

HEADLINES

THE HEADWAY THAMES VALLEY NEWSLETTER March 2015

Headway Thames Valley, Brunner Hall, 84b Greys Road, Henley on Thames, RG9 1TF

65's Club November 2014

K Butterfield	£65
C Saunders	£35
D Horton	£20
D Kippax	£15
R Gilby	£10
P Barnett	£10
J McKendrick	£5
E Jalland	£5

65's Club December 2014

J Littlejohn	£65
L Rampton	£35
J Smith	£20
M Ives	£15
C McIvor	£10
T Gillham	£10
P Barnett	£5
A Westcott	£5

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

Dates For Your Diary

Last day we are open before
Easter
Thursday 2nd April

First day we are open after Easter
Tuesday 7th April

Action for Brain Injury Week
18th – 24th May

Headway Quiz Evening
Thursday 21st May

News

We had a great Christmas!



Christmas was very busy at Headway Thames Valley. We had our AGM at the Salisbury Club in Henley and were joined by the Deputy Mayor.

Our stall proved very popular at Henley Christmas Festival, we met some great people and raised vital funds for the charity.

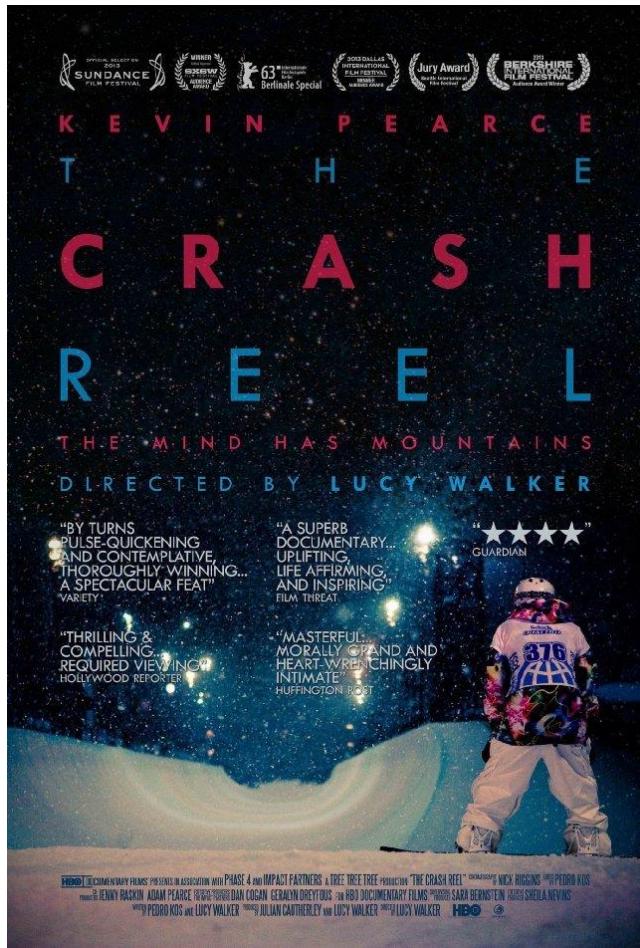
Many thanks to Kate Armitage from Invesco Perpetual for helping on the night as well as staff: Elaine, Phil and Matt (pictured) and Jamie, Olivia and Michael. The tombola was a great success . thank you to Tesco for donating bottles.

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Other news:

Headway Thames Valley presents The Crash Reel

A night to explore the true impact a brain injury can have on an individual and those around them.



On Monday 16 February Headway Thames Valley hosted a screening of *The Crash Reel* at South Hill Park in Bracknell.

Kevin Pearce is left with a life-threatening brain injury when he suffers a training accident at Park City, Utah, in 2009. Determined to help him through the tortuous recovery period, Kevin's family wastes no time in rallying round to help him to rebuild his life. But when he insists on defying medical advice and attempting a return to competitive snowboarding, Kevin soon discovers he has a fight on his hands, as his family closes ranks and refuses to let him take the risk.

Trevor Powell started the night with a quick talk about what we at Headway Thames Valley do to help people living with brain injury. Followed by Bob Lamperd talking about the positive impact this film can have on its audience.

Headway Thames Valley manager Wendy Carlson says: "It was fantastic to see the cinema packed for this very successful event for the charity. Great to see so many clients, friends, family and visiting professionals who all hopefully gained some further insight.+

Volunteer Vacancies

Volunteer Relief Minibus Driver

Collecting our clients from the Reading area and bringing them to our centre in Henley on Thames. This would be to cover driver absences or holidays and perhaps provide additional driving when needed. 4 hour occasional sessions.

Full clean driving license required. Experience is desirable but full training will be provided.

Fundraising Volunteers

To help with local community fundraising events such as fairs, street collections etc.

To apply, please phone 01491 411469, or email info@headwaythamesvalley.org.uk or write to Headway Thames Valley, Brunner Hall, 84b Greys Road, Henley on Thames RG9 1TF

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MORE NEWS FROM CHRISTMAS



South Reading Wellbeing enjoyed a Christmas lunch (far left)

Sharon Warnes and Mat Critchfield performed at the Christmas Concert at Brunner Hall (left)



And Henley Festival Trust's Stuart Turner presents a cheque to Dr Trevor Powell for music therapy at Brunner Hall (left)

Shaun the Sheep

Headway Thames Valley volunteer Mark Burton helps to raise awareness of brain injury as co-director of a new film. Mark Burton (pictured right, playing piano at last year's Henley College workshop) has worked with Headway Thames Valley for many years . regularly visiting its centre in Henley on Thames to play the piano for the charity's clients.

One of the causes of brain injury . a blow to the head,

befalls a character in the new film and a large part of the following hilarious storyline occurs whilst the character is still without his memory. It was this that prompted Mark to point out to his fellow director that actually brain injuries aren't that funny and that unlike in the Tom and Jerry cartoons of old . the character's head may never get better. As a result, the film's charity partner became Headway UK.



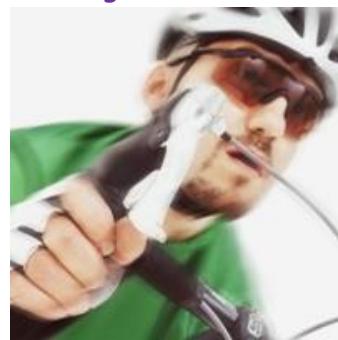
August last year, the charity's general manager, Wendy Carlson, was invited to Aardman Studios in Bristol and met Shaun the Sheep for herself. She was amazed to see the work that went in to the film's models and street scenes.

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Wendy says: %Mark has been a fantastic support to our charity and particularly its music therapy for many years. Despite his obvious talents, we only found out about his work from a fellow band member and to us he's just Mark the pianist. His talents, modest nature and selflessness are all too rare these days+

News from Headway UK:

Headway UK welcomes Transport for London's plans to improve roads for cyclists



Headway has given its support to the Cycle Superhighway plans to better protect cyclists riding on London's roads. Approved earlier today by Transport for London (TfL), the new measures will improve an existing Cycling Superhighway in the capital and create new ones with enhanced safety measures including segregation curbs.

Headway believes TfL's plans are an important step forward in protecting cyclists. Brain injuries are unfortunately particularly common amongst this group. As a result, Headway is a strong advocate of measures that effectively protect cyclists from accidents that may result in brain injury, including better road infrastructure and the wearing of cycle helmets.

<https://www.headway.org.uk/news/headway-welcomes-transport-for-londons-plans-to-improve-the-capitals-roads-for-cyclists.aspx>

Congratulations!!!



Everyone at Headway Thames Valley would like to say a huge congratulations to Gaye and Tim (pictured, left) . two of our regular clients at the day centre in Henley . who recently got engaged, after meeting here.

We look forward to hearing their plans for the big day!

Recent studies have shown that eating well doesn't just boost your strength – the nutrients in food are also excellent fuel for the brain.

Researchers from Tufts University found that blueberries don't simply improve memory . they can actually reverse memory loss. A study published in the Journal of Neuroscience found an extract of blueberries eaten every day led to a reversal of nerve cell damage in rats. After eating their daily dose of berries, the rodents learned

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faster, had a better short-term memory and had improved balance and co-ordination.



Avocados may be fatty, but they contain extremely healthy unsaturated fats, which help to keep brain cell membranes flexible.

And who says that healthy food can't be delicious? Cocoa can improve verbal fluency and cognitive function, while eating a daily portion of dark chocolate has been found to improve blood flow to the brain.

With this in mind, our Monday group in Calcot have put some of these foods to the test. After snacking on avocado, a handful of walnuts, some blueberries, whole grain bread and dark chocolate they took part in a quiz . with varying results.

The super foods weren't an instant success but each of the clients are going to try to eat more of them in future.

Food for thought! Find out more by following this link:

<http://www.telegraph.co.uk/news/science/science-news/11364896/Brain-food-6-snacks-that-are-good-for-the-mind.html>

Welcome

We're very pleased to welcome **Helen Scholey** who joined us just before Christmas.

Helen is an occupational therapist with 19 years experience in the NHS mainly in acute hospital settings, latterly in neuro-rehabilitation on Caversham Ward in Royal Berkshire Hospital .

Helen will be working with clients on Tuesdays and Wednesdays providing specific treatment and working on individual goals.

Claire Hughes has recently joined as accounts assistant working three days a week.

We wish them every success in their new roles!

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Saturday 16th . Sunday 24th May

Action for Brain Injury Week

Thursday 21st May

Headway Quiz Night at Salisbury Club, Henley

Sunday 21st June

Sponsored Walk – watch this space for more details

STAY IN TOUCH

Newsletter Editor . Jamie Higgins
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To follow us on Twitter and Facebook please follow the links on our web site

<http://www.headwaythamesvalley.org.uk/>

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View this and all our previous newsletters online at:

www.headwaythamesvalley.org.uk/