

the brain injury charity

Headway Thames Valley

Newsletter

APRIL 2018

65S CLUB

January

G Cook - £65

J Bajada - £35

L Tarrant - £20

F Painter - £15

L Saward - £10

S Jalland - £10

L Rampton - £5

S Brooks - £5

February

T Gillham - £65

J Smith - £35

C McIvor H - £20

D Armstrong - £15

T Powell - £10

P Ferris - £10

G Benford - £5

C Tarrant - £5

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

Headway Thames Valley Quiz Night

Join us on Thursday 26th April at 7.30 pm for the Headway Thames Valley Quiz Night.

We are encouraging all Headway Thames Valley supporters to join us for what will be a really fun evening and a great chance to support people living with brain injury.

See the pictures for all the details and don't forget to book soon for your early bird discounted price of £10 - buffet included! There will also be a raffle with some great prizes up for grabs!



Early bird discount: £10 per ticket if you book before 5th April

Thursday 26th April 2018, 7.30 pm

The Salisbury Club, 52 Queen Street, Henley RG9 1AP

£12 per person includes buffet. Raffle and paying bar on the night.

All funds raised will go to Headway Thames Valley

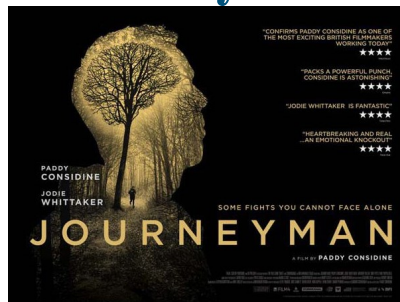
For tickets please contact:

Zoe Lane at Headway Thames Valley

zlane@headwaythamesvalley.org.uk Tel: 07540 754979

Or send a cheque to:
Headway Thames Valley
Brunner Hall
84b Greys Road
Henley, RG9 1TF

Journeyman



A new film, Journeyman, written, directed and starring Paddy Considine has just been released.

Known for his roles in The Bourne Ultimatum and Macbeth, Paddy came to visit us at

Headway Thames Valley for research for the film.

The film tells the story about Boxer Matty Burton (Paddy Considine), the boxing champion of the world who suffers a serious head injury during a fight, which is when the real fight begins. Impacting his marriage, his life and his family, Matty must begin to piece his life back together.

Jamie Higgins from Headway Thames Valley said, "Paddy spent a

long time talking to our clients about their lives, both pre and post brain injury and made every effort to grasp how their brain injuries had affected them.

"They also really liked the artwork on display in our Centre which is created by the clients in Art Therapy sessions and asked if they could borrow some with a view to using it as part of the staging for the film, so we'll keep our eyes out for it when we watch it.

"We love talking about all things brain injury and enjoy helping people understand a disability that not many people fully appreciate so it was a pleasure to have them. They also made a donation of £500 which was very kind of them."

Friends: 5 Ways to Support Someone with a Brain Injury

Brain injury can cause changes in the way a person thinks, feels and behaves.

Many friends will not know what a brain injury is and how it can affect someone, & therefore may not be able to understand how and why their friend has changed.

Friends might also assume that once the survivor is out of hospital, they will be 'back to normal'. However, for many survivors the emotional, cognitive and behavioural effects only become noticeable once they have returned home.

1. Learn about brain injury

Read about the [effects of brain injury](#) and speak to your friend about which effects they personally experience.

2. Encourage your friend to seek support

If your friend is experiencing ongoing effects of their injury that are affecting their quality of life, encourage them to seek support from Headway Thames Valley or their GP.

3. Look out for your friend

Ask after your friend and offer

to help out where needed. At the same time, respect your friend's independence and do not assume that they cannot do things by themselves, as many survivors learn ways of adapting to their injury over time.

4. Offer practical support

Offer to help with tasks such as grocery shopping, travelling, cooking or form-filling.

When buying gifts for your friend, consider practical things that can help them on a regular basis, such as a journal or personal organiser if they have memory problems



5. Out & about

Fatigue can be a particular issue during or after outings. Try to therefore keep outings short, and encourage your friend to rest beforehand and afterwards.

If your friend struggles in busy, noisy environments, consider going somewhere quieter or visiting one another's house.

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 include Friends of St. Mary's School raising over £1,500 by organising a really fun Mexican Night.

Sonning Common WI raised £900 at their coffee mornings to be split between Headway

Thames Valley and 5 other worthy causes.

Zoe picked up a cheque from Covea Insurance (pictured right) who raised £311.45 at their Mince Pie Morning in December.

We received £1,431 from The Boshier-Hinton Foundation to go towards Art Therapy and Dickens Court Sheltered Housing made a donation of £671 after holding charity lunches supporting Headway TV in the last six months.



Thank you to all of our supporters, we couldn't continue to improve life after brain injury without your wonderful efforts.



Maria & Morag of Friends of St. Mary's School at their Mexican Night

"Our trips to Sportsable are great fun"

Headway TV client

Headway TV at Sportsable

Since the start of the year, clients who attend our Centre in Henley have been making regular visits to Sportsable.

Based in Maidenhead, the award winning Sportsable specialises in disability sport offering a mix of weekly fun sports and serious training.

Passionate about accessibility, each sport has its own adapted equipment such as: fully equipped indoor archery; wheelchair accessible table tennis; wheel and stone ramps for boccia and much more!



Action for Brain Injury Week 2018

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We are delighted to announce the theme of this year's Action for Brain Injury Week, which takes place from 14-20 May.

the fact that brain injury doesn't just affect the individual, but also their family, friends, colleagues, and many more relationships besides.

You, me, and brain injury will build on the huge success of last year's A New Me campaign by once again putting people directly affected by brain injury at the heart of our awareness-raising work.

We will be highlighting the ripple effect brain injury can have on many different lives, in many different ways, while demonstrating the various ways in which people can help the person with the brain injury to adapt and regain a degree of confidence and independence.

The aim of the campaign is to highlight

We will be looking for people, from many different perspectives, to share their experiences – positive and negative – about how their relationships have changed following brain injury.

So if you are the relative, friend or carer of someone who has suffered an acquired brain injury, we'd love to hear from you.

Please call us on 01491 411469 or email jhiggins@headwaythamesvalley.org.uk

**ACTION FOR
BRAIN INJURY WEEK 2018
14-20 MAY**

Activities at Brunner Hall



We have been so busy at our Centre in Henley recently.

Clients have been working on decorating eggs for our Easter Tree - pictured above - EGGcellent!

Esther came in to talk about her family's hobby of keeping and training homing pigeons.

Richard Poad from the Maidenhead Heritage Trust gave a very interesting talk about the river Thames from Reading to Henley together with slides.

We were also treated to a visit from Berkshire Search and Rescue Dogs. Julianne told us all about the work they do while Fin made friends with the clients (pictured above right).



Clients visited Dunsden Church, in Shiplake, to look at the snowdrops and learn about the history of the church and the link with the wartime poet Wilfred Owen.

And Feather and Fur visited with a selection of owls which the clients had an opportunity to hold and stroke - which was a real hoot!

Headway Thames Valley Spring Concert

Headway Thames Valley

Spring CONCERT

FEATURING
THE HEADWAY CHOIR
ELEANOR DUNSDON
B B KEAN & FRIENDS

WEDNESDAY 16TH
MAY 2018 AT 11AM

FOLLOWED BY TEA
& CAKE FOR ALL!

FREE ENTRY
DONATIONS
WELCOME

HEADWAY THAMES VALLEY
BRUNNER HALL, 84 B GREYS ROAD,
HENLEY-ON-THAMES, OXFORDSHIRE, RG9 1TF
☎ 01491 411469

Come along to our Spring Concert at our centre in Henley on Wednesday 16th May at 11:00am.

With music from the Headway Thames Valley Choir, Eleanor Dunsdon and B B Kean & Friends, the concert will be a fantastic occasion.

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

"The choir is very excited about our Spring Concert this year, and we are lucky to have Eleanor returning to perform on the harp, as well as B B Kean who will perform with one of our Patrons, Mark Burton and co.

"We will be including a wide variety of musical genres in the songs we'll be singing in the choir, all of which have been suggested by staff and clients.

"We have been exploring with singing in parts, and the members are going from strength to strength, always full of enthusiasm and laughs at every rehearsal!"

The concert is on Wednesday 16th May, 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 always welcome!

East Berkshire Golf Club

We are delighted to have been chosen as one of East Berkshire Golf Club's Charities of the Year.

Established in 1903 East Berkshire Golf Club is a members club located in the village of Crowthorne in the heart of Berkshire. From its origins as a heathland course, East Berkshire has matured into a tree lined course of great beauty.

2018 Club Captain, Mike Bennett and Ladies Captain Linda Skilton have chosen to support Daisy's Dream and Headway Thames Valley as their charities in 2018 with the funds raised to be split between each charity.

East Berkshire Golf Club have been fundraising for the various local registered charities since 1987, with the members, local organisations and the East Berks staff, having been wonderful supporters. At the end of 2017 the club had raised the magnificent sum of £564,000 - a wonderful amount from a small but generous golf club.

For 2018 the club has plenty planned, including Club Dinners, raffles, competitions and a Charity Golf Open.

We are encouraging as many teams as possible to sign up for the golf club's Charity 4 Ball Team



Stableford in aid of Daisy's Dream and Headway Thames Valley on Friday 27th July. The 4 ball event will include coffee on arrival, 18 holes of golf, lunch and prizes for various competitions. Entry fee £200.00 Per Team.

New members are welcome - for further information contact Brad Chard, General Manager on 01344 772041 or office@eastberkshiregolfclub.com

[Please click here](#) or head to our website for more details on the Golf Day and instructions on how to sign up



Brunner Hall
84B Greys Road
Henley-on-Thames
Oxfordshire

Phone: 01491 411469

E-mail: info@headwaythamesvalley.org.uk

Website: headwaythamesvalley.org.uk



[@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.

Hats for Headway

Hats for Headway Day takes place during Action for Brain Injury Week on Friday 18 May 2018 and is a simple, fun, and easy way to raise money to support people living with brain injury.

Every year, we ask our supporters to wear a hat, donate £1 to Headway Thames Valley and post a picture on Facebook, Twitter or Instagram using the hashtag #HatsForHeadway.

Last year we had offices, schools and colleges around the Thames Valley donning their finest and wackiest hats for the big day. With all of our clients in Henley also taking part. We were overwhelmed by the response, with so many weird and wonderful hat

photos shared on social media, and vital funds raised for Headway Thames Valley.

So feel free to get involved and encourage your colleagues, friends, team and family members to join in too. Please do get in contact with us if you'd like a Hats for Headway poster and collection tin.

Let's make this year's event the best ever!

HATS FOR HEADWAY DAY

Friday 18 May 2018

www.headwaythamesvalley.org.uk
[#HatsForHeadway](https://twitter.com/HeadwayThamesV)

**ACTION FOR
BRAIN INJURY WEEK 2018**

Headway
Thames Valley
the brain injury charity

Charity no. 900591