



Headway Thames Valley

Newsletter



DECEMBER 2016

65S CLUB

September

D Armstrong - £65

G Butterfield - £35

G Benford - £20

L Rampton - £15

G Powell - £10

C Kelly - £10

S Brooks - £5

P Cassidy - £5

October

J Smith - £65

D Johnston - £35

M Glover - £20

S Jalland - £15

E Jalland - £10

C Saunders - £10

C Coulter - £5

S Irons - £5

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

Headway Thames Valley Christmas Concert

HEADWAY THAMES VALLEY
THE BRAIN INJURY ASSOCIATION

Christmas

CONCERT

FEATURING
THE HEADWAY CHOIR,
ELEANOR DUNSDON &
HENLEY CAROL SINGERS

WEDNESDAY 7th
DECEMBER 2016
STARTS AT 11:00am
FOLLOWED BY TEA AND CAKE FOR ALL!

FREE ADMISSION NO TICKET REQUIRED,
BUT DONATIONS ARE WELCOME

Headway Thames Valley, Brunner Hall, 84B Greys Road, Henley-on-Thames, Oxon, RG9 1TF
Tel: 01491 411469 | Parking available at the rear of the building

With music from the Headway Thames Valley Choir, Henley Carol Singers and Eleanor Dunsdon - a classically trained harpist, the concert will be a fantastic occasion.

which has been great fun and we are excited to have Eleanor and The Henley Carol Singers performing alongside us!"

The concert is on Wednesday 7th December, 11:00am at Brunner Hall in Henley.

No ticket required but donations are welcome.

Headway TV Music Therapist, Eleanor Braganza has been working with the choir for almost a year now and has organised the concert;

"This is my first Christmas concert at Headway, and we have had a great year, with this being our third concert!"

Come along to our Christmas Concert at our centre in Henley on Wednesday 7th December from 11:00am.

"The choir have been working hard to learn a range of songs,



Nigel Hitting His Targets with Sarah

Headway Thames Valley Neuro-Physiotherapist, Sarah Mindham works with clients to achieve physical goals following an acquired brain injury.

Nigel suffered a major stroke in December 2014. After 18 months rehab at the RBH and BIRT in Milton Keynes he returned home.

He is currently accessing physio with Sarah at the Berkshire MS Therapy centre in Reading.

A lifelong shooter, on his return home in May 2016 he joined SportsAble (specialising in disability sports) in Maidenhead and took up the new discipline of 10M target air Rifle shooting. The club has now put

Nigel forward for a Disability Shooting GB club training weekend at Stoke Mandeville, part of the Development programme for the Tokyo 2020 games. The weekend is designed as a talent spotting and training opportunity.

Well done Nigel! Keep hitting your targets.

Headway Thames Valley Calendar 2017



Headway Thames Valley
2017 Calendar

The Headway Thames Valley 2017 Calendar is available now.

Over the last few months, clients who attend our centre in Henley have been working on seasonal art projects and poetry to feature in the charity's calendar.

The calendars, which make for a great Christmas gift, will be available to buy for £8 at all of our upcoming events and they are also available to purchase from our office.



On a cold and frosty night
The fireworks could give you a fright
Reds and yellows light up the sky
The bonfire warms you as you go by
Christina



September is a wonderful month
The squirrels are searching for their lunch
The leaves turn from green to Brown
Rabbits burrowing under ground
Holly



Help help helping
Spring is on the way
The flowers are full now
Can't help people though
The leaves are turning green
The field are being sown
More soon a date
The calendar are out
Jane



Thank You!

Headway Thames Valley cannot continue to run without the fantastic support of our amazing donors and fundraisers. We'd like to say a huge thank you to everyone who has contributed in the last couple of months.

Groupe SEB raised £537.50 by taking part in the Henley Half Marathon & 10K and also made a £350 donation on top of that!

The Aliquando Chamber Choir Concert was superb. We don't yet know how much money was raised but the evening was a great success.

We've recently had collection tins returned from Franco Belge in Henley, Stoke Row Post Office and Henley Chiropractic Centre, adding up to a grand total of £216.92 which is fantastic!

And we have been selected as

one of three charities in Waitrose Oxford Road, Reading as part of their Community Matters scheme. People have been donating their green tokens so we can have a share of £1000.



We also continue to receive donations through our [JustGiving](#) page and our text to donate code. **Thank you!**

Caversham Methodist Church Autumn Fair



On Saturday 12 November Caversham Methodist Church held their annual Autumn Fair. This time the chosen charity was Headway Thames Valley.

With delicious homemade cakes & bread, jam & chut-

ney, some fantastic craft work, gifts, plants, toys, books and games for the kids, as well as a raffle, fun competitions and more; the Autumn Fair was a great event.

In total the Autumn Fair raised £1,715 for Headway Thames Valley.

Thank you to everyone at Caversham Methodist Church for your amazing efforts.

Headway TV Fundraising Manager said;

"Thank you! This donation will make an important contribution to the support and services we provide to local people with brain injuries."

You can text
'HWTV00 £5'
to 70070 to
donate to
Headway
Thames Valley
and make a
difference
today

Stephen Hawking Talks Living with a Neuro Condition at Brain Injury Conference



World-renowned physicist Stephen Hawking appeared as a guest speaker at a neurological conference, hosted by the charity Headway Suffolk in October.

Professor Hawking spoke about his realisation that MND (motor neuron disease) and his disability

would not stop him from achieving.

"[Certain discoveries] took my research down new avenues but what it also proved is that MND was no barrier to thinking, achieving and getting on with life. We just have to find new ways of doing things."

The physicist also spoke about his difficulties with communication and how it impacted his life.

"If your voice is slurred like mine was, people can think you are mentally deficient and treat you accordingly."

His inspiring speech also focused on his feelings around disability and his beliefs about what can be achieved.

"I feel lucky that my disability has not been a serious handicap in my scientific work and has not prevented me from leading a full and active life. I believe people with disability should concentrate on things that their handicap doesn't prevent them from doing and not regret those they can't do. Easily said I know."

The conference also included a talk from Dr Trevor Powell, Consultant Clinical Psychologist, author and Chairman of Headway Thames Valley - who spoke about post traumatic growth.

To read more about the Headway Suffolk Conference please [click here](#). You can also watch extracts from the conference on [YouTube](#).

Coping with Taste & Smell Problems After Brain Injury

After a brain injury, many people report that their senses of taste and/or smell have been affected. Headway UK have put together a list of strategies to help those affected to maintain a healthy diet.

Loss or changes to taste and smell may be caused by injury to the nasal passages, damage to the nerves in the nose and mouth, or injury to the brain itself. It is most common in more severe brain injuries, and if the effects are due to damage to the brain, recovery is rare. The effects are also reported by some people after

minor head injuries, where recovery is more common.

Changes to taste and smell can affect appetite and eating in a number of ways:

The smell of food stimulates the appetite, so loss of smell can lead to reduced appetite and lack of interest in food, while some people may avoid eating altogether.

Be imaginative. Use varied colours and textures. Under-cook vegetables so that they are crunchy. Try using seeds, nuts,

wholegrain cereals, fresh fruit and vegetables, beans and pulses to add texture.

Serve hot and cold foods together. Try ice cream with hot sauce/ stewed fruit or lasagne with salad. Make meals a social time with friends and family. Establish a regular routine. Try to eat breakfast, lunch, evening meals and snacks at the same time every day. [Full story here.](#)



Henley Living Advent Calendar 5/12/16



On Monday 5th December there will be a performance at the Angel on the Bridge Pub, Henley, in aid of Headway Thames Valley.

The Henley Living Advent Calendar is based on an original idea from Stockholm and began here in 2011.

One of the first events of it's kind in the UK, it runs every evening from December 1st to 24th. Like a children's Advent Calendar, a different window or door is opened at 6:15pm promptly each evening and a 30 minute performance is given to the audience assembled.

Performances can include songs, carols, music, poetry, book excerpts, notes from local history or folklore, sketches, dance etc, all with a Christmas or winter focus to them.

Each Venue is matched, by the Organising Committee, with a local performer or group of performers and a collection is made, and Raffle tickets sold, every evening for selected local Charities.

Headway Thames Valley are the chosen charity for the Angel on the Bridge on Monday 5th December. Come along for what is sure to be a great evening.



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Henley-on-Thames
Oxfordshire

Phone: 01491 411469

E-mail: info@headwaythamesvalley.org.uk

Website: headwaythamesvalley.org.uk



[@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.



1. We have recently said goodbye to David (centre) who had been coming to the Headway Thames Valley Centre in Henley for over 10 years. David has since moved to Abingdon and a group trip to visit him is on the cards.
2. Our sensory garden in Henley is finally complete with a plaque dedicating it to Alan Rumble, a former client who was blind. Alan loved the outdoors and we thought a sensory garden in his memory was fitting.
3. Runners representing Headway Thames Valley in the Henley 10K and Half Marathon - thank you!