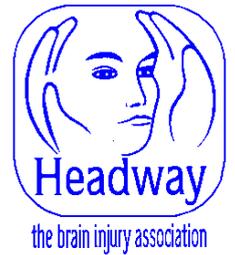


Headway Monthly Bulletin



Issue 15

August 2010

Leicestershire Leicester and Rutland Headway
Providing support for people with brain injuries

An 'Exciting Artist'

By Julie Page

Mow That Mullet!



Barry Hutchinson, Headway member, and Mincepie maker Extraordinaire, is getting his hair cut – all in aid of Headway Leicester. To raise some money for us, and to mark our 20th Anniversary,

Barry is undertaking a Sponsored Head (and top lip) shave on Friday,

17 September. There are sponsor forms around the day centre, or just ask a member of staff. You can donate online too on our Just Giving site (Headway Leicester). His hair is about 15 inches long at the moment – so if you sponsor him 'per inch' make sure you do the maths, or you might end up paying much more than you thought... *but we don't mind!*

We are now on Twitter; follow us, and we'll follow you right back!
www.twitter.com/headwayleics

Mick Muller attends an art group run by Mosaic every week, where he has been learning to develop his artistic skills in



Talented: Mick

different mediums. Just recently, he was chosen from hundreds to exhibit a painting at the NHS Open Art Show 2010. The exhibition has been at the LCB

Depot in Leicester and is moving to Hinckley, Quorn and Loughborough. The work is described as featuring some of the 'most exciting artists' in the region, and the theme is 'lost and found'.

Myself and Mick have visited the art gallery in Leicester, and Mick says, "it feels very good to have a painting in the exhibition, although I don't think it is one of my best ones. I would love to be in other exhibitions to show my other ones, and I feel very proud to have been chosen. After the exhibition, I will probably put the painting on the wall in my new flat and will be able to show people."

You can vote for



your favourite picture at the exhibition, and the winner will have a permanent place, hanging in an NHS setting. Of course, I voted for Mick's painting – it is very life-like and skilful!

The exhibition is being held at The Ten 2 Gallery (Hinckley) from 18 to 30 August; Rawlins Community College (Quorn), 8 to 27 September and Charnwood Museum (Loughborough) from 1 to 31 October. Please get in touch with us if you require contact details for these venues.

Money, Money, Money...

It's been a very fruitful few weeks – we've had some very generous donations, and we've done a fair bit of networking too. We were given £500 by SPS Technologies, and The Paget Trust who've both supported us for many years. £100 from Oadby and Wigston Lions Club, £100 from The Hanley Trust and a fabulous £2,900 from

The Maud Elkington Trust. Thanks to everyone who has made donations this month – especially those who send us money by Direct Debit – we really appreciate your ongoing support. Mary and Alison met Tim (the Bishop's of Leicester's wife Wendy at a function recently, and she offered her help with fundraising



functions in the future, and Mr. Resham Singh Sandhu from the Inter-faith Network who would like us to keep in touch with him. So that's nice. And Alison gave a talk to Loughborough Beacon Rotary Club, so hopefully, they will be able to support us sometime in the future.

Best pizza by far ...

By Dahiben

Pizzas were thought to be tomatoes on a thick slice of bread – but hey my name is Dah and I decided to show them the real deal – which goes like this – onions sauted in olive oil with tinned tomatoes cooked with oregano and salt to taste. When cool spread it on the base – made with bread dough and with what everyone likes on it – bake for 25 minutes ... the cheese has melted and now its time to taste the real deal



Dahiben's real deal!

Staff and members alike who sampled Dahiben's pizza, all agreed it was delicious and now have the recipe for themselves.

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"A Dandy Day"

By Nicola Rowe, Outreach Support Worker

It was an early start for some of the Melton Group Members on 16 July 2010, today we're going on a boat trip.

The day started with us all meeting at 9.45am and making our way to Pillings Lock Marina, Quorn to set sail on the Dandelion (this is a barge not a flower!) the guys from the Baldwin Trust whose barge it was welcomed us on, they went through a few health and safety rules before we set sail. It was a wonderful day, the group included

Monique, Duncan, Lynn, Chris, Paul, Jeff and his wife Julia, Jane, Donald, Joe and his wife.

Duncan had the task of being our lock-keeper for the day with the assistance of one of the crew, some people crewed the barge and others just enjoyed spending the time relaxing.

We had lunch whilst we sailed (the only quiet part of the day).

The weather was very good to us and stayed



sunny throughout and just as we were back on dry land the rain started.

Thank you to all the crew from the Baldwin trust for being very helpful, keeping us safe throughout the day.

Headway's Little Fete

Saturday, 18 September, 12 til 3 pm

Despite our best efforts, we were unable to find a suitable venue elsewhere, so this year's Summer Social/Fete will be at, er, Headway House! Well at least it won't cost us anything, and we've got somewhere indoors if it rains! It will be a slightly grander affair than usual, but still cozy and

relaxed. We need gifts for the tombola and raffle, volunteers to make cards, and craft things to sell, bunting etc. – and if anyone happens to have any stocks, coconut shies etc tucked away in their sheds – DO let us know! We will need volunteers on the day too, to run the stalls so if you don't



want to get railroaded into helping out, we suggest you book a holiday that weekend!

Do you need help after an accident?

The firms of solicitors on this short list are all members of the Law Society's Accident Line Scheme and have solicitors approved by the Society's Personal Injury Panel.



Osborne Morris & Morgan
Solicitors & Neurolawyers
Danbury House
West Street
Leighton Buzzard
Bedfordshire LU7 7DD
Tel 01525 378177
Fax 01525 851006
Contact Tim Woolford
[Link to website](#)

Harvey Ingram LLP
Solicitors
20 New Walk
Leicester LE1 6TX
Tel 0116 2545454
Fax 0116 2554559
Contact Robert Rose
[Link to website](#)

Nelsons Solicitors LLP
Solicitors
Provincial House
37 New Walk
Leicester LE1 6TU
Tel 0116 2226666
Fax 0116 2337822
[Link to website](#)

Freeth Cartwright
Solicitors
Imperial House
108-110 New Walk
Leicester
LE1 7EA
Tel 0116 2014000
Fax 0116 2014002
Contact Jane T Williams
[Link to website](#)

Bray & Bray
Solicitors
Spa Place
36-42 Humberstone Road
Leicester LE5 0AE
Tel 0116 2548871
Fax 0870 3835023
Contact Dawn Slow
[Link to website](#)

Please note that Leicestershire Leicester and Rutland Headway does not recommend any particular solicitor but is pleased to have the generous support of these five firms.