



Headway Thames Valley Newsletter

APRIL 2016

65S CLUB

February

J Smith - £65

P Cassidy - £35

J Davies - £20

P Barnett - £15

B Newport - £10

S Jalland - £10

G Powell - £5

G Benford - £5

March

P Fraifield - £65

D Armstrong - £35

C Tarrant - £20

J Littlejohn - £15

C Kelly - £10

K Landam - £10

B Potter - £5

S Irons - £5

If you would like to raise funds for Headway or volunteer with us, please get in [contact](#)

Reading Half Marathon 2016



Headway Thames Valley was once again represented well at the annual Reading Half Marathon.

The brilliant Boyes Turner - specialist personal injury claims lawyers, took part.

This year there was 7 of them, including Headway Trustee, Kim Smerdon and they also had a couple of new recruits.

They were joined by Headway Thames Valley CEO, Stephen Welch, Fundraising Manager, Zoe Lane and Trustee, Tom Satterthwaite.

For Stephen, it was his first ever half marathon and on finishing in a time of 2 hours and 43 minutes he said; "It's a wonderful feeling to have completed the Reading Half Marathon"

The challenge is only just getting going for Headway Thames Valley Fundraising Manager, Zoe Lane, who this year will be taking part in two more half marathons and a huge 100km walk, all in aid of Headway

Thames Valley.

Tom Satterthwaite, a Headway Thames Valley Trustee finished in a fantastic time of 1 Hour and 50 minutes.

Collectively, our amazing runners have so far raised over £2000. To visit their fundraising pages, please visit our website or [click here](#).

Headway Thames Valley Coffee Mornings

A new group is starting. Headway Thames Valley Coffee Mornings is an informal group where clients can attend as and when they wish.

The group will be held on alternate Fridays from 6th May, 10am-11:30am at Wokingham Waterside Centre, Thames Valley Park Drive, Earley, RG6 1PQ.

Any clients are welcome to join us, whether it's just for a chat or for advice on a specific issue, or just to meet other people living with brain injury.

The venue overlooks the River Thames and has plenty of parking available as well as good transport links.

Please contact Assistant Psychologist, Tara Bishop here tbishop@headwaythamesvalley.org.uk or 01491 411469 for more info.



Headway Thames Valley Triathlon



Phil, with Gill & Christina on our Motormeds

We are delighted to announce that a sponsored triathlon has been arranged for our clients, which will take place in June, over a 3 week period, starting on Wednesday, June 1.

We are hopeful that this will include as many clients as possible and will be a fun event for everyone whilst raising money for the charity.

The first event; a 2 mile walk on Wednesday, June 1 will take place at Palmer Park from 11:30am. Clients will walk around the track 8 times (or as far as they can manage).

The second event is a 2 mile cycle on our Motormeds at Brunner Hall, Henley. This will take place throughout the week commencing Monday, June 6

To complete the Triathlon,

clients will be asked to take part in a 1 hour session of chair exercises. This will take place on week commencing Monday, June 13.

Good luck to everyone taking part - you can do it!

If you have any questions or would like to take part, please contact Activities Manager, Teresa Garland tg Garland@headwaythamesvalley.org.uk or 07540 760143

“Sports teachers must adopt an ‘if in doubt, sit it out!’ approach and receive mandatory concussion training.”

Rugby in Schools

Calls to improve the safety of school rugby have been cautiously welcomed by Headway Thames Valley, although the charity has stopped short of calling for a ban on all tackling for those under 18.

The charity was responding to a letter signed by doctors and health experts calling for the government to ban full-contact rugby in schools.

“We can see the merit in limiting contact in rugby in younger children, but it is difficult to define where the line should be drawn in terms of at what age players should be introduced to full-contact rugby,” said Stephen Welch, Headway Thames Valley CEO.

“It is vital to ensure players are taught the correct tackling techniques in rugby. If they

are prevented from tackling until they are 18, they will be ill-prepared for adult rugby and would be more likely to sustain serious injury as a result.”



Thank You!



Kin's Wedding. Congratulations!

We are always so grateful for donations, big or small, along with any fundraising activities; and this month is no different.

Eton College donated £361 and

we received a cheque for the amount of £1000 from Wokingham Lion's Club.

Independent Order of Odd-fellows donated £75 and we got a cheque for £100 from The Rotary Club of Crowthorne and Sandhurst which followed an introduction to the charity from Fund-

raising Manager Zoe Lane.

Kin, a Headway client recently got married and we received £140 in donations as wedding gifts.

We also received money in memoriam for Gay Sipson and John Mason.

Hats the way to do it!

Headway Thames Valley is calling out for people to don their wackiest hat for a day to raise funds for families across the Thames Valley region living with the effects of brain injury.

We are appealing to businesses, schools, and community organisations to get creative for Hats for Headway Day, which will take place on Friday, 13 May as part of Action for Brain Injury Week.

Staff at Headway Thames Valley have suggested a few ideas of how people

can get involved and support the fundraiser, including sponsoring a friend to wear a funny hat or organisations holding their own mini-competitions with a prize for the best or funniest head gear.

Not only will participants be helping out a worthy cause while having fun, but the fundraiser will be part of a nationwide competition run by the national charity with a prize for 'best hat'.

Stephen Welch, Chief Executive

said: "This is a really fun day and we hope lots of people get involved. But there's a serious side, too. Brain injury can have a devastating impact upon the lives of individuals and their families, affecting everything they do, think and feel.

"We want people to know that by taking part in Hats for Headway Day, they'll be supporting our work to improve the lives of local people affected by brain injury, helping them to rebuild their lives and regain their independence."

For more information on Hats for Headway, please get in contact or [find the story on our website.](#)

Headway Thames Valley Spring Concert

Join us on Wednesday, 18th May at the Headway Thames Valley Spring Concert.

The concert, which starts at 11AM is at Brunner Hall in Henley and will feature our very own choir, made up of Headway clients, plus Sam Brown's Fabulous Ukulele Club.

The Headway Thames Valley Choir have been working with our new Music Therapist, Eleanor Braganza since the beginning of the year, and she's excited to lead them

in her first concert with Headway: "As well as running group and 1:1 Music Therapy sessions, I've also been leading the choir who have been working really hard to learn lots of new songs!

"I am really enjoying the warmth and energy which every client brings, and look forward to our first performance together!"

Concert entry is free to everyone while donations are always welcome!

Clinical Corner: Maximising Memory

In Clinical Corner, Headway Thames Valley Clinical Psychologist, Georgie Boothroyd talks about maximising memory following brain injury.

"Do brain training computer games improve memory? The short answer is no! Research has consistently shown that regular use of such computer games only results in improved performance

on the specific game being practiced, but importantly this improvement does not extend to real world situations.

"If you enjoy the games then continue to play them. If you find them a bit of a chore then stop, your energy could be better used!

"If you have a poor memory because of your brain injury then a more effective approach is to use

memory aids as a way to compensate for potential lapses e.g. note pad, diary, calendar & reminders on SMART phone. If referred to consistently and as soon as the new information is given to you, such strategies can become a second nature fail safe.

"Reducing your fatigue and stress levels by pacing activities across the day and week should also improve day to today memory."



Georgie Boothroyd - Clinical Psychologist



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[@HeadwayThamesV](https://twitter.com/HeadwayThamesV)



facebook.com/headwayhenleyonthames

Headway Thames Valley promotes wider understanding of all aspects of brain injury and provides information, support and services to people with brain injury, their families and carers. In addition, we campaign to reduce the incidence of brain injury in the Thames Valley.

Headway Thames Valley is an independent charity responsible for its own funds and recruitment and is affiliated to Headway UK, the national charity established in 1979 and is one of over 100 groups throughout the UK.

Coming Up in 2016

9-15 May - Action for Brain Injury Week

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.

13 May - Hats for Headway Day

Hats for Headway Day is a simple, fun, and easy way to raise money for Headway.

All we ask you to do is wear a hat (as novel and wacky as possible!) for the day in return for a donation. Simple!

Anyone can take part, whether you get

everyone in your office or company to join in, or your school or college - either way, you'll have great fun!

18 May - Spring Concert

The Spring Concert is being held at Brunner Hall in Henley and will feature music from the Headway Thames Valley Choir and Sam Brown's Fabulous Ukulele Club

September - Music Concert

In September we'll be holding a concert with special guests - more details coming soon.

19 November - Good Music for a Good Cause

The Aliquando Chamber Choir are performing at St Mary's Church by the Bridge, Henley-on-Thames. Proceeds from the concert will go to Headway Thames Valley.



The Thursday Group, enjoying a day at Forbury Gardens