

# HEADLINES

THE HEADWAY THAMES VALLEY NEWSLETTER December 2011

## 65's Club – October

CG Harrison	£65
G Cook	£35
Fiona McKechnie	£20
Georgie Benford	£15
Pat Barnett	£10
Stewart Graham	£10
Mark Adams	£5
Stuart Jalland	£5

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

### FORTHCOMING EVENTS:

#### Carol Concert

Friday 9<sup>th</sup> December

Christmas Carols at Brunner Hall. 11:00 – 12:00 followed by mince pies and mulled fruit punch

#### Tuesday Club

Tuesday 13<sup>th</sup> December 6:45pm  
Hollywood Bowl 10 Pin  
Bowling at Bracknell followed  
by meal at Pizza Hut  
All Welcome to this Christmas  
Event

#### Christmas Lunch and entertainment

Wednesday 14<sup>th</sup> December at  
Salisbury Club Henley

For all of these events please  
call 01491 411469  
email  
[cbrand@headwaythamesvalley.org.uk](mailto:cbrand@headwaythamesvalley.org.uk)

or check our web site  
[headwaythamesvalley.org.uk](http://headwaythamesvalley.org.uk)

## MERRY CHRISTMAS TO EVERYONE!

### NEWS 23<sup>rd</sup> AGM



Our 23<sup>rd</sup> AGM took place on 6<sup>th</sup> October. There was chance to reflect on a very good year for Headway. After the AGM business, there was a buffet lunch. Pictured are (left to right) Wendy Carlson, Dr Trevor Powell, clients Ian, Scott and Gerry, Henley Mayor Cllr. Pam Phillips, Trustee Keith Butterfield and Nick just out of shot.

Presentations were given by: a new volunteer **Shirley Smith**, who described how she had decided to volunteer after seeing our staff and clients from her home across the road and wondering how she could help. Shirley cooks with clients every Monday and also helps with fundraising; Psychology graduate, **Vera Hughes** reported on the progress of the 'Living with Brain Injury' course which is now in its second phase at Global Café in Reading. Vera, in conjunction with Bob Lamperd and professionals from the Community Based Neuro Rehab team have pioneered this time limited course aimed at providing information and adjustment and coping strategies for brain injury survivors. It now includes a section for carers too. **Physiotherapist Sarah Mindham** explained her recent work and how most can benefit from specialist Neurological Physiotherapy after brain injury. This is provided in one of our three centres and can also take place in the home. Our new physiotherapist **Kaye Hillsdon** now visits clients in their homes offering short intensive courses of physiotherapy.

**President Richard Gilby** expressed thanks to all those who had donated time and money, he paid tribute to our new Patron Debbie Flood and reported that Graham Bates our Treasurer would very sadly be stepping down this year. He welcomed Graham's replacement, Richard Wilkinson. **Headway Chairman Dr Trevor Powell** reflected that the word that came to mind thinking about the past year was 'consolidation'. The Henley centre is working well and the staff do an excellent job.

### Knit a Neuron

Dr Anne Cooke of Bristol Neuroscience, a research project at University of Bristol, visited Brunner Hall recently. Anne is a keen knitter as well as a scientist:



Knit a Neuron is a collaborative, knitting, art project. We want you to pick up your needles and hooks to create hundreds of woolly brain cells. We'll sew them all together to create a fabulous brainy artwork. Once it's done, the sculpture will go on tour to raise funds for the Head Injury Therapy Endowment Fund and will have a permanent home in the University of Bristol's brain imaging centre, CRIC (Clinical Research Imaging Centre) opening later this year.

Headway staff and clients joined in making neurons and Anne dropped by to install our own part of the 'network' which will be on permanent display in our quiet room. She also spent time

telling everyone about the project and answered questions from the clients.



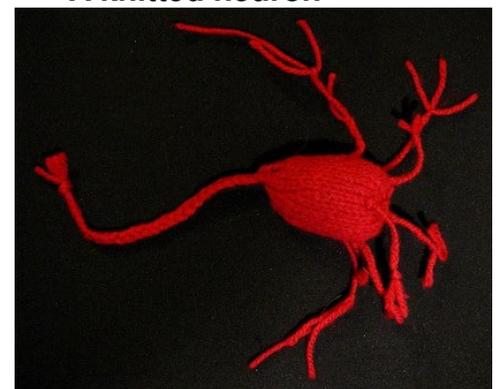
The artwork

If you would like to knit or crochet a neuron (or lots!) please call Carol in the office as she has the details.

You can read more about this at

<http://knitaneuron.blogspot.com/p/about-knit-neuron.html>

### A knitted neuron



## Christmas Cards and Calendars



You may have heard that we have produced our own calendar and Christmas cards this year. Headway art group clients lead by artist Helena Levett used 6 original designs for the cards plus one for each month of the year for our calendar. These are on sale from the office.

If you can stock cards or calendars in your shop or office or any other suitable location please let us know.

We are very grateful to Effective Print Solutions of Reading who have sponsored these for us. We make around £2.20 per calendar and 60p per pack of cards.



We hope to expand this project next year to cover other greetings cards. Quite apart from that, the confidence boost this has given to our artists has been amazing to see. They loved to see their work 'in print' and know that they were helping to raise funds. Pictured above is Helena opening the first box of calendars and showing the group.

Cards, 6 per pack (1 each of 6 designs) £2.99. Calendars £5 each

## Satellites and staff changes

As mentioned above, Graham Bates has retired as Treasurer and he will be very sadly missed. Graham oversaw recent changes at Headway and provided Wendy and Carol in particular with lots of friendly practical advice and information. Our new Treasurer is **Richard Wilkinson**, Richard brings a wealth of experience from his long career in finance and has also been Treasurer of a large housing organisation. He also has personal experience of brain injury as his son is a service user at Henley.

## HEADLINES

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We are thrilled to report that on January 9th we will be opening a new satellite in West Berkshire bringing our total to three. This will provide easier access to our services to the West of Reading. We have been helped by a grant from the West Berkshire Community Transition fund. It is still in its early stages but it is envisaged that this new satellite, as well as providing the usual day activities, will act as a stepping stone for those moving on from other Headway services. For example, those who have completed 6 months on our Wellbeing course may then access this satellite for a further 6 months on an ad hoc basis. It is hoped this will provide backup and support whilst promoting greater independence.

This service will be staffed by **Angela Perks and Teresa Edwards**. Teresa will be replaced on Wednesdays at the centre in Henley by **Catherine Harrington**. We expect that as the service expands we will recruit more volunteers to support it.

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### Thank you

We would like to express our heartfelt thanks to the following organisations and companies for friendship, advice and practical and financial support over the past year.

Berrymans Lace Mawer	John Lewis Partnership
Country Gardens Playhatch	Kenton Theatre
déjà vu Reasturant - Reading	Marc Antoni - Henley
Delta Motorsport - Stoke Row	Perfection of Caversham
Dormie Golf Society	Phyllis Court Club - Henley
Effective Print Solutions - Reading	Precious Love Jewellers - Henley
Electric Landscape	Rising Sun Pub Witheridge Hill
Gardeners Nursing	Roy Bailey Band
Henley Allotment Association	Sacred Heart School
Henley Business School	Salisbury Club
Henley College	Shiplake Bowling Club
Henley Festival Trust	St Barnabas Church
Henley Lions	Stoke Row Classic Cars
Henley on Thames Town Council	Stoke Row Cycle Club
Henley Standard	Toad Hall Garden Centre
Hobbs of Henley	U-Connect Electrical

And all others who have helped. We have also had donations for our new minibus which will be arriving in February –so more acknowledgements then! We would also like to thank those individuals, volunteers and other supporters who continue to help us keep going. Our fees cover approximately 75% of our running costs and so we must raise the rest each year. In addition, we receive much support in other ways from many people and we could not operate without it.

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### Contact details

**Address:** Brunner Hall  
84B Greys Road  
Henley on Thames  
RG9 1TF

**View this and all our previous newsletters on line:**

[www.headwaythamesvalley.org.uk](http://www.headwaythamesvalley.org.uk)

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