



# Headway Thames Valley

## Newsletter

MARCH 2017

### 65S CLUB

#### December

G Benford - £65

J McKendrick - £35

E Ferris - £20

M Ives - £15

J Smith - £10

C Saunders - £10

T Gilham - £5

D Horton - £5

#### January

P Cassidy - £65

C Coulter - £35

D Dorrington - £20

P Fraifeld - £15

L Seward - £10

G Powell - £10

J Bajada - £5

D Kippax - £5

*If you would like to join the 65s Club for just £5 a month, please get in [contact](#)*

## We Need Your Help!

Your support keeps Headway Thames Valley going. Every pound raised and every minute of your time given will help to make a massive difference to the lives of brain injury survivors, their families and carers.

As a small local and independent charity, it is only through the generosity and kindness of our supporters that we can continue to offer the support needed to those affected by brain injury and to meet the growing need.

JustGiving



Donate through our website

Call 01491 411469 for donation options



Just  
Text  
Giving™  
by  **vodafone**

Text 'HWTV00 £5' to 70070

Take on a challenging event or  
bake sale to fundraise for us



The easiest way of donating to Headway Thames Valley is by texting 'HWTV00 £1/£2/£5/£10' to 70070. You don't have to sign up for anything or enter any card details; the money donated will simply be added to your phone bill.

Donating through [JustGiving](#) is also very easy and don't forget to add gift aid to your donation if you are a UK tax payer. You can also [set up a monthly donation](#) if you would like to.

Taking on a fundraising event is often the most rewarding way of making money for charity and over the last few years we have been very grateful to fundraisers from a [team of cyclists pedalling their way to Paris](#), to a [local café organising a whole month of fundraising events](#), bake sales, collection tins and even an [Ironman](#).

Don't forget to tell us about your fundraising efforts so we can give you all the help and support you need to raise as much money as possible from your amazing efforts.

For more information and ideas on supporting Headway Thames Valley please click on the ['Support Us'](#) section on our website or call our Fundraising Manager, Zoe Lane, on 07540 754979



MUSIC WITH FRIENDS



Telemann, Handel and Bach

Sunday March 12<sup>th</sup> at 4pm

St Mary the Virgin, Hurley, SL6 5NF

Followed by tea and cake

£5 at the door &amp; bring a cushion

Proceeds to the Headway Charity and  
the Parish of Burchetts Green

## Music With Friends

**Barbara Moir, has arranged a concert with the proceeds being split between ourselves and a local parish.**

Barbara wanted to give something back to Headway Thames Valley after the charity worked with her husband following a brain injury last year.

*"Headway Thames Valley helped my husband Paul and me enormously after he fell off*

*his bicycle last summer and sustained a head injury.*

*"The care in hospital was very good, but when he came home we felt rather cast adrift on our own."*

We often hear this at Headway. We aim to fill that void and help families at this crucial time.

*"Carol from Headway TV came to our rescue straight away with practical advice, guidance and help, and Paul is now well on the road to a good recovery.*

*"I play music regularly at the home of a friend in Hurley, who was very supportive after the accident. We wanted to perform a little concert and thought that raising money for Headway Thames Valley, and also the local church, would make it all so much more worthwhile."*

The concert is at St Mary the Virgin, Hurley, SL6 5NF, on Sunday 12th March at 4pm - 5pm.

For just £5, the audience will be treated to live music followed by tea and cake. Tickets available at the door or you can [email Barbara to reserve in advance.](mailto:Barbara@headway.org.uk)

**"In love with your fantastic website ... recommending it. Great Job!"**

*Different Strokes*

## My Therapy

**Helping you find the right app after a Stroke or Brain Injury.**

The excellent new My Therapy website lists a wide range of smartphone and tablet apps to help live with the effects of brain injury and support your rehabilitation.

Each app is reviewed by clinicians and/or patients, giving a level of confidence that's diffi-

cult to achieve on the large app stores.

mytherapy was created by the multi-award winning Neuro-rehabilitation Team at Northern Devon Healthcare NHS Trust and is an NHS venture. They believe:

**Apps can improve your recovery and are a useful treatment tool.**

**Selecting the right app is key.**

**Information should be easily and freely available for patients and clinicians.**

**Helping patients recovery is our priority.**

Head to [www.my-therapy.co.uk](http://www.my-therapy.co.uk) to have a look for yourself and let us know which apps work best for you.

**my therapy**

## Client Film Review - Lion



**Our Wellbeing Group recently went to Showcase Cinema to see 'Lion' and Simon, who has been a Headway Thames Valley client since its inception, reviewed the film for us.**

*"I was dropped off at the cinema in Winnersh by my mum at 10:30am and met up with everyone. We saw a film about an Indian boy. He got on a train when he was younger and got lost. It was all about his life.*

*"He met a lady and he moved in with her and then he went back to find his birth mother. It was a very sad film but I would definitely recommend it."*

Thanks for the review, Simon!

Our Wellbeing Group meet once a week in South Reading Leisure Centre. The group participate in physiotherapy and exercise in the gym there.

A strong emphasis is on community re-integration skills with activities such as bowling, clay pigeon shooting, canoeing, fishing, golf and day trips.

# Waitrose Community Matters Scheme

## Waitrose Community Matters

We support good causes.  
You decide who gets what.



Last month we were selected as one of three charities in Waitrose Henley and also in Waitrose Wallingford as part of their Community Matters scheme.

At the end of your shop in branch, you'll receive a token to place in a box of the good cause you'd most like to support.

The more tokens a cause gets, the bigger the donation they receive. Each Waitrose branch donates £1,000 between the 3 local good causes.

A £234 cheque is on its way to us from Waitrose Wallingford, while the Henley branch are still counting the tokens.



In November, we were selected as one of the charities at Waitrose Oxford Road, Reading. Thank you to everyone who added their token to our pot. A fantastic £579 was given to Headway TV as a result.

## A New Me

This year, Action for Brain Injury Week is 8-14 May.

Our ABI Week campaign in 2017 will put brain injury survivors, carers and families right at its heart - inviting them to share how brain injury has impacted their lives.

A New Me will provide a platform for people to creatively share their experiences in order to challenge misperceptions of brain injury while demonstrating the value of having access to the right help, at

the right time, such as the support provided by Headway Thames Valley and other frontline services.

We know that brain injury is generally misunderstood, while those whose effects are largely hidden can struggle to get the help and support they need.

**Tell us how brain injury affects you and be part of ABI Week.**

## ACTION FOR BRAIN INJURY WEEK 2017

8-14 MAY

In the lead-up to ABI Week we're keen to find out about your experiences of life after brain injury, and also what the phrase 'a new me' means to you.

We are inviting anyone affected by brain injury - whether you're a Headway TV client, family member or carer - to get involved.

Some of our clients are already working on art projects, poems and short stories with their brain injuries in mind.

## Clinical Corner: Anger & Lowered Tolerance

Headway Thames Valley Chairman, Dr. Trevor Powell talks about anger & lowered tolerance after brain injury.

Often after a head injury a part of the frontal lobes are injured, which acts as an inhibitor, dampening down impulsive emotional and sensory responses – like a brake or a filter. The result of this damage is that people feel and act

in a less tolerant, more impulsive, more angry way. Little irritants become big irritants.

Emotional explosions are damaging to relationships - the biggest challenge for friends and family.

1. Recognise the stressors or triggers that provoke anger – keep a diary. It might be tiredness, noise, a tone of voice etc.

2. Discuss with others and work out a plan for coping or avoiding the trigger.

3. Work out a calming routine, - a relaxation exercise, a self-statement or a specific distraction task, even counting to ten.

4. If you feel you are 'losing it' remove yourself from the situation and calm down before returning.





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[@HeadwayThamesV](https://twitter.com/HeadwayThamesV)



[facebook.com/headwayhenleyonthames](https://facebook.com/headwayhenleyonthames)

**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.**

## Our Fantastic Festive Concert

**Christmas seems like such a long time ago now but we are still talking about how great our Christmas Concert was.**

On Wednesday 7th December we hosted Headway Thames Valley supporters, families, friends, trustees and carers for our annual Christmas Concert.

As well as a fittingly festive repertoire from our very own choir, we were also treated to performances from Eleanor Dunsdon, a Berkshire based harpist currently studying Music at the University of York, and the Henley Carol Singers.

Eleanor Dunsdon kicked the concert off with a captivating rendition of Walking

in the Air before going on to perform a variety of folk songs and finishing her set with In the Bleak Midwinter - it was a wonderful start to the concert.

The Headway Thames Valley Choir continued the concert with a winter poem from Cindy and Christmas classics such as Rockin' Around the Christmas Tree and Do they Know it's Christmas?

Headway TV Music Therapist, Eleanor Braganza, who has been working with the choir since January and organised the concert, went on to lead them in two of their favourite songs to perform; Cher's I Got You Babe and George Ezra's Budapest.



Our final act was from the wonderful Henley Carol Singers, who chose to raise money for Headway Thames Valley at all of their performances over the festive period. It was a fitting end to the concert as they encouraged the audience and Headway TV Choir to join them in rousing performances of Ding Dong! Merrily on High, Silent Night and God Rest You Merry, Gentlemen.

£2,100 was raised in total by the Henley Carol Singers.

**Come and see the Headway Thames Valley Choir perform with special guests at our Spring Concert at I I am on 24th May at our centre in Henley.**