



Headway Thames Valley

Newsletter

OCTOBER 2015

65s CLUB

August

E Ferris - £65

S Jallard - £35

M Brown - £20

C Coultard - £15

B Newport - £10

C Harrison - £10

K Landau - £5

L Saward - £5

September

S Graham - £65

D Armstrong - £35

M Brown - £20

G Powell - £15

J Bajada - £10

P Ferris - £10

D Johnston - £5

A Westcott - £5

If you would like to raise funds for Headway or volunteer with us, please get in contact

New Recruits



Stephen, at Brunner Hall

Headway Thames Valley would like to welcome four new members of staff to the team.

Stephen Welch was appointed as Chief Executive at the beginning of August 2015.

On his role, Stephen said "My main aim is to raise the profile of Headway throughout the Thames Valley & further develop the clinical services in terms of location, groups, activities and bespoke enablement for

clients who have a brain injury."

We have a new Support Worker in Charley Holmes. Charley joined the Headway team in a part-time capacity at the end of September.

She has spent many years as a mental health nurse and currently divides her time between Headway Thames Valley and working with people with dementia. She's also studying for a psychotherapy and counselling qualification.

Zoe Lane has joined Headway Thames Valley as Fundraising Manager and brings over 11 years' experience in fundraising, having worked for a number of charities & previously worked for 8 years in the private sector.

Zoe is responsible for all aspects of fundraising from seeking grants and donations from Trusts, Foundations, companies and individuals, to supporting local fundraising events and activities.

Rob Curtis has also joined as a driver.



Zoe Lane, Fundraising Manager

Dates for Your Diary

Annual Review, Thursday 19 November, 7-8.30pm

We invite all Headway supporters to Brunner Hall for our Annual Review. Find out more about our activities over the last year, with talks from the Chairman, CEO and Mayor of Henley, Cllr Lorraine Hillier.

Henley Christmas Festival, Friday 4 December, 5-9pm

We will have a stall at this year's annual Christmas Festival featuring arts & crafts made by our clients and a tombola with some great prizes.

Client Choir Christmas Concert, Wednesday 9 December - 11am-12 noon

Everyone is welcome to join us for our annual Christmas Concert held at Brunner Hall in Henley

Keith Butterfield 23.06.1937 - 07.06.2015



Earlier on this year Headway Thames Valley lost one of its longest serving trustees and someone who was considered part of the Headway family.

Headway Thames Valley Chairman, Dr. Trevor Powell knew Keith well.

“Keith was a lovely man, a real model for us all in how to live a good life. He cared for his son David, disabled by a very severe head injury, which left him in a wheelchair, amnesic and aphasic, with dedica-

tion, sensitivity and compassion .

“At his funeral, we learned that he was a man who had spent a few years of his childhood in hospital with TB but I guess that gave him a sensitivity to those less fortunate than himself.

“He was a stalwart of the Headway Board since 2006 and was especially helpful in the transitional years between Brian as manager and then Wendy. He was very much a mentor, guide and father fig-

ure to Wendy in her five years as manager – a role she greatly appreciated. He was a man I was very pleased & honoured to have known.”

Richard Gilby added;

“When illness prevented Keith attending trustee meetings he nevertheless still took an active interest in what was going on and made his views known by telephone. His contributions as a trustee were always wise and his judgment sound.”

Carol's Outreach Work



Carol, at our centre in Henley

As an Outreach Worker for Headway, it's Carol Lock's job to assist people who have had a brain injury address the difficulties that may present themselves once they get home.

One lady Carol has seen in recent months had a brain tumour removed, the residual effects of this were that she had some physical difficulties but it had also affected her confidence and her cognition.

She found everyday tasks such as going shopping overwhelming and draining.

To make things more manageable, they broke the task down into more achievable tasks, firstly, walking to the bus stop and back a few times to improve stamina and re familiarise herself with the route. In the next few sessions they boarded the bus together into town before coming straight home again.

Over many weeks they have made incremental gains, with the ultimate goal being that Carol's client feels confident enough to not only make the journey on her own but be able to cope with walking around the shops as well.

The outreach service can enable clients to achieve what is important to them.

Thank You!

We would like to say a huge thank you to every one who has sponsored, donated or fundraised for us in the last couple of months.

We've had a £1570 grant from Henley Town Council for a new hydraulic neurology couch and a £100 donation from BottomlineTechnologies. Ormsby Charitable Trust donated £1,500 and a £50

donation from Nettlebed Arts Society. FSP Solicitors raised £480 at a golf match.

Our team of cyclists raised over £7000, while ad2one BT raised more than £600 for us in a football tournament. Barbara Potter and her family also managed to raise over £600 for us at the Henley Regatta for the Disabled.

We've also had event donations from Pepsico, Waitrose, Sonning Flowers and Meta-physical.

And, look out for us in Waitrose Wokingham where we are one of their chosen charities for October. While Whitchurch Toll Bridge are featuring HTV on their collection buckets.



Our cycle team under the Eiffel Tower

Challenge Weymouth for Headway Thames Valley



Gisela was taking part in a charity bike ride in May 2015 when she was hit by a car. After making good progress in her recovery from several physical injuries, Gisela soon realised the severity

of her brain injury. She started seeing Carol from Headway Thames Valley's outreach service towards the end of June.

Gisela's colleague, Anna felt helpless after the accident and, wanting to do something to support Gisela, recently completed Challenge Weymouth to raise money for Headway. The challenge is a triathlon of ironman distances. Anna swam 3.8km (in the sea),

cycled 112 miles, and finished by running a marathon (26 miles).

On Anna's huge achievement Gisela said "Anna wanted to support a cause that meant something to me but also, it meant a lot to her as she witnessed the accident. Headway have been invaluable to me in terms of support and information. I could not have been where I am today without them."

For more information about the event, or to sponsor Anna you can find a link on our website or [click here](#)

Rugby & the Brain - Tackling the Truth

World Rugby's chief medical officer has told the BBC the sports rules may have to change to reduce concussions.

As the 2015 Rugby World Cup continues, Martin Rafferty said the tackle would be the most likely focus of any changes.

Reported concussions in rugby have reportedly doubled in five years and a UK expert said on

average one player at every Six Nations match suffered a brain injury.

The number of reported concussions in rugby rose by 59% in 2013-14. In Scotland, the number of cases being reported has also nearly doubled in the past two years, after the SRU called for incidents to be flagged up.

Neuropathologist Dr Willie Stewart, thinks change in the sport is overdue.

"I think if it doesn't do something really pro-active about it soon, parents and spectators are going to say that's not the game that I want to watch anymore because there's too much damage being done to young men, and they'll turn away from it.

"So now we have to think of how we can reduce the risk."



Clinical Corner: Insight & Awareness

Headway Thames Valley clinical coordinator, Bob Lamperd talks about insight and awareness – an essential executive skill.

Of all the difficulties that follow brain injury, perhaps the most disconcerting are problems with insight and awareness. After injury, there may be little or no realisation of the deficits caused by the trauma. So, in the weeks following

hospitalisation, people don't often recognise the problems they may well have with attention, memory, thinking skills and in some instances even with a physical paralysis. This lack of awareness often greatly limits any recovery.

These problems with insight and awareness are very difficult to address. Telling someone how they have changed is often not

helpful. Professionals will often use assessments and tests to indicate the nature and degree of deficit. This gives the person knowledge of the problem and invariably gives them intellectual awareness of their difficulties. However, this may not translate into how they function day to day. What really does appear to promote awareness and insight is their direct engagement with the 'real' world and their reflections of their experiences.

When they gain awareness and insight this is the time when they will often self-refer to Headway and ask for help. Headway's clinical team do their best to advise support and educate clients at this critical time.



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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.

Out & About



Archery with the Thursday Group, improving balance, focus and coordination.



The clients enjoying the Hobbs boat trip, funded by the money HTV client Andrew raised for his efforts in the Green Park Challenge in March



Clients, family members, supporters and HTV President, Richard Gilby, enjoying the Headway BBQ



Congrats to Senior Support Worker, Teresa, who got married in September



Nigel, completing one of MANY laps at Palmer Park