

the brain injury charity

# Headway Thames Valley

## Newsletter

OCTOBER 2019

### 65S CLUB

#### July

P Fraifeld—£65  
J Mckendrick—£35  
C Tarrant—£20  
A Westcott—£15  
F Painter—£10  
P Cassidy—£10  
L Rampton—£5  
M Glover—£5

#### August

F Painter—£65  
E Stebbings—£35  
E Jalland—£20  
L Tarrant—£15  
T Powell—£10

#### September

A Keeley—£65  
D Armstrong—£35  
B Potter—£20  
D Dorrington—£15  
T Gilham—£10  
S L Graham £10  
R Gilby—£5  
C McIvor Harrington—£5

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

## Dates for your Diary

- **Halloween: 31st October (more on page 4)**
- **Bracknell Forest Lottery: 23rd November (more on page 5)**
- **The Big Give: 3-10th December (more on page 3)**
- **Christmas Lunch: 4th December**
- **Christmas Concert: 11th December**



## Christmas Concert 2019

**Get into the festive spirit, come and join us for the Headway Thames Valley Christmas Concert!**

On **Wednesday 11<sup>th</sup> December** we are holding our Headway Thames Valley Christmas Concert at the **Christ Church Centre in Henley** at **11am to 12 noon**.

The concert will feature our Headway Thames Valley Choir, harpist, Eleanor Dunsdon and The Henley Bell Ringers.

The concert is free to attend but we would welcome donations on the door. We will be selling mince pies, cake, tea and coffee in the hall next to the church before and after the concert.



# Boat Trip Success!

Despite the rain Headway Thames Valley's annual boat trip was a huge success!!

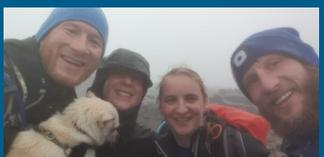
Our clients, their families, staff and volunteers all got cosy to enjoy this wonderful trip!

We saw beautiful river sights—the swans, cormorants, ducks, gorgeous scenery and elegant river houses.

We then enjoyed our packed lunch on the boat and the bakers of the group brought in some lovely homemade cake for everyone!

On the way back everyone joined in with the boat themed singing along led by our Music Therapist, Eleanor. Some of our favourites were 'Yellow Submarine', 'Drunken Sailor' and 'Row, Row, Row Your Boat'!

Lastly we would like to say a huge thank you to [Hobbs of Henley Ltd](#) and our Support Worker, Robert for making this fantastic day happen!



## Reaching New Heights

On the 7th July 2018 Nathaniel suffered a life-threatening brain injury. He was in a coma for four weeks, underwent three surgeries and was in hospital for a total of three months.

Headway Thames Valley have been supporting Nathaniel with his rehabilitation through one of our Living with Brain Injury Courses. *"Through attending the Living with Brain Injury Course, not only have I met a great group of inspiring participants, but the course has helped to provide me with more information and a greater understanding of how my brain injury has affected me and that whilst I may be different from before my brain injury, that is okay."*



The effects of brain injury can be wide ranging and depend on a number of factors such as the type, location and severity of the injury. Nathaniel has found that he sometimes can't smell or taste, he can behave irrationally, his speech can get confused and he gets over tired and exhausted quickly. However, despite these difficulties, Nathaniel decided he wanted to take on a new challenge and do something to give back to Headway Thames Valley.

So, undeterred by the physical and mental challenge, over the weekend of 12<sup>th</sup> and 13<sup>th</sup> October he and four friends completed the Three Peaks Challenge, climbing Ben Nevis, Scafell Pike and Snowdon in 24 hours. In the process he has so far raised more than £2,000. If you would like to contribute to Nathaniel's fundraising page, please use the link below.

<https://www.justgiving.com/fundraising/nathaniel-eugene>



**We have been given an amazing opportunity for donations to Headway Thames Valley to be doubled, at no extra cost to supporters, for one week only. Help us raise £5,504!!**

The Christmas Challenge 2019 will run from midday Tuesday 3<sup>rd</sup> December to midday Tuesday 10<sup>th</sup> December, when donations to Headway Thames Valley made online through [www.thebiggive.org.uk](http://www.thebiggive.org.uk) will be doubled, meaning we can help more people affected by brain injury. A gift of £10 will become £20 or £200 will become £400. Please note that the minimum donation is £5 and all donations must be made online through The Big Give.

Your donations will help us to provide over 400 hours of vital support to more brain injury survivors and their families through our Living with Brain Injury courses.

The Christmas Challenge is the UK's biggest online match funding campaign that helps UK registered charities raise funds for their cause. The Big Give offers supporters of participating charities the chance to have their donation doubled on [thebiggive.org.uk](http://thebiggive.org.uk) when the Christmas Challenge goes live. Since its launch in 2008, the campaign has raised over £90 million for thousands of charity projects.

### Donating to Headway Thames Valley during the campaign:

1. Go to [www.thebiggive.org.uk](http://www.thebiggive.org.uk) between midday Tuesday 3<sup>rd</sup> December and midday Tuesday 10<sup>th</sup> December.
2. In the 'Find a charity' box type in Headway Thames Valley.
3. Your search results will be displayed below the 'Find a charity' box.
4. Click on the 'Double Your Donation' button for our project, your donation will be doubled whilst match funds last.
5. Follow the donation process and pay attention to messages regarding whether your donation will be doubled.

## Headway Thames Valley art

### Our New Photography Club!

Headway Thames Valley have started a Photography Club! They regularly explore Henley to see what interesting sights they can capture and experiment with lighting, creating their own backdrops and arranging scenery. More recently they went to the Henley Fire station Art Gallery to learn more about the skill. See our social media for more of their amazing work.



### Artists of the Month!

Our Clients create the most fantastic pieces of art at our centre which we have finally decided to showcase properly by having an Artist of the month!



August: Christina



September: Manoj



October: Sam

# Halloween Means Sweets!!



**With Halloween coming up we see more and more tempting treats in the shops BUT should people with brain injury restrain from having too many sweets?**

It is not uncommon for people to experience changes in their eating habits after brain injury, which could include craving sugar. Damage to the brain can cause an inability to feel full or hungry, causing you to eat too much or too little without realising it, or you may have a changed or absent sense of taste or smell.

Having some sugar is important as in order for the brain to function properly it does require at least 125 to 150 grams of glucose per day. However, refined sugar like in chocolate and sweets and cause sugar highs and crashes which in turn makes you crave more sugar, possibly causing you to eat far too much sugar! Long term high sugar intake can lead to cognitive decline and increase your risk of Alzheimer's disease

Healthier sources of sugar can be found in fruit and carbohydrates which provides good steady energy throughout the day.

Overall while we need sugar for brain and body functions, we all should be careful about how we get our sugar. To find out more about brain injury and diet, visit [Headway's website](#).



## How can you leave a lasting legacy by improving life after Brain injury?

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

**Making a Will is vital to securing the future of your family and the causes that are close to your heart.**

When the time is right for you to draft your Will, and after you have taken care of family and friends, please consider Headway Thames Valley.

By leaving a gift to Headway Thames Valley, however large or small, you can make a real difference to the lives of people living with brain injury.

All you need to do is give your solicitor our charity name and number (Headway Thames Valley, no. 900591).

### How your gift could help?

By leaving a gift in your Will, you can help Headway Thames Valley continue providing front line services such as:

- Our initial advice and support to anyone affected by brain injuries
- Living with Brain Injury courses
- Support groups

For further information please go to our website [www.headwaythamesvalley.org.uk](http://www.headwaythamesvalley.org.uk) or contact us on 01491 411469.



# Bracknell Forest Lottery



Supporting

Bracknell Forest Lottery

Don't miss our **FIRST DRAW PRIZE!**

We have an overnight stay for two with dinner and breakfast at The Coppid Beech Hotel to give away

- Help us make a difference to our community and support our cause on the Bracknell Forest Lottery
- Sign-up for only £1 a week
- Join your community in making where we live an even better place

Play to WIN up to **£25,000** jackpot

To start supporting, visit:  
[www.bracknellforestlottery.co.uk](http://www.bracknellforestlottery.co.uk)  
and search for: Headway Thames

Supporters must be 16 years of age or older  
See website for Terms and conditions.

theCoppid Beech

**This year Headway Thames Valley have paired up with Bracknell Forest Lottery.**

Using our weblink below you can support us and the community by buying lottery tickets.

Bracknell Forest Lottery is an exciting weekly lottery that raises money for good causes in Bracknell Forest.

Tickets for the lottery cost just £1 per week. Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000! That's a better chance of winning than the National Lottery or the Health Lottery!

50p of the ticket revenue goes directly to Headway Thames Valley and will help support our services while a further 10p will be distributed to other good causes.

The next draw is on **Saturday 23rd of November** so get your tickets now!!

[www.bracknellforestlottery.co.uk/support/headway-thames-valley](http://www.bracknellforestlottery.co.uk/support/headway-thames-valley)



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Website: [headwaythamesvalley.org.uk](http://headwaythamesvalley.org.uk)



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



[facebook.com/headwaythamesv](https://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.**