

Headway Monthly Bulletin



Issue 12

May 2010

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

Gardening



Catherine and Jayne

Repotted and germinated Marigolds that have grown beautifully. Just like me - it's the first thing I have ever grown because I kill things with kindness, so I am well pleased with the outcome. Its my first season of being green fingered. I can actually admit its been magic and I wish I had taken an interest sooner.

Jayne Trenter

Headway's Monthly Bulletins
may also be viewed on our
Website
www.headwayleicester.org.uk

Dutch Cycle Challenge

By Marietta Sharp

"Earlier in the year I decided to do something to mark being at Headway for ages - started as a volunteer in 1991 - or thereabouts!

"Cycling is an interest which my husband and I both share, so we decided to head for Holland and complete a "Cycle Challenge" - 100kms in one day! This will take place during Action for Brain Injury Week, 17- 23 May.

"I planned on starting to build up the distances I cycle to make sure I have

a chance of success. The most I have done so far is about 45km in just over two hours on Easter day 2010. That was from Leicester to near Hallaton and back again. It was against a 15 knot wind on our return journey, so it felt a lot more! Other "training" events have been a trip to Derbyshire in February this year where we cycled along the Tissington Trail in some extremely foggy and freezing weather.

Recently I cycled on The Ring Of Kerry, West Ireland - fantastic weather and stunning scenery! Cycling to work and back now seems a mere warm-up! Down to 10 mins door to door!

"Friends in Holland are helping us to plan our trip - sorting out bike hire, planning routes, offering B & B and helping to



From Amstersdam to Eindhoven (via Ireland!)



translate website information!

"Our fundraising target is £1,000 and we want to use the money to fund some specialist art and craft tutor.

"You can sponsor me using our new justgiving page - go to www.justgiving.com/marietta-sharp."

Justgiving

At last! We've managed to set up a 'Justgiving' account - it'd taken us about two months, but we got there in the end. This means everyone can make donations to us safely online. You can donate any amount, at any time - preferably late on a Saturday night, when you've had far too much to drink - that way you might give us more than you intended! ☺ Just visit www.justgiving.com and type in **Headway Leicester**

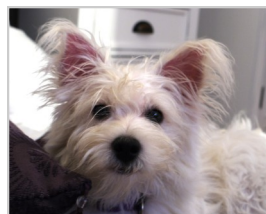
Alison Leight

Thank you to all our volunteers

This year, Volunteers' Week is 1 to 7 June. All over the country, there will be events taking place to celebrate and recognise the invaluable work done by volunteers everywhere. We are especially grateful to all our volunteers, because without

them, we couldn't continue. Their time, patience and skills are vital to our service - whether it's in the day centre, the outreach groups or on the committees. We are in the process of organising a social evening for our volunteer team, on Wednesday 2 June - so put the date in your diary, and as soon as we know what we're doing, and where, we'll let you know.

I'd especially like to thank Roxy at this point, who has been volunteering her skills as Chief Cheeryupper and part time Hooverer Under the Tables-after-lunch. She is definitely become part of the



Roxy, Mary's dog



furniture here at Headway House.

Also, as many of you will already know, there have been a few staff changes recently - the result is that Alison Leight, the Fundraiser, will be taking over the job of Volunteer Co-ordinator for the next 6 months. If she make a half decent job of it, we might let her continue in the role!



Film Review

By
Andy Lees

Alice in Wonderland

*Very good, but very different
to the book.*

*Johnny Depp played his part
very well.*

*As long as your expectations
are not too high, it's very
enjoyable – although slightly
strange!*



Andy Lees

© 2010 LEICESTERSHIRE
LEICESTER AND RUTLAND
HEADWAY
4 HOSPITAL CLOSE
LEICESTER LE5 4WP
Tel 0116 2739763
Fax 0116 2733212
Email
headway@headwayleicester.org.uk
Website
www.headwayleicester.org.uk

A Company Limited by
Guarantee No 03672087 and a
Registered Charity No 1074011

Ten years of Julie Page (here!)

By Paul Winfield

Happy anniversary Julie! One of the proudest parts of being the Outreach Manager for Headway, is being able to boast so loudly about our dedicated team and the sheer staying power of them! And Julie is a lot to be proud of. A natural organiser and full of confidence, she is very much the kind and reassuring face of Headway that many people first see when in hospital. Formally a Psychiatric Nurse and also a Counsellor, Julie is highly skilled and professional in her approach with people (and their families) that we are asked to see. Those people are so often in a state of some distress and

she has the perfect balance of comforting, supporting and motivating without creating too much dependency. The word that comes to mind when I think of her is 'consistency'. Her work is always top notch and she's always in a good mood! Trust me - 'what you see is what you get' and for ten years we have been lucky to have found and kept her with our team doing what she does best (*Note: not all of Julie has made ten years as she has had a few bits removed over time — Ed*). Many thanks to you Ms Page and long may your work with us continue! I hope you're not planning on going



Julie, relaxing on last month's trip to Norfolk

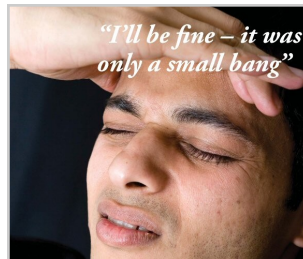
anywhere else . . .

By the way, if anyone should think of singing 'Whoa whoa Julie (ala Shaky) to her - don't do it. Well, not too often.

'If in doubt, get it checked out'

By Alison Leight, Fundraiser

This is the motto of this year's Action for Brain Injury Week - the



national campaign organised by Headway UK. It runs from

17 to 23 May, and this year's campaign focuses on ensuring that hospitals give enough of the right information to patients when they are discharged following a minor head injury. Action for Brain Injury is one reason Marietta is has organised her Cycle Challenge to take place that week. Friday, 21 May is 'Hats for Headway' Day,

when schools, businesses community groups will be encouraged to wear a



hat for the day and make a donation to Headway UK. For more information go to www.abiweek.org.uk.

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 Eric Morris

Harvey Ingram LLP
Solicitors
20 New Walk
Leicester LE1 6TX
Tel 0116 2545454
Fax 0116 2554559
Contact Robert Rose

Nelsons Solicitors LLP
Solicitors
Provincial House
37 New Walk
Leicester LE1 6TU
Tel 0116 2226666
Fax 0116 2337822
Contact Chris McKinney

Freeth Cartwright
Solicitors
108-110 New Walk
Leicester
LE1 7EA
Tel 0116 2014000
Fax 0116 2014002
Contact Jane T Williams

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

LL&R Headway On the Web

Don't forget to check out our website at www.headwayleicester.org.uk

It has links with other useful organisations. We have a 'forum' so people can stay in touch, ask questions and chat about their interests and experiences. We hope these bulletins are helping to keep you informed about current information. Let us know what you think and all ideas are most welcome!