

Worcester Bush Craft is up and running again, see back page for details



Worcestershire
Headway
Supporting life after Brain Injury

news

JUNE 2016 ISSUE 24



Kidderminster ARNI sessions funded by donation

The money donated late last year from the Kidderminster Bridge Club is being put to good use through Sue Johnstone's networking with Pete Rumbold at ARNI (Action for Rehabilitation from Neurological Injury).

Thanks to the generous donation of **£900** from December 2015, we have been able to provide the people attending the Kidderminster and Bromsgrove Day Service with ARNI sessions, a programme that provides one to one support with physical exercises, aiming to meet a person's needs post ABl. The current programme will run for 6 weeks, until the end of June. Lucy Page, day service manager said she would "love to run the programme over a longer

"we cannot thank them enough for this opportunity."

period of time, but we do not have the funding". "We are extremely grateful to the Kidderminster Bridge Club for their efforts to fundraise for the physical wellbeing of those we help and cannot thank them enough for this opportunity."

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Headway float to lead Worcester Carnival!

We are happy to announce that the chosen theme for our Carnival Float is "Charlie and the Chocolate Factory"! This year's Worcester and Malvern Carnival will see a longer route, more people, more floats (and hopefully some nice weather). As the carnival's chosen charity, along with Help Georgie, we will be the leading float in the trail. As such we need YOUR HELP if we want to pull off this event in the big, flamboyant style of Willy Wonka!

All efforts in for Worcester Carnival sweet theme

We are in need of items to make the float surface, the famous purple and golden gate and decorative sweets. Item donations such as timber, paint, materials, paint brushes, green flooring such as grass carpets, lighting to go on the float and many, many more will be gratefully received. We are in need of material for Oompa Loompa costumes, such as green wigs or green hair spray, orange and white face paint and brown pieces of material. Go to our Facebook page for a complete list of the materials we need.

In addition to these, we hope you would want to be part of our volunteers who can help on the day.

Oompa Loompas and walking Wonka chocolate bars needed on the 28th of August for Worcester Carnival

We need an army of Oompa Loompas to help with bucket collection on the day, as well as to walk the route and wave at the crowd. We are looking for people to impersonate the other beloved characters, such as Violet, Veruca, Augustus or Mike.

Wonka raffle to kick-start Carnival

Along with the carnival float, we are holding a Wonka raffle! Will you be the winner of the Golden Ticket, a family entrance to Cadbury World? Tickets are available for purchase from our members of staff and local charity shops. Other prizes available. Tickets cost £1 each. To register your interest, arrange donation collections or for any other enquiries, drop us an e-mail fundraising@hwtl.org.uk or phone **Julia or Lyn on 01905 729 729**.



Planning on running the Worcester City 10k?

Why not join us in our effort to fundraise for our charity! Register your interest and pledge to raise at least £50 to receive a Headway Worcestershire T-shirt or running vest and your iron-on name letters.

Contact us on fundraising@hwtl.org.uk. You can raise funds in your own way or you can join our JustGiving group closer to the time!



Self-help helps: A visit to the support groups

You may or may not be aware that our charity offers more than one to one support or day opportunities. The support groups are open to all with brain injury who are able to attend the meetings. A trip to Pershore and Bromsgrove proved to be delightful and enlightening. I was welcomed by all with warmth and interest. "I heard their stories and their struggles, a real eye-opener for those who do not understand brain injuries and the degree to which life can change. I took photos of these strong people who found their group a safe place." They shared tips on how to cope better with some of the ABI symptoms, shared stories from their time in hospital and different experiences from their recovery, all loaded with mixed emotions.

The difference our groups made to a very small portion of those with ABI is invaluable. Peer support is guided by our counsellor and psychologist.

The Bromsgrove group meets first Friday of every month from 12:30 and the Pershore group second Friday of every month, from 13:30.

If you'd like to attend or for enquiries please contact enquiries@hwtl.org.uk or 01905 729 729.



Join the **BIG QUIZ!**

A quiz will be held at the Kidderminster Day Centre on the 16th of June, 11am until 2pm, raising money for the Day Opportunities Service running in Worcestershire! Everybody is invited!

PLANNING AN EVENT...

Organising your own event with your local group for Headway Worcestershire? Want to know how you can run it better or looking for advertising advice? **Drop us an e-mail or call Julia on 01905 729 729, fundraising@hwtl.org.uk.**

Save the dates

16th June

Quiz fundraiser at Kidderminster day services

11th -19th June

Bike Week – Make sure you wear your cycling helmet!

13th – 14th August

Headway crafts stall at the Viking Fayre, Kidderminster

14th August

Worcester Show, Gheluvelt park – Headway face painting fundraiser

28th August

Worcester and Malvern Carnival

17th September –

Worcester City 10k – Join our running team!

FURNITURE RESTORED FOR RESALE

Green Self Storage (Hilton Road, Worcester) have kindly donated furniture to be used in the woodwork sessions. The clients at Worcester Day Service have enjoyed taking their time restoring old furniture and giving it a new shine. They are all available for sale in Worcester, Barbourne, WR38BA, along with many others, including bird boxes, wheelbarrows or wooden baskets! Keep up the good work Paul and the woodwork gang! fundraising@hwtl.org.uk



Service catchups and thank you notes

KIDDERMINSTER

Malcolm Scott, volunteer, paid a visit with a lamb which was a very welcomed visitor. We would have quite happily kept him.

HSBC are doing a face lift in July, paint brushes at the ready. Not only are they volunteering their time but HSBC have also donated the money to make this possible. A great big thank you from us all at Headway.

The clients are working hard towards creating craft products for the **Viking Fayre** which is held on the 13th- 14th of August in Spetchley Park, Kidderminster. Keep a look out for further details on our Facebook page and website.



WORCESTER

We had a very successful **Easter Fundraiser** at Worcester Day Service. Thank you all very much for your support. Fun was had by all with the tombola, raffle, craft stalls and of course delicious cake topped off a perfect day.

Bush Craft is up and running again thanks to a generous donation from Greggs! The clients are attending on a Wednesday and the programme is running for 8 weeks. We will keep you updated with photos, look out on Facebook!

Tab and Alison had a 'spring clean' in the arts and crafts area. This was to help organise the area for the clients and to best use the space available. Well done, it looks great.

Paul and Mary have been working hard in the vegetable garden. We may be lucky enough to taste the fruits of their hard work.



BROMSGROVE

The Bromsgrove clients had fun on their day trip to **Forge Mill Needle Museum** in April. Everyone thoroughly enjoyed themselves and are already wanting to plan the next outing!



Are you Concussion Aware?



During **Action for Brain Injury Week (9-15th of May)** we launched a campaign aimed at local sport groups. We believe everyone who plays sport should be concussion aware – particularly those at grassroots level who are playing purely for the love of it and do not have ambulances and doctors on standby should

something go wrong. We hope that through this campaign, we can encourage sports clubs, schools, colleges and universities in our region to ensure their members or pupils are aware of concussion and sign up to an 'if in doubt, sit it out' approach. If you are part of a sports group or are interested in more information on concussion or how you can pledge your support, please go to www.concussionaware.org.uk or e-mail us on fundraising@hwtl.org.uk.

Thank you to our supporters

Massive well done and thanks to The Independent Fundraisers of Worcester for throwing a cake and tea sale raising £420 for Headway!

Our thanks to **Anne Pearce and Brian Price** for donating their winnings at the Kidderminster Bridge Club, the volunteers from the **Bromsgrove Farmers Market** for their £300 donation to the North Day Service, **Annie from the Niche, Worcester** for her fantastic clothes donation to our charity shops, **Jane Twigg** for her kindly contribution, as well as **Dale and Lesley Branford** for the sum of £120 collected at Lesley's 40th Birthday Party – Happy Birthday Lesley! Thank you to **Jen and Ray White** for their continuous support, as well as to the Hylton Road **Green Self Storage** for their furniture donation. Thank you to **Francesca and Helen Richards, Lucy, Mary and Laura** for volunteering at the Easter Fayre. Thank you to all of those who have thought of Headway in time of grievance and collected donations in memory of Jill Wisniewski, Tony Howes, Susan Wright and John Truman. Thank you to **ASDA Worcester, the Worcester Ukulele Club** for their help at the Easter fundraiser and to our new volunteer **Milena** who photographed the Easter Fayre and the ASDA event.

