



Headway Thames Valley

Newsletter

JULY 2017

65S CLUB

May

- L Rampton - £65
- B Newport - £35
- C Kelly - £20
- S Irons - £15
- L Saward - £10
- P Ferris - £10
- S Brooks - £5
- G Benford - £5

June

- L Tarrant - £65
- E Stebbings - £35
- D Dorrington - £20
- E Jalland - £15
- B Graham - £10
- C Badyal - £10
- P Fraiefeld - £5
- J Bajada - £5

If you would like to volunteer with us at Headway Thames Valley, please get in [contact](#)

The Roy Bailey Big Band Concert



A concert in aid of and celebrating the 30th anniversary of Headway Thames Valley.

Playing a wide range of Big Band favourites including Glenn Miller, Count Basie and Duke Ellington. With songs from vocalists, Gail Hendricks, Becky Kean and Ed Hall. From Bubl  to Sinatra and Ella to Eta James.

As well as canap s and a cash bar, there will also be raffle on the evening.

Concert tickets are available [here](#) or you can find a link on our website.

For HTV clients, please contact Zoe Lane at zlane@headwaythamesvalley.org.uk or 07540 754979

Date & Time

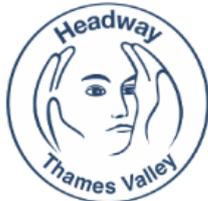
Saturday 30 September
19:30 - 22:30

Location

Christ Church Centre
46 Reading Road
Henley-on-Thames
RG9 1AG

Tickets

[General tickets are £15](#)
HTV clients are eligible for a reduced ticket price of £10

<p>Headway Thames Valley – the brain injury charity 30th Anniversary Draw</p>  <p>2 England Football Tickets 2 Great Western Railway Tickets 2 Henley Festival 2018 Tickets 2 X Luxury Hampers ...and lots more</p> <p>£1</p> <p>headwaythamesvalley.org.uk</p>		<p>Name.....</p> <p>.....</p> <p>Phone.....</p> <p>.....</p>
<p>Charity No. 900591</p>	<p>001</p>	<p>001</p>

Raffle tickets are now available to buy for our 30th Anniversary Draw.

The draw will take place at The Roy Bailey Big Band Concert on Saturday 30th September and we already have some fantastic prizes up for grabs, with more being added in the coming weeks.

Please get in contact if you would like to buy any tickets or - even better - sell any on our behalf!

A New Me - Christina



Christina has been a Headway Thames Valley client for the last 19 years, after suffering a brain injury in 1987. She looks back on the last 30 years with 'A New Me' in mind.

"I was manageress of a travel agency in London and I had a brain tumour. I was at work and just fell on the floor. Then I had to go to John Radcliffe Hospital in Oxford and they put a metal plate in my skull. After hospital I had to stay with my mum and she looked after me.

"I used to live in a high rise building in Bracknell, now I live in a little bungalow.

"I wasn't able to work after my brain injury and that was upsetting but if I was at work I wouldn't be here (at Headway TV), meeting you lot.

"I can't cook anymore, I can't concentrate - it's just awful. I always repeat myself and my boyfriend gets frustrated with me. And I get frustrated. But he understands and we make up.

"My boyfriend retired early to look after me and my mum had to look after me too.

"I'm doing a lot better now. I'm more mobile now; I can walk a lot more. Headway has helped a lot. I like coming here because I meet my friends and sing in the choir. I enjoy the cognitive exercises.

"I know I won't ever go back to work but at least I've been to a lot of nice places; I've been to Jamaica, Barbados and lots of other happy places."

Thank You

Liz Lewis (pictured, right) raised £342 for Headway Thames Valley in the Reading Half Marathon.

Donna Guile also took part in the 13.42 mile run and donated arts & crafts materials as a result of her fundraising.

Once again, a team of runners from Boyes Turner completed our Reading Half team and raised a huge £1,682.

We have recently lost some dear friends of HTV in John Madeley, Gill Butterfield, Holly Gudger, Les Moss, Nick Drawater and Malcom Flowerdew. It is so sad to lose people close to the charity but it is comforting to see the effect we've had on their lives recognised in the form of donations in memoriam equating to over £2,000. Thank you.

Gaenor, who is a regular at one of our groups, recently tied the knot and asked for donations to be made to HTV as a wedding present. Thank you and congratulations to Gaenor & Paul - £675 was donated to HTV.

Blandy & Blandy LLP also made a donation of £200. Thank you to all of our supporters.



Headway Thames Valley would like to say a big thank you to everyone who has helped support us in the last few months.

We couldn't continue to provide the vital support we currently offer without donations from our generous supporters.



Stan Walks Hadrian's Wall

In May, Wokingham resident, Stan Hetherington, walked Hadrian's Wall to raise funds for Headway Thames Valley.

Stan tells us he chose to support Headway Thames Valley as his daughter fell and suffered a brain injury three years ago whilst out running

and the charity has provided immensely valuable help in her ongoing recovery.

"I was first fascinated by Hadrian's wall when we studied it at school. As a kid I wanted to walk it and I finally got the chance to deliver my dream while also helping the charity who were so important in Faye's recovery - she would not have got to where she is today without them. Headway

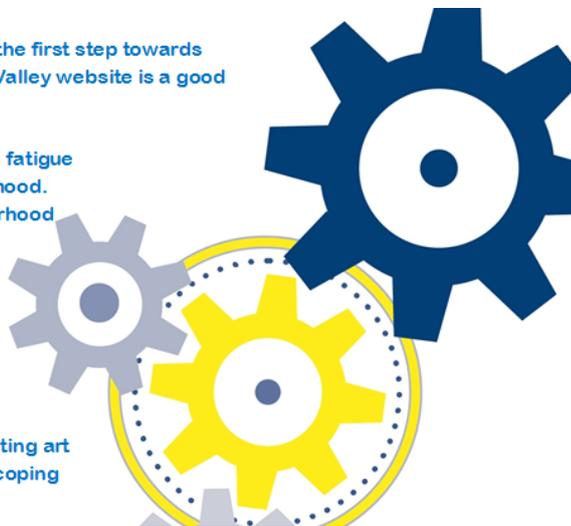
TV are never far from Jo and my thoughts."

In total, Stan raised a whopping £1,215. Zoe Lane, Fundraising Manager at HTV said "We would like to thank Stan for his amazing fundraising efforts. The funds raised will help the charity to provide more brain injury survivors like Stan's daughter and their families with the crucial support they need as part of their rehabilitation and recovery."

Coping with Depression after Brain Injury

Depression is common among brain injury survivors, with half of all survivors experiencing it in the first year following their injury. It can also develop as the person starts to understand the full impact of their injury, and can lead to feelings of hopelessness and altered self-esteem & identity as the survivor reflects over the changes that they are facing, and may continue to face in the future. Here are some top tips on coping with depression after brain injury;

- Educate yourself on the effects of brain injury. Understanding your injury may be the first step towards accepting it, which might help with managing depression. The Headway Thames Valley website is a good place to start.
- Try to exercise for a few minutes every day. This may be difficult if you experience fatigue or have limited mobility. However, exercise is a proven method of improving low mood. Try to set yourself a routine, for example taking a short walk around the neighbourhood in the morning, or doing some gentle stretches for five minutes every afternoon.
- Try to talk to your family or friends about how you're feeling and why you may appear to be distant. If you find it difficult to speak about how you feel, try to find other ways of communicating such as writing a letter.
- Engage in activities that you enjoy doing, such as listening to uplifting music, creating art or reading a book. Research indicates that these activities can be useful ways of coping with depression. And don't be afraid to try something new!



Please go to the [Headway website](#) for more tips to help cope with depression. Or speak to someone at Headway Thames Valley.

You can also contact the Headway helpline on 0808 800 2244, or speak to Samaritans on its 24-hour support line 116 123.

Friends of Headway Thames Valley - Prize Draw

In this, the 30th anniversary of the charity, we are launching our 'Friends of Headway Thames Valley Prize Draw' as part of our £30,000 fundraising appeal this year.

You don't need to be a client or family member to join, just someone who wants to make a differ-

ence to the lives of people affected by brain injuries.

For just £5 a month, you can become a member, lending us your support and voice whilst also being in with the chance of winning up to £100 from the quarterly prize draw.

- | | |
|------------------|------|
| • 1st Prize | £100 |
| • 2nd Prize | £50 |
| • 3rd Prize | £30 |
| • 4th Prize | £20 |
| • 5th Prizes 2 X | £10 |

Your regular contribution will go directly to support local people to adapt to life after brain injury, relearn lost skills, and regain a degree of independence.

- £25 per client funds a group physiotherapy/ enablement session
- £61 funds one day of activities in our Henley Rehabilitation and Activity Centre
- £200 pays for a day trip for 6 clients and their carers
- £2,500 will fund our Art Therapy support for one year. Art workshops can help in long term recovery from brain injury, not only by improving patients' mood and self-esteem, but also encouraging the brain's capacity to repair itself
- £9,000 will fund our Music Therapy for one year - this can help multiple areas of brain function, improving memory recall, speech, attention, awareness and boost physical strength and coordination.

For more information or to request a sign up form please contact Zoe Lane email: zlane@headwaythamesvalley.org.uk
Tel: 07540 754979 or 01491 411469

Henley Town Centre Choir Performance



“It was great to raise some funds too – that’s what keeps this place going, and this place is like gold to someone like me.” - Tim

On Wednesday 7 June the Headway Thames Valley Choir were in fine voice once again - this time in Henley town centre.

Led by Eleanor Braganza, Headway Thames Valley’s Music Therapist, the choir performed a range of new songs and old, from classics such as ‘We Will Rock You’ and ‘Imagine’ to more modern tracks from

George Ezra and Passenger. Jamie Higgins, who works for Headway Thames Valley said

“Besides being entertaining, music therapy produces excellent physical and cognitive results. Performances at concerts have a great impact on improving confidence. The choir were excited about performing outside, in the town centre, as there would be lots of people who hadn’t ever seen them sing before.

“Performing is something our clients really enjoy, but the bit that meant the most to them was contributing to Headway Thames Valley – people were stopping in the street to see what was going on, taking a leaflet about the charity and making a donation.”

Tim, a Headway Thames

Valley client who performed with the choir had this to say;

“I think it’s a really good idea for us to get out into the community like we did. It’s our chance to show that disabled people can achieve a lot and it helps the general public have a better understanding of brain injury.

“It was great to raise some funds too – that’s what keeps this place going, and this place is like gold to someone like me. If it hadn’t been for Headway Thames Valley I would probably be in sheltered housing somewhere and unable to walk but instead I’m pushing on and I have some independence. I do my own shopping, walk my dog and much more. We should do more street performances like this all over the Thames Valley.”

Al’s Owls Fly In for a Visit



Clients at our Centre in Henley were delighted to have Alan from Al’s Owls join them on Friday 7th July.

Alan kept the guys entertained, speaking with great passion and knowledge while showing off three different types of owl.

Nigel (pictured bottom left), said

“It was nice to see the owls up close. They were much lighter than I thought they’d be and were surprisingly calm. We all really enjoyed it.”



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



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.

The Living with Brain Injury Course

The Living with Brain Injury Course is an 11 week programme run in Reading; a collaboration between Headway Thames Valley professionals and those within the Community Based Neuro Rehabilitation Team.

The course aims to provide insight and information on clients' conditions following Acquired Brain Injury. Our most recent course finished in May and we asked the attendees to reflect on their experience:

"Having this group to attend has provided meaningful structure to my week, a safe place to come where my difficulties can be shared and understood by others. Just feeling less alone in a dark and not well understood condition has been immeasurable in its value. Thank you" – Stacie

"Headway Thames Valley has been invaluable to my ongoing recovery. Help from the dedicated professionals and the group participant's individual experiences have given me great hope for the future." – Andy

"Attending the 'Living with Brain Injury' group has been extremely beneficial to me. Meeting others who are experiencing the same changes in life as me and learning to cope with change has helped me tremendously. I will miss this group." – Emma

"The 'Living with Brain Injury' group has completely changed my outlook on how I view my life after Traumatic Brain Injury. It has been a life saver. Meeting other people who have had a Brain Injury has



"The Living with Brain Injury group allowed me to understand what Brain Injury does to people and how to cope with it." – Roger

"Would have been lost without it; friendly, no-pressure group that explained brain function clearly and gave helpful strategies for coping with the change in expectations. A group that gives people hope!" – Vicky

been amazing, I feel like a person instead of an alien in a normal world. I understand myself and my limitations. The Headway course changes lives for the better." – Kate

"Fantastic experience where I had the opportunity to meet others who had Brain Injury and the sessions were brilliant." – Evelyne

It is always helpful to receive feedback on our services and it's fantastic when the feedback is this positive. If you would like to contribute towards someone attending the next Living with Brain Injury Course, [please click here](#).

