

## 65S CLUB

### July

S Jalland - £65

G Cook - £35

G Powell - £20

G Benford - £15

F Painter - £10

S Graham - £10

E Stebbings - £5

A Westcott - £5

### August

S Brooks - £65

E Ferris - £35

G Cook - £20

C M-Harrington - £15

G Powell - £10

J Smith - £10

C Saunders - £5

B Newport - £5

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

# Headway Thames Valley Newsletter

SEPTEMBER 2016

## Henley Half Marathon & 10k Run



Rotary  Club of Henley Bridge

### Henley Half Marathon and 10k Run 2016

Sunday 9th October



**Do you need a challenge this Autumn? Why not join the Headway Thames Valley team taking part in the Henley Half Marathon and 10k runs on Sunday 9th October and help to raise funds to support people with brain injury.**

The Marathon course follows a beautiful scenic route through

Henley, over the famous bridge, and along the Thames Valley. It then returns to cross the river and takes the runners up the hill at Fawley before bringing them home to the Henley Rugby Club.

Both the Half Marathon and 10k races start and finish at the Henley Rugby Club, Marlow Road, Henley. There is free car park-

ing for competitors in the adjoining meadows, but entrants should be aware there is no public transport which will allow runners to reach the Rugby Club in time for the start.

For more information or to receive an entry form contact Headway Thames Valley Fundraising Manager, [Zoe Lane](#) or call 07540 754979

## Richard Branson Saved by Helmet in Bike Crash

Sir Richard Branson has credited his cycling helmet for saving his life after a cycling accident on the British Virgin Islands.

The businessman was cycling with his two grown up children on the Islands when he hit a hump in the road. He said he was left thinking he would die but was only saved because he was wearing a helmet.

He said: *"I was heading down a hill when it suddenly got really dark and I managed to hit a hump in the road head on. The next thing I knew, I was being hurled over the handlebars.*

*"I thought I was going to die. I went flying head-first towards the road.*

*"I was wearing a helmet that saved my life."*

Peter McCabe, Chief Executive of Headway UK, said the accident reinforces the need for all cyclists to wear helmets. He said:

*"I would like to extend my best wishes to Sir Richard and wish him a speedy recovery. I am extremely pleased to hear that he was wearing a helmet – as I would suggest are his family and friends. Had he not been, the outcome could have been devastating."*

# Headway Thames Valley Triathlon 2016

**All the money is finally in and has been counted. We are pleased to report that the Client Triathlon raised a fantastic £645.**

Teresa Garland, Activities Manager at Headway Thames Valley organised the event, which took place in June.

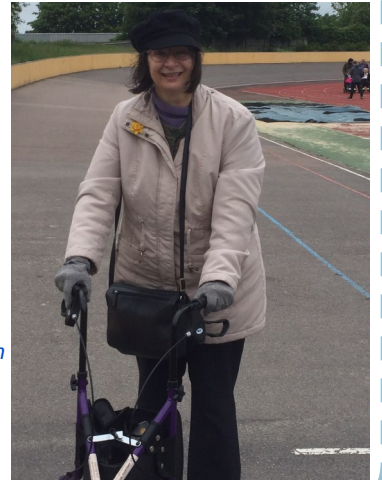
*"The first event was a two mile walk, held at Palmer Park. Even though it was a very cold day everyone who took part did extremely well.*

*"The second week was two miles on the Motomed (motorized movement therapy device), with some clients doing a lot more!*

*"The third week was chair exercises for an hour, these included gentle stretches, chair zumba and chair tai chi.*

*"I am so pleased with the turn out and would like to make this an annual event. Thank you to everyone who took*

*part and to the client sponsors."*



**"Jim was a philosophical man and always wanted the best for the world. He was extremely talented and could always make things seem better through his music."**

- Headway TV Clinical Coordinator, Bob Lamperd

## Sad News

**James Carroll recently passed away, on July 1 2016 after struggling to combat emphysema for many years.**

Following a serious life threatening head injury from a road traffic accident in 2000, he found Headway helped him to pull through, and he became a great supporter of the charity.

He was well known for his

riveting performances on blues harmonica and guitar and he often performed at fundraising concerts in Henley and Reading over the years.

He established a comradely relationship with those together on weekly therapy meetings where the meaning of life was frequently the main topic of conversation!

He was a true friend to all

those who knew him and he will be sadly missed by all his family, friends and everyone at HTV.



## Aliquando Chamber Choir Concert

**Tickets are now available for the Aliquando Chamber Choir concert, in aid of Headway Thames Valley on Saturday 19th November.**

Aliquando Chamber Choir has helped raise over £27,000 for charity since its inception in 2010. Based in Henley, their programming aims to

give the audience works by composers both comfortable and familiar.

The Aliquando Chamber Choir concerts are keenly anticipated social occasions too. The slightly extended interval allows the audience time to enjoy the company of friends with coffee, good wine and delicious canapés.

**The concert is on Saturday 19th November, 7.30pm at St. Mary's Church in Henley.**

**For reserved seating (£20) please call 01491 578238**

**For unreserved seating (£16) please call 01189 673892**

**ALIQUANDO**  
~ Chamber Choir ~  
Conductor - Anne Evans  
**"TOWARDS THE LIGHT"**  
Mendelssohn Eric Whitacre  
Haydn & Handel Morten Lauridsen  
WEST FOREST SINFONIA  
Leader - Giles Wade  
TICKETS  
RESERVED £20 - 01491 578238  
UNRESERVED SEATING £16 - 01189 673 892  
**ST MARY'S CHURCH - HENLEY - 7.30**  
**SATURDAY 19 NOVEMBER**  
in aid of  
**HEADWAY Thames Valley**  
Headway works to improve life after brain injury.

# Zoe Does the Thames Path Challenge



Over the weekend 10/11 September more than 3000 people took on the main Thames Path Challenge following England's greatest river; and Zoe Lane, our Fundraising Manager was one of them.

The Thames Path is unique; it's the only long distance path to follow a river for most of its length. The full route begins at Bishop's Park, next to Putney Bridge, and on through leafy Kew and Richmond. It passes the Royal palace of Hampton Court, beneath Windsor Castle and on

through beautiful countryside to Henley - a whopping 100km in total!

*"I don't think I have ever done anything quite like it! It was the toughest challenge I have done, mentally and physically. Not to mention walking in torrential rain on Saturday - wet, hot, humid conditions lead to many blisters!"*

Everyone at Headway Thames Valley would like to say a huge well done and thank you to Zoe for completing such a massive challenge to raise money for the charity.

To hear more about Zoe's fantastic efforts and to see more pictures; [read the story on our website](#), which includes a link to the fundraising page.

## Thank You

**It has been a fantastic couple of months for Headway Thames Valley and it is always great to see our services recognised.**

We've received a huge £10,000 from Childwick Trust and a further £5,000 from them, thanks to Mark Farmer, one of their trustees, selecting us as his chosen charity.

Santander, the Discovery Foundation have given us a grant of £4,880.

The Ammco Trust have donated £1,000, while we also received £421 from Groupe SEB.

Georgia Murrell and friends held a cake sale at Woodcote Community Centre and managed to raise £182 for Headway Thames Valley - thank you to everyone who helped out and made cakes.

Headway Thames Valley Trustee, Tom Satterthwaite took part in the Purbeck Marathon on 18 September. With over 26 hilly miles; it is one of the toughest

marathons in the country. After the race, Tom said;

*"It was brutal! I expected it to be hard but the hills were ridiculous. It was also 24 degrees which meant we all had cramp for about half the race."*

[Tom has so far raised almost £1,000](#)

Thank you to all of the clients, supporters and charitable trusts who have contributed over the last couple of months, allowing Headway Thames Valley to continue to offer its vital services.

## Clinical Corner: Fatigue

**In this month's Clinical Corner, Headway Thames Valley Brain Injury Therapist, Carol Lock talks about fatigue following brain injury.**

*"After an acquired brain injury the symptom we find to be most common to all is fatigue. Feeling tired is quite normal for a person after hard work or a long day but in people with ABI it happens quicker and more frequently than it does in the general population.*

*"Physical fatigue usually comes from muscle weakness but cognitive fatigue occurs as the brain needs more effort to think and process information, particularly after injury.*

*"Cognitive fatigue can be managed in a number of ways. We would recommend implementing a routine and structure to your days as a very useful exercise, ensuring that the balance between 'doing' and 'resting' is used*

*as a basic outline to the day. This helps to ensure that you don't continually find yourselves doing too much on one day then feeling exhausted for the next day or two after.*

*"The temptation to overdo things when you have recovered from a bout of fatigue will inevitably lead to another day or two of feeling exhausted which is an unhelpful pattern to adopt."*





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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.

## Picture Round Up



Andrew (right) takes part in the Green Park Challenge every year & the money raised pays for this annual boat trip



Art Therapist, Helena at the Nettlebed Art Show

Our clients work was displayed & proceeds were donated to HTV

We've been presented with a Silver Gilt Award in the Community Garden Category of Henley in Bloom.

Thank you to everyone who has put so much work into our garden this year



Vocalesse Choir performing in aid of HTV

£531.42 was raised in total - thank you!