th of March**, the week before Easter!

Everyone is invited to attend a relaxed, family-friendly event, so please bring your friends between 11am – 2pm! Donations for the tombola will be gratefully received.



## Thank you to our supporters

Massive thanks to Hazel Davis for organising the Christmas Dinners for the clients, and to those who contributed them: Rob Barnes, Lisa Crowe and the Ostrich Inn in Bristol, N Power and Tracy Mole, James and Tom Dunkley at Willersey Provisions, Kevin Martin at Chesters Worcester for donating the turkey, Abi Nixon, John Rogers, Pete Fortune, Ruth Edwards, Judy Davis (Rogers Law), Penny Bailey. Thank you to Barbara Phillips and the Bridge Club in Bromsgrove for raising £970 from the charity lunch and donations. Thank you to those who supported us thus far: Jenny Deighton for her service, J J Gill, Mr & Mrs Wood, NCS Winter Team for raising a fantastic £197.70 at their car wash in aid of Headway, Ella and the Chaddesly Corbet Market stall holders, Jen and Ray White for their most recent donations, Mrs Baratt for continuously supporting our charity shop sales through clothes

donations, St John's Players for continuing to use our facilities, Thank you to the Worcester Ukulele Club for helping us fundraise £148.30 and Helen Hirons for volunteering on the day, Adam Whiting for raising £372.50 through sponsorship for his Cardiff Half Marathon run! We hope you've recovered well! Thank you to our Support Worker Sam Thomas for organising the monthly raffles at the Day Services in Worcester, and to the members of staff at NTM House in Kidderminster for the smooth transition between locations, as well as the Tesco teams for refreshing our Worcester Day Services' music room and hallway. Massive thanks to the WMVC raising the fantastic sum of £2035 and to Terry for helping us sell raffle tickets and coordinate the appeal! Our thanks also go to the PCC of St. Michael's Church for raising £200 towards our services.

## New & Old Faces

### NEW STAFF

We welcome **Linda, Emma and Flora** into our Outreach Support team and **Alison** into the Day Service at Worcester, we're happy to have you on our support worker team!

### Lucy Page, Regional Day Opportunities Manager



"Thank you to all at Worcester Day Service for welcoming me into the team. Although I am not new to Headway it is a very exciting new venture for me. I look forward to my new opportunity to be part of a good quality service which I am proud to be a part of."

### GOOD LUCK SAM!

"Working at Headway has been an absolute pleasure. I would like to thank the clients, volunteers and staff for welcoming me into the Headway family and rolling with the changes that I've made. I aimed to refresh the centre, engage more with our local community and put a modern and rehabilitative approach to our service and I'm happy with where the centre is at right now. I am confident that with our dream team - Paul and Tabs in place, the centre can only go from strength to strength. Thank you to Laura for the opportunities provided and I hope this isn't my last encounter with Headway."

## Clients' Gallery!



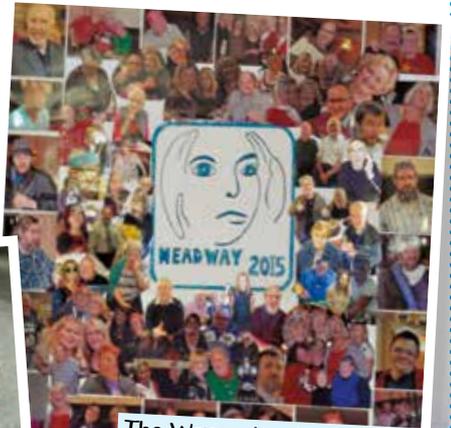
Garden Planter made by Phil at Worcester



Stuart using the new lathe to make an egg cup



Wooden stool made by Paul at Kidderminster Day Services



The Worcester Arts and Crafts 2015 Memories Board



The Kidderminster Day Services Woodwork Session



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