



# Headway Thames Valley

## Newsletter

JANUARY 2016

### 65S CLUB

#### November

- M Adams - £65
- D Dorrington- £35
- P Fraifield - £20
- F Painter - £15
- A Keeley - £10
- G Powell - £10
- D Johnston - £5
- A Westcott - £5

#### December

- C Saunders - £65
- S Jalland - £35
- T Gillham - £20
- L Tarrant - £15
- P Barnett - £10
- M Brown - £10
- C Harrington - £5
- P Cassidy - £5

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

## Farewell Elaine & Sharon



Elaine Carpenter with Dr Trevor Powell on her last day

December saw us say goodbye to Elaine Carpenter, Day Care Manager and Sharon Warnes, Music Therapist.

Elaine had worked for Headway Thames Valley since 2008, originally as a Support Worker be-

fore taking over as Day Care Manager at the end of 2013.

Elaine was responsible for running the Day Centre in Henley and arranging activities for the clients. She also started the Tuesday Club, which meets on the first Tuesday of every month for dinner at a different venue each time.

Most of Elaine's retirement will be spent with her children and grandchildren. She has also joined a walking club.

Sharon worked for Headway Thames Valley for 8 years. Every Wednesday Sharon ran music therapy sessions at the Day Centre, working one on one with clients and also running the choir. She also arranged several concerts showcasing the bril-

liant talents of our clients.

Sharon got married last year and has now moved to Wales.

We would like to say good luck and a huge thank you to Elaine and Sharon for their fantastic work over the years.



Dr Trevor Powell, Sharon Warnes & Deputy Mayor, Julian Brookes

## Free Donations for Headway Thames Valley

Help Headway Thames Valley. Just by shopping online.

Shop with your favourite stores and a donation will be made to Headway Thames Valley without costing you a penny extra. Compare prices and shop at thousands of leading stores like Amazon,

Expedia eBay, Tesco and John Lewis.

All you have to do is [sign up for Give as you Live in support of Headway Thames Valley](#). Or search Give as you Live on your search engine.



Give as you Live™

# Dr Mary Catterall



Dr Mary Catterall donating a sculpture to Henley College. The college made a donation of £200 to Headway Thames Valley in exchange.

“Dr Mary Catterall, a great benefactor and financial supporter of Headway Thames Valley, sadly died towards the end of 2015.

“Dr Mary, as she was affectionately known, was well into her 90’s but was still remarkably active. In the past, Headway clients visited her garden at Willow Cottage in the village of Aston, near Henley to engage in creative activities – particularly sculpting in clay and gardening. The large garden had a number of

sheds which acted as studios.

“Dr Mary was a retired Doctor who opened up her garden to those with disability or illness particularly the visually impaired. She coined the phrase ETAT, standing for ‘Encouragement through art and talking’, and wanted it, as a movement, to be implemented in all elderly residential care homes.

“She was a caring, sensitive

lady who believed in helping people fulfil their potential and was mentally as sharp as a pin. Dr Mary moved away from Henley to London, but donated considerable money to Headway for a ‘holiday fund’ and other projects.

“She was a lovely lady who lived a life that was inspirational, long and undoubtedly ‘well lived’. There is a memorial service in London on Thursday 4th of February.”  
Dr Trevor Powell

*If you are interested in volunteering, we are looking for someone on a Monday between 10am-2pm to help out in the Day Centre kitchen, helping out with the mid-morning refreshments and the lunchtime routine.*

## New Year’s Resolutions

What are your new year’s resolutions for 2016?

If you are looking for something that will challenge you and really make a difference this year, why not try volunteering with us?

We are looking for enthusiastic people to come in to our day centre in Henley

and spend some time with our clients – helping them with personal goals, socialising or accessing the community.

Alternatively you could embark on a challenge and raise funds for us. Last year saw a group of Headway fundraisers cycle to Paris.

Anna Mattingley completed an Iron Man in aid of Headway

Thames Valley while we had several people complete the Reading Half Marathon and Green Park Challenge.



Andrew (left) raised money for Headway by taking part in the Green Park Challenge

## Thank You!

We were overwhelmed by your generosity over the festive season with various donations and fundraising activities from members of the public to businesses alike.

We had a £1700 donation from the Saddlers’ Company and a huge £4400 donation

from Boyes Turner Solicitors.

Barry Brooker’s family raised £1265 for us, while £270 was raised by Waitrose Wokingham in their Community Matters scheme and Wokingham Choral Society raised £427.50 at their brilliant Christmas Concert.

We’d also like to thank;

- Whitchurch Road Toll Bridge
- Field Seymour Parks
- Ormsby Charitable Trust
- St Barnabas Church
- White Waltham Social Club



Wokingham Choral Society

# Yoga - Calm the Mind, Heal the Brain

Yoga after a brain injury often proves to be a very successful form of recovery. Outreach Worker / Media Co-ordinator Jamie Higgins has been practicing yoga since 2014 and has helped him immensely since suffering a TBI in 2012.

"I had heard so many good things about yoga but for a long time I was anxious about trying it. I was finally convinced and after one class I was hooked! Not only did it have a positive physical effect - I ache for days after - it also had a huge effect on

my brain.

"Yoga can help people use their brain in a different way to calm it down and to focus and I think that's true to everyone, but when you've had a brain injury it often feels like your brain is going at 100 miles per hour in several different directions and the yoga helps to slow it down and bring a calmness."

Towards the end of 2015 Headway Thames Valley held its first ever yoga class for people who

have suffered a brain injury.

Emma, who suffered a brain injury in 2013 attended the yoga class;

"I found it very helpful, I felt much stronger and energised afterwards. I felt much more alert and awake, it got rid of that 'sluggish' feeling I often have."

The yoga classes will be a more regular feature throughout 2016 and if you or anyone you know has suffered a brain injury and may be interested in joining please email [jhiggins@headwaythamesvalley.org.uk](mailto:jhiggins@headwaythamesvalley.org.uk)

**"Yoga can help people use their brain in a different way to calm it down and to focus"**

## New Recruits

We are pleased to announce that Sally Davenport and Eleanor Braganza have recently joined the Headway Thames Valley team.

Sally has 8 years' experience as a Speech and Language Therapist and she has worked in the NHS on stroke units as well as rehabilitation centres for ABI's and in the community. Sally has also achieved a Diploma in CBT which she uses to compliment her speech therapy. She will be work-



Sally Davenport -  
Speech & Language  
Therapist

ing in our Day Centre once a week.

Eleanor is our new Music Therapist. She has experience in working with adults whom have acquired brain injuries from her work with the Richmond Music Trust where she runs a day service and visits clients in their homes.

Eleanor will be seeing clients weekly on a 1:1 and group basis for Music Therapy sessions, and will also be running the Headway Thames Valley Choir.



Eleanor Braganza - Music Therapist

## Clinical Corner: Anxiety

In this month's Clinical Corner, Headway Thames Valley Assistant Psychologist, Tara Bishop talks about anxiety following brain injury.

"Evidence suggests a strong correlation between brain injury and anxiety. Often individuals have difficulties they have not experienced before and they become uneasy about how they will cope

with these difficulties in various situations.

"Regulation of emotion is often much more difficult following Brain Injury and this can cause this apprehension to be exacerbated. These difficulties could be more subtle executive functions such as planning and organising, switching attention or decision making, as well as more obvious difficulties

such as memory problems or physical impairments. Any of these changes can impact on an individual's confidence and increase anxiety levels.

"During the recovery process individuals re-build their confidence and reduce their anxiety, but in some cases anxiety will persist. Anxiety at times is completely normal, but intense, persisting anxiety can impact on recovery"



Tara Bishop - Assistant Psychologist



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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.

## Coming Up in 2016

### 3 April - Reading Half Marathon & Green Park Challenge

This year we have a team of runners competing for Headway Thames Valley that includes Stephen Welch, our Chief Executive and Zoe Lane, Fundraising Manager along with a host of others.

### 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!

### 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.



Hats for Headway - Friday 13 May 2016