

HEADLINES

THE HEADWAY THAMES VALLEY NEWSLETTER March/April 2012

65's Club – March 2012

C G Harrison	£65
Chas Kelly	£35
C Harrington	£20
Joan McKendrick	£15
Lee Rampton	£10
Georgie Benford	£10
June Littlejohn	£5
Adam Westcott	£5

65's Club – February 2012

D Donnington	£65
Georgie Benford	£35
Maureen Ives	£20
Phil Fraifeld	£15
Suzanne Brooks	£10
Joy Davies	£10
Gavin Cook	£5
Elizabeth Ferris	£5

Thank you to all 65's club members for their support.

FORTHCOMING EVENTS:

Tuesday Club
Tuesday 10th April 7:00 pm
Nando's Wokingham
All Welcome

For all events:

01491 411469
cbrand@headwaythamesvalley.org.uk
or check our web site
headwaythamesvalley.org.uk

ARTWORK FROM HEADWAY WAS EXHIBITED AT CHRISTCHURCH, HENLEY



Holly and Christa admiring some of the other artists' work – above.
And below, Headway sewing, woodworking and weaving on display



Welcome! – Graduate psychology assistants

Our two psychology assistants who are with us for 6 months are now getting underway in their new roles.



Louise Acker (pictured far left) will be based at Brunner Hall and as well as helping out by running groups in the centre she will be assisting Glynne and Bob in redesigning our carer support and setting up a new 'Living With Brain Injury' course in East Berkshire. Vera Hughes, (pictured left) assisted in setting up the original 'Living with Brain Injury' course and is now continuing with this in Reading as well as developing the course to include sessions for carers.

Both graduates will also undertake some work with Headway's clinical psychologist Richard Coates.

In addition, they will complete a fundraising project, possibly set up some research and possibly if time allows a life coaching service for clients.

The two posts have been funded with a donation from Waitrose Partnership, we are very proud to have both Vera and Louise on board and wish them every success.

Good Luck Debbie!!!

Our Patron, Olympic rower, Debbie Flood, dropped in to



Brunner Hall recently so that we could all wish her luck for London 2012. Debbie is also a keen member of the 'British Rowing choir' and so took the opportunity to join in with choir that

day. She also listened to some special songs the choir had prepared for her.

Pictured above before tucking in to the cake are all the clients with Debbie (wearing peach T shirt standing 6th from right). Also present were Richard Gilby (president, far left), Pat Barnett (founder, 3rd from left), Sue Budd (volunteer, 8th from left), Sharon Warnes (music therapist, 2nd from right).

Hats for Headway Day – Friday 18th May – GET INVOLVED!!!



As part of Brain Injury Awareness week – 14th – 20th May, why not get your office, school, business or group to take part in 'Hats for Headway' day?

It's similar to Jeans for Genes day. Just come in to work etc on Friday 18th May wearing the silliest hat you own and make a donation to our cause for the privilege of doing so. More information, posters etc are

available from our office – 01491 411469 or visit www.abiweek.org. THANK YOU!!!

As part of the same week, volunteers, together with Vera and Louise will be having a stand in the Oracle, Reading on Wednesday 16th May from 9:30am – 3:30pm. They will be holding various challenges such as assembling and naming the parts of a model brain, handing out leaflets and generally raising awareness of brain injury. Please drop in to see them if you can. If you can spare an hour or so on the day to help – please call the office.

News from the satellites...



Our new satellite at Greenfield House, Calcot has now been running for 12 weeks. There are 8 clients who attend every Monday. Some are new to Headway and local to Calcot, Others have moved on from other Headway services. This new service offers a range of activities to improve confidence, gain independence, learn new or forgotten skills, increase community presence, reduce isolation and maintain peer support. The day includes cooking lunches for the group, photography, physio, art therapy, cognitive exercise, speech therapy and community activities. Anita is pictures left preparing lunch

in the kitchen. Our other two satellites at Loddon Valley and Oxford Road, Reading are running well and at capacity.

The Living with Brain Injury course will start again in a meeting room at the Global Café in Reading after Easter. There will be 8 attendees new to Headway on the 11 week course. In addition, 5 of the weeks will include a new section for the carers of those attending. The first group of clients who took part in the course will be returning for a review of their progress since completing the course. They will also meet the new attendees in the café for a coffee and to share their progress and experience on the course.

Clients who have cognitive impairment, memory, organisation, and problem solving difficulties yet have insight in to their difficulties are best able to benefit from this course. Its aim is to promote further insight, develop appropriate strategies, set realistic goals and achieve adjustment to any enduring difficulties they may have.

The course is run in collaboration with the Berkshire Community Based Neuro Rehab team. We plan to open another Living With Brain Injury Course in East Berkshire shortly.

THANK YOU CAVERSHAM ROUND TABLE



Caversham Round Table held a Burns Night Supper in aid of Headway in January. They came in to Brunner Hall to present a cheque for £504.98. This money will go towards the purchase of a replacement motorised standing frame – the current one is 15 years old and beyond economic repair. We are very grateful to them for their efforts and for thinking of us.

Pictured above - left to right seated are Tony, Barry, Paul, support worker Catherine, Rob, carer Jade and Andrew. Left to right standing are James Richardson and Kevin Rowell of Caversham Round table presenting Wendy Carlson with the cheque, volunteer Colin Dalton, Colin, Nick, Vip and behind him support worker Phil Fraifeld, Steve, physiotherapist Sarah Mindham and Headway administrator Carol Brand.

Thanks also to

Three Counties Lodge - £60

John Oakes for arranging a fantastic darts night which raised - £377

Stoke Row Cycling Club who held a 'Make Your Own Pizza Night' - £190

Waitrose Wallingford Community Matters Scheme - £260



Volunteer Drivers Needed

Do you know of anyone who could be a volunteer driver for Headway? Volunteers need to have their own car, a spare hour in the morning and or afternoon, a clean driving licence and of course a friendly and helpful manner. Expenses paid.

We are also looking for a relief mini bus driver. You would be required on an ad hoc basis to cover holidays and absences. Experience essential.

Please contact us if you are interested in either of these positions.

Raffle Prizes Needed



Let us make use of your unwanted gift items, toiletries, perfume, chocolates or bottles of wine or beer! These are needed for tombola and raffle prizes for events coming up. Please note they must be in good condition, unopened and in date.

Many thanks to those of you who keep sending things in and I am sorry if you have not been thanked individually. This is a real help to us and a great way of raising funds out of unwanted items. We also still need unwanted costume jewellery which we can sell. Again these items must be in good condition. Thank you!

Dates for your diary

HEADWAY WILL BE CLOSED

FRIDAY 6TH APRIL
MONDAY 4TH JUNE

MONDAY 9TH APRIL
TUESDAY 5TH JUNE

MONDAY 7TH MAY

HEADLINES

Saturday 28th April - Rising Sun Witheridge Hill – Music Festival - Family Friendly Musical Attraction



Hog Roast, Family Friendly music bands, Face Painting, splat the rat, charity auction etc – all in aid of Headway 1pm – 6pm.

Rock and Roll Bands 6pm -9pm

Headway favourite (pictured left, front row at last year's event) will be playing with his band The J J's at the festival so make sure you are there!

Monday May 7th - Henley on Thames May Fair – We will be having a stall.

Friday 1st June – We will be having a 'street party' for the Queen's Diamond Jubilee at Brunner Hall – details to follow nearer the time. Jane Westcott has kindly offered to make the party food which will include

Friday 29th June – Shiplake Memorial Hall – Headway and Friends. We will be repeating the very popular concert we had last year which will include music from our friends, Eddie Winchip, Mark Burton, Mike Rowbottom, Henley Festival Youth Orchestra and of course – our choir! More details nearer the time.

Contact details

Address: Brunner Hall
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Henley on Thames
RG9 1TF
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View this and all our previous
newsletters on line:

www.headwaythamesvalley.org.uk

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