

the brain injury charity

Headway Thames Valley

Newsletter

DECEMBER 2017

65+ CLUB

September

S Brooks - £65

G Powell - £35

D Johnstone - £20

C Coulter - £15

T Gillham - £10

L Saward - £10

M Brown - £5

S Graham - £5

October

D Armstrong - £65

S Graham - £35

L Rampton - £20

P Fraifeld - £15

M Adams - £10

A Westcott - £10

D Dorrington - £5

T Powell - £5

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

5K for Headway Thames Valley Success

On Sunday 15th October more than 100 people joined us for our 5k at Beale Park.

The sun was shining in Pangbourne on a fantastic day for the charity where in total, £8,000 was raised.

Jamie Higgins, who organised the event said

"It was great to see so many people turn up and to meet some of our client's families and supporters. I hope that everyone who came along had a good time and we'll hopefully see them at our next event."

[Jemma Barham](#), a Personal Trainer, got the day started with a warm up before everyone ran or walked the 5K - a beautiful, off

road route.

Once completed, participants picked up their medals and were treated to food and drinks. There was also the option of a complimentary sports massage from a professional masseuse and a delicious bake sale.

Headway Thames Valley would like to say a huge thank you to [Penlon](#) for sponsoring the event and to everyone who was there on the day, including our wonderful volunteers.



Mince Pie Morning



Support brain injury survivors by enjoying some festive treats in December!

Get in the festive spirit by holding

a Mince Pie Morning for Headway Thames Valley!

The Mince Pie Morning is a great chance to raise money to help those affected by brain injury, while sharing some lovely Christmas treats over a cuppa with friends, family or colleagues.

Simply choose a day that suits you in December, bake or buy some pies, promote your Mince Pie Morning - and enjoy!

We have a poster that can be used to promote your event; [you can download it](#), print it and add your event details.

How will your money help?

- £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

Farewell John

On Wednesday 18th October we said goodbye to **John Oakes**, who has worked for **Headway Thames Valley** for **16 years**.

Officially a Support Worker and Deputy Manager of our Centre in Henley but really more like part of the furniture at Headway TV and friend to everyone who comes through the door.

He will be greatly missed by clients and staff but has prom-

ised to pop in whenever he can to tell one of his famous jokes.

Headway TV Chairman, Dr Trevor Powell, presented John with a leaving gift on his last day and said a few words

"In all of John's years here, he has always been Mr Dependable. He keeps the Centre running without any fuss and if

there has ever been a problem, people go to John.

"He is someone who is a great example to new staff members at Headway Thames Valley over the years and will always be considered a great friend of the charity."



Last year we were treated to a jazzy performance by Ma Bessie at the Angel on the Bridge.

Almost £200 was raised on the night!



Henley Living Advent Calendar

Headway Thames Valley will once again be taking part in the Henley Living Advent Calendar

[The Henley Living Advent Calendar](#) is based on an original idea from Stockholm and began here in 2011. One of the first events of its kind in the UK, and certainly the first locally, 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. This 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.

On Friday 8th December at [The Bull on Bell Street](#), the Henley Living Advent Calendar will be supporting Headway Thames Valley and all funds raised from the evening will be donated to the charity. Come along from 5.45pm for a raffle and a festive performance.



Christmas at Headway TV

It's Christmas time and there is a lot going on at Headway Thames Valley.

As well as the Henley Living Advent Calendar on Friday 8th December and our Christmas Concert on Wednesday 13th December; we have a busy schedule for clients who attend our Centre.

There will be trips to SportsAble, Christmas card making and a surprise performance from children at Sacred Heart School.

There will be a 3 course Christmas dinner with all the trimmings followed by Henley Handbell Ringers and a visit from Guide Dogs for the Blind is planned - you'd have to be barking mad to not be excited about this one.

Our Centre will be shut from 21st December and open as usual from Wednesday 3rd January.



Funding Cuts Hit Headway Thames Valley

In October the BBC dropped in on Headway Thames Valley to find out about the charity and how funding cuts are impacting the lives of people living with brain injury in the area.

The camera crew came to the charity's Hub in Henley and caught some of Eleanor Braganza's music therapy session with a brain injured client, before having a chat with Headway Thames Valley Chairman, Dr. Trevor Powell.

"If we didn't exist there would be a lot of people who have had an acquired brain injury who would be largely on their own without anywhere to turn to"

The cameras then turned their attention to a therapy group in Reading. The group is for people who have suffered a mild to moderate brain injury, however the effects of the injury are often anything but mild. They met Headway Thames Valley clients and spoke to Janet about the benefits of the group.

"Other people say 'Yeah, I can't do this' and then they give you strategies"



Services like these have recently come under threat as the charity's income has shrunk so drastically, while members of staff have lost their jobs and the opening hours have been cut.

Head to our [website](#) to watch the film.

Our client's artwork was excellently received at the Henley Show on Saturday 9th September.

While all of their entries were recognised with a rosette, Jonathan took home 1st place for his beautiful umbrella water colour, Manoj got 2nd place for his swan creation and Sam picked up 3rd place with his bright & bold colours.

Our clients are pictured proudly displaying their rosettes along with HTV Art Therapist, [Helena Levett](#) and Susie Phillips, who volunteers during art sessions.

Prizes Galore at Henley Show



Headway TV Christmas Concert



Christmas Concert
WEDNESDAY 13TH DECEMBER 2017 11AM



Featuring
HEADWAY THAMES VALLEY CHOIR
THE SAGE PEOPLE BAND
& HENLEY CAROL SINGERS

Followed by
TEA & CAKE FOR ALL!
FREE ADMISSION
DONATIONS ARE WELCOME

Headway Thames Valley, Brunner Hall, 848 Greys Road, Henley-on-Thames, Oxon, RG9 1TF
Tel: 01491 41469. Parking available in the carpark at the rear of the building.
Registered charity no. 900591 www.headwaythamesvalley.org.uk

Come along to our Christmas Concert at our centre in Henley on Wednesday 13th December at 11:00am.

With music from the Headway Thames Valley Choir, The Sage People Band and Henley Carol Singers, the concert will be a fantastic occasion.

Headway Thames Valley Music Therapist, [Eleanor Braganza](#) has been working with the choir for almost two years now and has organised the concert;

"We've been preparing for the concert for a number of months now, learning more songs with parts which has been a real challenge! The songs we've chosen to perform are a mixture of modern,

older classics and some world music!

"We're getting into the Christmas spirit and can't wait to hear the Henley Carol Singers again, as well as The Sage People, a band involving [Tom Satterthwaite](#), one our Trustees and his colleagues!"

The concert is on Wednesday 13th December, 11:00am at Brunner Hall in Henley with complimentary tea and cake for everyone!

There is free parking available at the rear of the building.

No ticket required but donations are welcome.

The Unwanted House Guest

Jenny suffered a stroke in June and has recently been attending our Living with Brain Injury Course in Henley.

When having home rehab, Jenny's stroke was described as an 'unwanted house guest'. Although not normally one for poetry, Jenny put her feelings towards her brain injury into words.

This is 'The Unwanted House Guest'

**What the heck just happened?!
Who's this in my house?
Don't. stand. there.
Between me and my spouse**

**You were not invited,
Seems you're here for good!
Living with the unwanted guest
Who knew that we could**

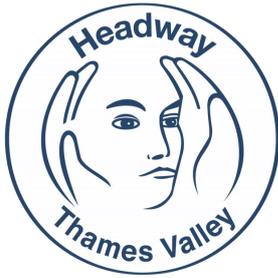
**You've stolen the show
It's all about you
Well I'll not be having that
This will not do**

**We'll Co exist
You and me that is
You'll always be there
On my terms, I insist**

**We'll live together
To understand our new me
I'll try and be patient
As we are entwined you see**

**Now put the kettle on
Remember how to make tea?
We have work to do
And no space for apathy**

**We'll rest when needed
And fight the good fight
Then rest some more
And plod on with our plight**



the brain injury charity

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



facebook.com/headwaythamesv

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.

Thank you

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

Fundraising highlights have included Jack, Emily & Haider cycling London to Brighton and raising £1,495 along the way (pictured bottom left).

Helen Mugeridge raised £100 by donating the proceeds from a gig in

Camberley. And Wargrave Tennis Club raised £350 at their charity coffee morning (pictured bottom right).

£2,000 was raised from the Roy Bailey Big Band Concert and raffle. And Mark Moss raised £270 for completing the Woodland Warfare Mud Run.

Blaser Mills donated more than £200 - the proceeds from their massage tent at the Chiltern Cycling Festival while a further £250 was donated by Wargrave Runners.

In July, one of our longest serving clients, Nick, sadly passed away. His parents very kindly donated his wheelchair accessible car to us (pictured below).

Headway TV is grateful for your support in 2017.

