



65s CLUB

May

J McKendrick - £65

F McKechnie - £35

T Gillham - £20

K Landau - £15

J Smith - £10

P Harrison - £10

S Budd - £5

E Ferris - £5

July

B Graham - £65

J Bajada - £35

D Dorrington - £20

C Saunders - £15

J McKendrick - £10

C Kelly - £10

M Brown - £5

F Painter £5

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

Headway Thames Valley Newsletter

JULY 2015

Reading Half Marathon & Green Park Challenge



Boyes Turner solicitors with their half marathon medals

This year we had more fundraisers than ever, taking part in the Reading Half Marathon and Green Park Challenge.

Field Seymour Parkes solicitors had 37 runners raising money for Headway Thames Valley

after Stephanie Wood-Smith, the wife of FSP's senior partner Ian, sustained a serious head injury. Stephanie has made a fantastic recovery so far and walked the Green Park Challenge with Ian.

We also had runners from Boyes Turner solicitors complete the half marathon, while Headway clients Alan and Andrew took part in the Green Park Challenge.

We would like to thank everyone who took part in managing to raise over £16,000 which will go towards providing the best possible care for our clients.



FSP solicitors after completing the Green Park Challenge. Stephanie and Ian - far right.



Alan & Andrew with members of staff and family and carers

Headway Barbecue, Saturday 8th August

On Saturday 8th August we are having a barbecue at our centre in Henley. Everyone is welcome from clients, families and friends to general members of the public.

As well as a barbecue being manned by some Headway clients, we'll be having lots of fun and

games with some brilliant prizes.

If you'd like more information about the barbecue or you'd like to help out please email tbishop@headwaythamesvalley.org.uk

We'll be getting cooking from 12pm.



Brunner Hall in Henley

Honouring the Strength & Determination of Carers



Carers Week, which ran from 8-14 June, is a national campaign that aims to raise awareness of the selfless dedication of carers across the UK.

Headway UK has voiced its support for the vital work of carers of brain injury survivors by adding a message to the Carers Week campaign pledge wall.

For Headway, the week provided a fantastic chance to honour the incredible commitment of carers who devote time and often make personal sacrifices to support people living with a brain injury. It is also an opportunity to highlight the need to

support this inspirational group of people.

"Headway pledges to continue supporting carers of people with brain injury. We will continue to campaign to raise awareness of emotional strain and loneliness that can result from caring for someone with physical, cognitive or behavioural problems and whose personality may have changed dramatically.

"We will continue to provide support through our comprehensive factsheets and booklets at www.headway.org.uk and our nurse-led helpline on 0808 800 2244. Overall, we pledge to continue to fight to ensure that even if the disability is hidden, the carer's needs are not.

"With significant cuts to local support services on the horizon, the need to ensure that carers are receiving the correct level of help and advice has never been greater."



Matt with Chris, one of our clients, receiving the cheque

A Month Of Fundraising From Alto-Lounge

For the duration of June, Alto-Lounge, in Caversham have organised various events to raise money for Headway Thames Valley.

They managed to raise £100 for their "Guess the name of the bear" competition, and even more when they ran 5km around Dinton Pastures.

They also held a fantastic Live Music Night and most recently a Quiz Night.

In total they managed to raise a whopping £1,150 for Headway Thames Valley and we couldn't be more grateful. The money will go towards providing the best possible service to our clients and campaigning to reduce the

incidence of brain injury in the Thames Valley.



Team Alto-Lounge after completing a 5k at Dinton Pastures

Ian & Matt Making Great Progress

Ian, having a well deserved sit down



Matt has been working for Headway for 2 years and spends most of his time in the community working with people living with brain injury, in their homes or in the local area.

He has been working with Ian - a former police officer and

ASBO Manager, for the last 6 months after he suffered a stroke in September 2013.

Ian had goals to improve his physical abilities and to be more active at home. Together they worked on Ian's coordination, balance and muscle movements, often using

the gym at the MS Centre in Reading.

Ian has made brilliant progress and is much more confident in his abilities - so much so that he is now working as a volunteer at Helen Douglas House in Reading.

Well done Ian!

Wokingham to Paris Bike Ride, 18th July



The team on one of their regular training rides in Henley

Between Saturday 18th and Monday 20th July, Jamie and his friends will be cycling over 200 miles to Paris to raise money for Headway Thames Valley.

Jamie suffered a brain injury 3 years ago as a result of an assault on a night out in Reading. He was left with permanent brain damage, causing memory loss, fatigue, headaches, loss of taste and smell and recurring anxiety.

Some of the team ran the Reading

Half Marathon for Headway last year but this year it will be extra special as Jamie will be able to take part in what will be a huge challenge for everyone, but him in particular.

Jamie puts a lot of his recovery down to the work of Headway and after initially being told he would never work again, he now works for the charity, helping others in their recovery.

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

Staff Changes

We're very pleased to welcome Catherine Baron who joined us in April 2015 in the newly created position of Office Manager and she comes with over 16 years of administrative experience within the care sector.

Catherine is responsible for the day to day running of the office and supports the other staff at Headway together with the newly

appointed CEO, trustees and volunteers.

Catherine has settled in brilliantly and will prove to be a vital part of the team.

We'd also like to say a big thank you and good luck to Helen Scholey and Wendy Carlson who recently left the charity.



Catherine, working hard at Brunner Hall

Clinical Corner: Executive Functioning

In Clinical Corner, Headway Thames Valley Chairman, Dr. Trevor Powell talks about executive functioning after brain injury.

"Executive functioning is a term that gets bandied around frequently and is important to understand as the majority of people who have a brain injury will have problems with 'executive functioning'.

"We all have an executive part of our brain, which is like the CEO of a business or conductor of an orchestra or general of an army – the bit that coordinates and supervises everything. It is located in our frontal lobes, which sits behind our forehead. In any 'shaking up of the brain' this area gets damaged first, so that our ability to plan and organise, weigh things up and make decisions, to switch attention, to multitask and do

more than one thing at once, is compromised.

"Often people don't recognize these difficulties because they are less obvious, or more difficult to describe, than memory problems or concentration or language, but they are very real."

-Dr. Trevor Powell





Brunner Hall
84B Greys Road
Henley-on-Thames
Oxfordshire

Phone: 01491 411469

E-mail: info@headwaythamesvalley.org.uk

Website: headwaythamesvalley.org.uk



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



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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



Headway clients and staff with Wendy on her last day



Colin, Teresa and Steve with Marks & Spencer Chief Fund-raiser, Ms Sharma.

M&S raised over £3000 for us.



Congratulations to Headway clients Tim & Gaye, who got married in June



Pete and Sheila painting pots in art therapy at Greenfield House in Calcot

Hole in one!

Nigel, enjoying a round of golf at Sportsable in Maidenhead

