

Big thanks to Sports Disability for donating equipment for our exercise sessions enjoyed by all!



Improving life after brain injury

HEADWAY
WORCESTERSHIRE

MARCH 2017 ISSUE 27

news

2016 HIGHLIGHTS

We have helped

136 people become less dependent on us and stop their support

We conducted

100 new assessments free at point of service



WE RATED

5/5

IN OUR FOOD HYGIENE INSPECTION

We were rated **OUTSTANDING** in "Care" by the Care Quality Commission and good in the other 4 areas.

fifty one new people started their support with Headway

9,500 support visits were made in people's homes and communities

154 people received **1-2-1 support** in their home or community



76 people attended over

1,800 sessions

in the Brain Injury Hubs in Worcester, Kidderminster and Bromsgrove

We offered free **psychological support** to **30 people** in their homes

We **fundraised over £10,000** in order to build a new kitchen

Happy, Healthy 2017

Following our new strategic focus for the 3 Brain Injury Hubs, we are working on encouraging more and more people to take control of their health and wellbeing.

Further funding received means the Sports Disability session can continue after until March and we are now extending this service to Kidderminster. The team at Disability Sport have been fantastic and have helped provide not only exercise but a lot of fun and enjoyment.

The funding raised previously for supporting physical exercise will be further used by the North Hubs on sessions which are in line with the "Healthy, Happy 2017" vision. The sessions will

be delivered by ARNI (Action Rehabilitation for Neurological Injuries).

If you or someone you know would like more information or to participate in any of the sessions, please contact Lucy on 01905 729 729 or e-mail LPage@hwtl.org.uk.

Above: Service users at Headway in Worcester with **Katinka Ernst** (far left), a coach from Disability Sport Worcester, and some sports equipment!

Wise Words from the Chief Executive

6 months in my role, I am proud and delighted to be working with the fantastic, competent and committed Headway team, full of talented and caring staff who make such a difference to people with ABI and their families. Together we are making great strides forward and I want 2017/18 to be even more successful for the charity and for you all.

INSIDE THIS MONTH'S ISSUE...

Health & Wellbeing Programme

Fine Arts Project

Fundraiser News

Service Catchups and Event News



GOOD WORDS FROM HEADWAY UK

Brian Clingan Director of Services Headway UK visited us earlier in the year:

"It was clear from the guided tour and the opportunity to briefly meet with a small selection of your managers and staff that everybody is very enthusiastic, knowledgeable, and dedicated to providing an excellent service for the many clients who access support. The atmosphere within the service was warm and friendly, and the clients were relaxed, engaged and really enjoying being part of the group activities and sessions"

...“everybody is very enthusiastic, knowledgeable, and dedicated to providing an excellent service”...

Brain injury ID cards



If you receive support from Headway Worcestershire or any other Headway group, you are eligible to apply for your free brain injury ID card. You can submit your application online or by post. Please visit our website or ring us for more information.

Reflexology sessions are back at the Worcester Hub!

Maria kindly offers complementary reflexology sessions to our clients on a Friday. If you are interested in the therapy, **please contact Lucy on Lpage@hwtl.org.uk to book.**



Upcoming events



5th April - Easter Fete in Kidderminster

In aid of the Brain Injury Hub Kidderminster and Bromsgrove. All welcome. Cake, refreshments and handmade items for sale.

8th April - Easter Fayre at Worcester Hub

Cake, tombola and crafts sales. The money raised will be put towards the cost of having the garden paved.

11th April- Irwin Mitchell “Egg Decorating Contest”

at Kidderminster and Worcester Hubs

13th May 2017 – Hats for Headway

Will you get involved? E:fundraising@hwtl.org.uk

13th – 14th May – Survive the Wild

Challenge in aid of Headway Worcestershire in the Peak District. Places still available. T:07516124668 E:fundraising@hwtl.org.uk

18th May – Hats for Headway Fun Day

at the Kidderminster Hub. Open for all day service clients. Buffet, quiz and fun! Hats at the ready!

Fine Arts Project explores the Soundbowl



During the Fine Arts Project **Eilean Drysdale** (Healing-Freedom and Sounding Bowl) offered the Worcester clients an opportunity to experience the sounding bowl and the benefits that people can get from this holistic treatment. The clients that took part found the sessions very beneficial and felt 'relaxed' and 'peaceful'. Eilean said 'Due to personal medical experiences in 2006 I wanted to be able to give something back'. We are very grateful for the time Eilean spent with us.

New Ambassador to kick off Safeheads 2017

Sam Williams, 22, Worcestershire born professional cyclist who made his breakthrough with ONE Pro Cycling professional team last year joined the Headway team.

Sam suffered a concussion in July 2015 and was taken to Hereford hospital, where he spent one night. He does not remember much of his time there, but he remembers his accident and the thing that saved his life - his cycling helmet that took the blow.

As our new ambassador, Sam now advises people to take the Safeheads pledge and wear a helmet every time they cycle.



“ It’s common sense – you should wear a helmet and look after ‘number one’ – your head. Nothing else works without your brain!”

Sam Williams



WILDLIFE WONDERS



Pictures taken by Faun Chidley

Faun Chidley, at the Bromsgrove Thursday group, takes wonderful wildlife photographs. At home, she is lucky enough to be able to feed the animals who come to her garden. And there are lots – foxes, badgers, and field mice. Then there are the birds: chaffinches, robins, blue tits, great tits, jays, sparrow hawks, long tailed tits and even a Great Spotted Woodpecker. She has a wildflower meadow, where deer come, but unfortunately she has never been able to get her camera in time! And then her 10 stone German Shepherd dog is always a willing subject!



Climbing session pushes boundaries

Service users Paul and Peter visited Redpoint Climbing with manager Lucy. They were very unsure at first but with the support and encouragement that they were provided, they exceeded their own expectations and had a fantastic time.

Lucy said “It was a challenge which they both rose to and conquered. It was refreshing to see them gain so much from a new experience and Redpoint were very accommodating. We look forward to working with them in the near future and helping other clients to push their boundaries. Not just fun but a great workout to! Happy, healthy 2017, here we come.”

Service catchups and thank you notes



Painting created by Allan in the Art Sessions.

Our thanks

Special thanks to our supporters: **Keith Allen and the Cookley beer Festival for raising £250** towards the disabled access ramp at Kidderminster, **Annie at the Niche** for her continuous support, **The Royal Arch Masons for donating £500** towards our services, **Ms Thompson** for making a **generous £100 donation** in lieu of Steve Thompson dog sitting, **St Michael's Church** for their **£200 donation** which will be used towards Bromsgrove's Art Sessions and to the Kidderminster Covenant Church for their recent donation towards our services.

Thank you to the **Independent Fundraisers of Worcester** who supported us in 2016 raised funds of £970 in our aid! Thank you to **Amanda** for helping to raise funds for the North Hubs at a craft fair she attended. **Sue Johnstone** has been very busy arranging workshops for the clients in Kidderminster and Bromsgrove. Thank you for your hard work! Thank you to the **clients in Kidderminster** who chose to Support Headway rather than send cards to each other for Christmas.

The **North Day Services** are very grateful for the continued support and generous donations made by **Jen, Jan and Ray**. A big thank you to **all of our Volunteers in the day service** for their continued support- **John Doidge, Jenny Deighton, Margaret Barton, Margaret Chown, Mark Berry, Johnathon Haywood, Murray Lampitt, Mary Gleaves, Becky Waite, Deb Grant, Helen Hirons, Malcolm Scott and Keith Allen**. Thank you to the **Sports Disability team** who have made the sessions at Worcester not only useful, but also fun.

We are thankful for **Claire and Darren Bichard's** funeral donation in memory of **Elizabeth Farmer**, **Mrs C Busby's** donation in memory of the Late **Mr Kenneth Horrell** and **Mrs Huxman's** funeral donations in memory of Late **John Henderson**.



All of the day services attended the Swan Theatre Christmas Panto 'Cinderella' and had lots of fun. We utilised the donations made for outings.

Jo and Caterina posed with Fairy G.

Clients have attended a **First Aid workshop** kindly delivered by Karen Goodman free of charge from St Johns Ambulance. Congratulations on receiving your certificate!

Livvy Walker spent the morning at Kidderminster teaching the basics of sign language to the clients. This was thoroughly enjoyed by all and some clients would now like to continue with further training.

Mark celebrated his 50th birthday and shared some very tasty cakes that his sister kindly brought in.



Val celebrated her 80th birthday and had a lovely party to mark the special occasion **Happy Birthday!**

Reading with Meaning

Sue Johnstone arranged for the WEA, Workers Educational Association, to provide some free sessions with the Kidderminster clients on a Thursday. This was a great opportunity which enabled the clients to explore their creative side with 'Reading with Meaning'.

Deana Penzer wanted to share her thoughts on the sessions:

My Experience of a WEA Course at our Day Centre

By Deana Penzer

"During December we had 3 sessions of a Reading for Wellbeing Course provided by the Workers' Education Association (WEA). This entailed listening to various extracts from books and poems and then discussing what we thought of them. We were given experiences such as blowing bubbles and eating chocolate and then used those to help us think about the past and write about our own thoughts. I feel that I really developed through this and has helped to address some difficult times in my past. I enjoyed it very much."