

655 CLUB

April

- M Adams - £65
- S Graham - £35
- D Dorrington - £20
- D Horton - £15
- C M-Harrington - £10
- M Glover - £10
- J McKendrick - £5
- D Armstrong - £5

May

- B Graham - £65
- J Smith - £35
- S Jalland - £20
- J Bajada - £15
- A Westcott - £10
- B Newport - £10
- L Tarrant - £5
- S Graham - £5

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

Headway Thames Valley Newsletter

JULY 2016

Hats for Headway 2016



Friday 13 May was Hats for Headway Day and Headway supporters across the Thames Valley got involved, donning their finest headgear to raise money for the charity. It was also a chance to show support for our campaign to encourage grassroots and junior sports clubs to take an 'if in doubt, sit it out!' approach to head injuries. *Campaign info on page 3.*

Clients from our centre in Henley made their own hats and proudly wore them on the day. Christina, standing next to Trevor Powell (top left) won a prize for creating the best hat.



And hats were on display all over Henley College too, with staff and pupils alike (top right) representing Headway and using #HatsForHeadway. They also held a cake sale and Crossbar Challenge on Thursday to help raise funds for the charity.

20-year-old Erin Park, a pupil at Pathways (department supporting children with disabilities and learning difficulties) in Henley College, won this year's UK-wide competition for 'best hat' with her colourful Mohawk headgear (bottom left), earning a prize of £150 vouchers to spend online.

St Mary's School, in Henley joined in (bottom right). Headmaster Rob Harmer said: *"The children enjoyed taking part. It was a great way for them to understand more about the brain and how to be more concussion aware if they bump their heads in the playground or while playing sport."*

Boyes Turner Solicitors also took part with some brilliant hats. To see more photos, have a look at the [Gallery on our BRAND NEW website.](#)

We'd like to thank everyone who took part in a great day and helped to raise over £600.



Lucas & Zac Take on Snowdon



On top of the world (or Wales at least)

Carol Lock, Outreach Therapist at Headway Thames Valley, started seeing Elizabeth Rose at the end of last year, after Elizabeth suffered

a stroke while on holiday in Portugal. Carol visited Elizabeth in her home for 8 weeks, working on adjusting to life after brain injury.

"My family have appreciated all the work and time spent with Carol in order to help me with my recovery after my stroke so much that my grandsons Lucas (14) and Zac (12) have set up a sponsor page and raised almost £500 for Headway Thames Valley. They were sponsored to walk to the summit of Mount Snowdon.

"As I had to go onto a long waiting list, the NHS was not initially able to offer the help I needed to give me the confi-

dence necessary to lead a normal life. It was also helpful that Carol visited me at home and put my brain and body through the exercises"

Thank you so much to Lucas and Zac for climbing a huge 3,560 ft to conquer Mount Snowdon in support of Headway Thames Valley.

And Good luck to Elizabeth who is continuing her recovery with help from the Community Based Neuro Rehabilitation team.

"Pat was always active and practical and I remember him taking a group of Head Injured attendees to the New Forest Camping when he was in his late sixties."

Sad News

Pat Barnett, one of the founders of Headway Thames Valley passed away on Thursday, June 9. He had only recently celebrated his 90th birthday.

When their son Lindsay was left brain injured after a motor bike accident, Roseanne and Pat Barnett found there was no support locally. Realising the very great need, they set up Headway Berkshire in 1987 (we now know it as Headway Thames Valley).

Trevor Powell, Headway Thames Valley Chairman, knew Pat well and he had these words to say;

"Pat Barnett was the husband of Roseanne, the founder and driving force behind the early days of Headway Thames Valley. Pat was a 'lovely man', whose contribution to Headway was considerable: as a support to Roseanne, as a practical helper, and then as the finance officer, with a careful eye for how the pennies were spent.



"Pat's contribution to the development of Headway was enormous and his picture, with Roseanne, sits proudly on the wall of the day centre in Henley."

[More on our website.](#)

Benefits Booklet Launched

With governmental cuts and reforms putting increasing pressure upon applicants, a guide to welfare benefits after brain injury aims to help people affected by brain injury cope with the ever-changing face of the welfare system.

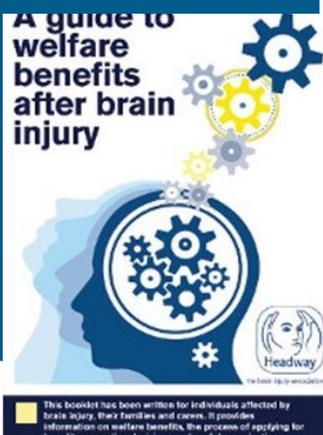
The booklet covers key issues such as Personal Independence Payment (PIP), and how

to access core benefits including Statutory Sick Pay (SSP), Employment and Support Allowance (ESA), benefits while in hospital, and Universal Credit.

"We hope that this bespoke booklet will serve as a clear and accessible guide to help people navigate their way to securing the benefits they may urgently

need" said Tamsin Ahmad, Publications and Research Manager at Headway UK.

There are more details about the booklet on our [website](#) and the booklet is available to [download free of charge](#), or you can buy a printed copy through the [Headway UK online shop](#).



Concussion Aware Campaign

**IF IN DOUBT,
SIT IT OUT!**

Headway's new campaign is urging grassroots and junior sports clubs across the UK to be concussion aware and take an 'if in doubt, sit it out!' approach to head injuries.

The Headway Concussion Aware campaign has the backing of the FA and Rugby Football Union, as well as former professional rugby

player Lewis Moody and sports concussion expert Dr Willie Stewart.

"Sport plays a key role in keeping us fit and healthy" said Stephen Welch, Chief Executive of Headway Thames Valley. *"As with everyday life, however, accidents, falls and collisions can happen.*

"While most injuries are obvious, the signs of concussion can often be difficult to identify and yet at Headway, we know the damage that can be caused if people continue to play sport while concussed.

"A great deal has been achieved in

the past few years to improve concussion protocols, with the emphasis being placed on professional sport to set a good example for others to follow.

"But we believe everyone who plays sport should be concussion aware – particularly those at grassroots level who are playing purely for the love of it and do not have ambulances and doctors on standby should something go wrong."

Head to our [website](#) for more information and to watch the campaign video.

"Concussion is something that everyone who plays sport – at whatever level or intensity – should be aware of. Don't play on regardless – you could be putting yourself in danger"

-Former England rugby captain, Lewis Moody

Vocalesse Friends & Family Concert

Sing it loud...sing it proud!

Vocalesse Choir are performing on Sunday July 10th at 6p.m. at Lambrook School in Winkfield Row (RG42 6LU).

Headway Thames Valley client, Kin Wan and his wife, Anna nominated the charity to be the recipient of the choir's fundraising endeavours; donations for tea and coffee during breaks and the retiring collection from the concert.

"My wife Anna and I joined this choir together when it started a few months ago because we love to sing and it was a great way to meet new people and relax after a long week.



"Tickets aren't required, everyone is welcome to attend, just turn up on the day. There is a collection at the end which will be going to Headway Thames Valley."

The choir sing all types of music, from chart music to more classical pieces and everything in between!

We hope to see some of our supporters there.

Thank You

We would like to say a huge thank you to every one who has sponsored, donated or fundraised for us in the last couple of months.

We've had a grant from the [Shanly Foundation](#), a donation from West Berkshire Council and all the money raised by Henley College, St. Mary's School and Boyes Turner Solicitors during Hats for Headway.

Emile Foyster ran the London Marathon at the end of April to jointly raise money for Headway Thames Valley and Headway UK. Emile's sister has been an outreach client since last year and has made great progress in her recovery so far. Emile raised over £1,500.

We've also received a lot of generous donations in memoriam of Headway supporters and clients; Alison Madeley had been a Headway Thames Valley client for some time and sadly passed away on 27th May.

Alison will be greatly missed by the clients and staff at Headway Thames Valley and our condolences go to her husband, John and family.

Donations have also been received in memoriam of Pat Barnett.

We'd also like to thank the volunteers from [SGN](#) - info on page 4 - and a massive thank you to [RedGreenBlue](#), who helped build our new website. We couldn't continue to offer our services without our brilliant supporters!



Marathon Man, Emile



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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.

Garden Makeover with SGN



Volunteers from SGN's Reading depot spent a day at the end of May creating a more open and accessible space as well as constructing a pergola to go in the garden.

The garden, at the Headway Thames Valley hub in Henley is popular with clients attending the Day Centre activities, which include helping to maintain the garden as part of their rehabilitation following brain injury.



During the Spring, Activities Manager, Teresa Garland redesigned the garden, to make it a calm and relaxing place for the clients to sit.

"The garden needed to be more accessible for people using wheelchairs or who may have some mobility problems.

"It was a lot of hard work and we would not have been able to do it without the volunteers from SGN who helped us out with some of the bigger landscaping and heavy jobs.

"The volunteers from SGN did such a fantastic job, all we had to do was provide the cups of tea and cake!

"There is now a raised flower bed, sensory garden, pergola with climbers, and a rockery.

"Headway clients, Tim, Adam and Peter along with volunteer, Alison were of great help. And we are also grateful to Jewsons in Henley,

Wyevale and Harringtons of Reading for the discounts on plants and materials."

