

The ABI Games 2023

August was a huge month for not only Headway Worcestershire, but also adults nationwide living with an acquired brain injury.

The groundbreaking ABI Games (Queen Elizabeth II Games for People with Acquired Brain Injury) event was held, for its second year, at the University of Worcester Arena on 3rd August.

Those with an acquired brain injury, from all parts of the UK, were invited to take part in the event, which focussed on four categories; Physical Activities, Creative Expression, Cognitive Skills, and Life Skills. Both Creative Expression and Life Skills could be entered remotely, allowing anyone to take part even if they lived a great distance from the event. The games were generously supported by an incredible two-year grant of £50,000 from the National Lottery Community Fund, known as the primary patron of community initiatives in the UK.

An impressive intake of participants saw over 170 take part in 23 activities including physical activities walking football, tennis, boccia, and seated cricket. Cognitive skills were put to the test in chess, dominoes, memory games, and Sjoelback: a Dutch shuffleboard game.

The Life Skills category saw participants show off their culinary skills in cake baking, scones, jam preserves, and bread making. Long term activities were also included in the category, requiring commitment and consistent efforts over a span of time; growing the tallest sunflower, and growing wonky fruit and veg.

Creative Expression showcased incredible talents in pottery, photography, creative writing, painting and drawing, woodwork and craft.

Mandie Fitzgerald, CEO of Headway Worcestershire, expressed her pride in the success of the second ABI Games, stating: "I cannot be more proud of our magnificent National ABI Community who came together to celebrate an array of abilities and skills across four categories. The ABI Games were created to ensure it was an all-inclusive event and that there was an event for everyone with an ABI. A big heartfelt thank you to the 60 volunteers who turned up on the day to judge, run an event, MC, befriend and support individuals throughout the day."

"Our next games will be held in August 2025 and we are looking for sponsors to ensure we can continue to offer this unique platform to showcase everyone's amazing skills that have been relearnt or newly discovered."

We can't wait to celebrate this fantastic event again in the years to come.





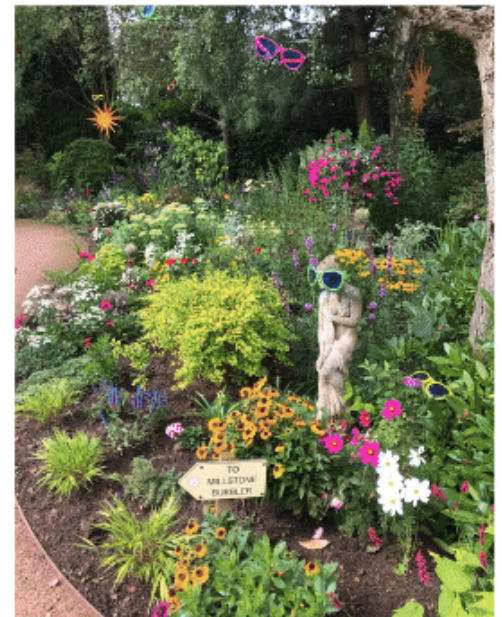
Staff and participants at the ABI Games 2023; an incredible, memorable day to be cherished

Whitlenghe Gardens Trip

Bromsgrove clients had a fabulous day out at Whitlenghe Gardens.

“The gardens surround a 17th century cottage which was once part of the Bishop of Worcester’s estate. The house and gardens have served many purposes over the last three centuries; In early years it was a coach house for the estate and later the home of the housekeeper and butler of Whitlenghe House, which the cottage stood in the grounds of.”
www.whitlenghe.co.uk/about

A scenic walk around the beautiful gardens, which feature a magical fairy trail, was followed by tea and cake in the tearooms on site.





Happy (sort of) Retirement!

At Worcester Daycentre we said a temporary goodbye to much-loved Glen, our Wellbeing Services Manager, who has semi-retired from Headway Worcestershire... Glen has left his managerial duties but will be returning to the charity as a fundraiser. A surprise party was held for him complete with a delicious buffet lunch prepared by our chef Paul, an incredible cake by Support Worker Kate, and even a song for Glen, written and performed by Support Worker Morgan!

Staff continued the celebrations that evening with tenpin bowling, food and drinks.

As we say goodbye to Glen, a new chapter begins and we welcome our next Wellbeing Services Manager, Suze!

Welcome to the Headway Worcestershire team!





Stourport Celebrate Glen
Clients and staff in Stourport celebrated Glen's semi-retirement with a spot of mini golf in the sunshine, followed by lunch at The Lock Inn.



Trips Out
Trips out were plentiful in August for the Stourport clients. During the hottest day of the year, clients Tony, Martin H, Martin G, and Sylvia enjoyed a tour of the Black Country Museum. The group travelled around the museum in style, on a lovely truck named Doris! Pete, the driver, was very helpful and the group loved chatting to him. A fascinating tour was followed by a fish and chips lunch.

Above: Clients Martin H and Sylvia enjoying a visit to Hartlebury Castle, where they visited the cafe. They hope to return soon to explore the museum.





Crazy Golf

Support Worker Mari took Worcester client Mark to Raven Meadow crazy golf, where they enjoyed a few games of golf in the glorious sunshine.

Activities like crazy golf are not only great fun but also fantastic for hand-eye coordination, balance, and physical depth perception.



Lovely Lavender

Client Sarah, and beautiful guide dog Rosie, explored Cotswolds Lavender with Support Worker Mari. The venue boasts a huge variety of lavender, 35 varieties spanning over 70 grassy acres. The site displays meadow flowers, a nature trail, and a small shop-cafe selling plenty of lavender filled produce including lavender chocolate, tea, and body lotions.

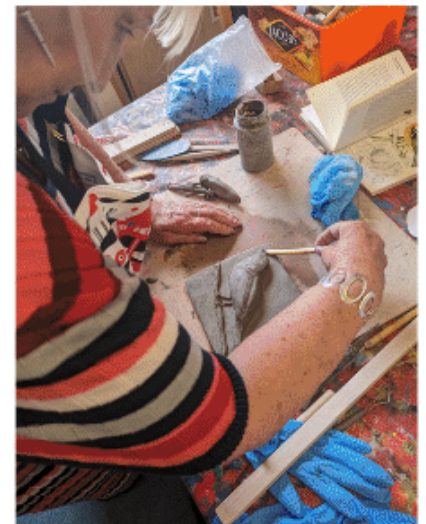




Cooking, Ceramics & Crafts

Worcester clients have been showing off their creative skills this month. The Tuesday gang made a mouth-watering lasagne, served with fresh salad. Clients Esther, Mel, Richard and John enjoyed their weekly ceramics session in the workshop. Pictured below is Esther working on a stunning bird-themed tile.

Clients Mel, Mary and Jenny created repeat patterns using potato stamps cut into intricate shapes, and acrylic paint.





Goodbyes & Birthdays

The Wednesday group at Worcester said a fond farewell to lovely volunteer Jo, whose spent a number of months working at the centre supporting clients.

Antony celebrated his birthday with a delicious Victoria sponge cake, topped with buttercream, and baked from scratch by the Tuesday clients.

Happy Birthday Antony!

Clients Mary and Mark had a fantastic game of pool; a very popular activity with our Headway family!





Colour Your World

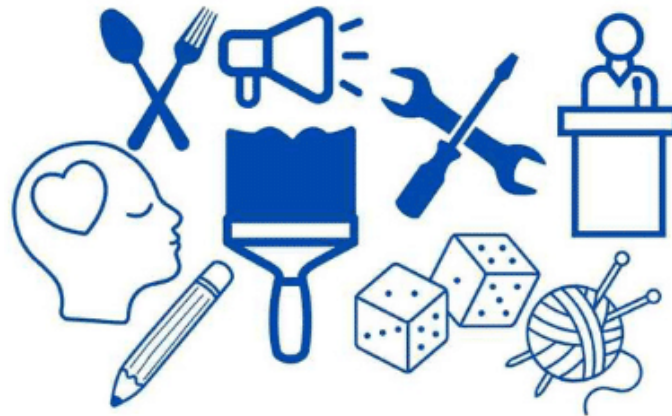
Back in January, our Tuesday clients in Worcester worked with Bridget from Malvern Theatre, creating a fabulous painted fabric wall hanging. The banner is now proudly displayed in the foyer of Malvern theatre for all to view and admire. We look forward to working with Bridget again on upcoming projects!

We were thrilled to receive an incredible £200 donation, generously given by Andy from Droitwich Lions. Thank you very much!



Louis Stephen, the Mayor of Worcester, visited Worcester Daycentre where he had a tour of the centre and met clients. Louis is keen to learn more about our fantastic charity, and hopes to raise awareness in the community.





Do you have a particular skill or something interesting to share, and be willing to volunteer your time at **Headway Worcestershire?**

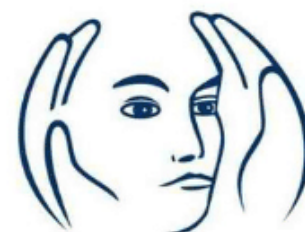
Headway Worcestershire is a charity supporting adults with Acquired Brain Injuries (ABI). As well as helping clients in their home, we run 3 Wellbeing Centres in Worcester, Stourport and Bromsgrove, where clients have access to a range of activities. We always enjoy having guest speakers and workshops; they provide a fantastic opportunity for our clients to develop skills or try something new.

If you're interested I'd love to hear from you! Please email me for a chat:

Meg McCutcheon, Activities Coordinator
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www.headwayworcestershire.org.uk

Thank You!

**WE
NEED
YOU!**



Headway
WORCESTERSHIRE
Registered Charity No. 702490



Movement for Good

Movement for Good is a benefactor group; an 'international family of specialist financial services companies that give all available profits to charity and good causes.' This year MFG is giving over £1million to charities and good causes as part of the 'Movement for Good Awards'. The public are able to nominate a charity or not-for-profit organisation to receive a generous £1000 donation.

We would be incredibly grateful for any nominations. To nominate Headway Worcestershire please visit www.movementforgood.com and follow the instructions after clicking 'Nominate charity for £1000' at the bottom of the page. Thanks so much!



Joe's Run for Headway Worcestershire

Our Worcester Daycentre volunteer Joe and his wife Magdalene is taking part in Worcester's 10k run on Sunday 17th September, and has kindly chosen Headway Worcestershire as his charity to raise funds. If you would like to donate and support Joe and Magdalene's run, please visit the Just Giving website and simply type into the search box 'Joe and Magdalene Haywood' to find his page at the top of the results search.

Save the Dates:

- Trip to the Cotswolds Wildlife Park, Thursday 21st September.
- Morgan Factory Trip, Thursday 28th September.
- Christmas Pantomime at the Swan Theatre, December.

If you have suggestions for activities, days out, visitors to our Wellbeing Centres, or opportunities for our clients I'd love to hear from you!

*Please email me:
MMcCutcheon@hwtl.org.uk
Meg McCutcheon, Activities
Coordinator*