

# Headway Monthly Bulletin



Issue 18

November 2010

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

## Animals for Parties

By Jenny, Headway Volunteer

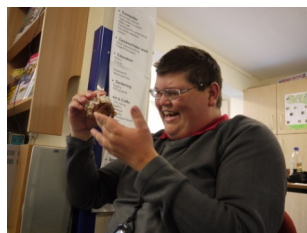
### Thank you!

Headway Leicester is really lucky to have so much support – from individuals, community groups and companies, both locally and nationally. We couldn't do what we do without you!

This month, we'd especially like to thank Amec, a large national company with a branch on Aylestone Road who donated a huge amount of paper. This means we can put the money we would have spent, towards something else – which is why gifts 'in kind' are so important to us. Thank you.



We are now on Twitter; follow us, and we'll follow you right back!  
[www.twitter.com/headwayleics](http://www.twitter.com/headwayleics)



I was not attracted by the giant snails or the cockroaches, but I found the hermit crabs fascinating – how do they find and select a new shell?

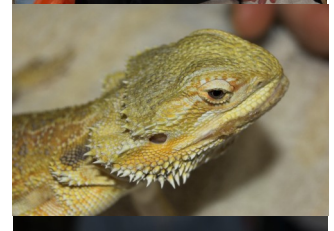
Of course, we all admired the lop-eared rabbit, and the two rather elegant corn snakes, and the skunk was very docile, having lost a front leg. The hedgehog that jumped if you touched it was comical but for me the star of the show was the owl.

Owls are becoming rarer in this country, and are heard in the wild much less. So to be able to touch and get up close was very interesting.

I found the travelling mini-zoo to be a lovely idea – a special attraction for those of us living in towns and seeing so little wildlife.

The morning I spent in the company of the 'party animals' was a revelation. I had never seen a lizard closer than several yards or a large spider, even on visits to Australia. I had never met a giant millipede or snail – or a skunk.

I surprised myself that I was able to hold several of these amazing creatures and get to see them close up.



## He did it!



*I didn't need Jim, I did it myself!*

Despite all his reservations about his stamina, Vrush and his team completed the Men's Health 'survival of the fittest' challenge in a very respectable time of around 90 minutes, and, unlike some of their fellow competitors, they completed all the obstacles too. We're all very proud – and



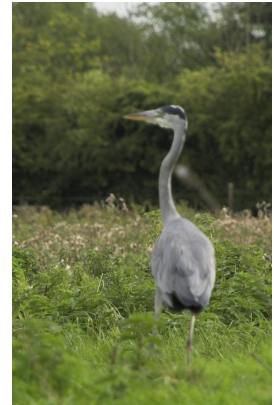
frankly in awe of Vrush, and everyone who took part – it looked like **extremely** hard work! He is still busy collecting sponsorship for Headway Leicester, so if you would like to donate, please go to [www.justgiving.com/Vrush](http://www.justgiving.com/Vrush).

## Sailing the Sunbeam

By Peter Smith

Thursday, 23 September saw our group at the Hope and Anchor public house to meet the Sunbeam barge for a day on the Grand union canal. The day got off to good start when Ed chose to use his inbuilt sat nav to negotiate the route from Headway to Wanlip Road in Syston. It was said he visited all the surrounding villages *en route*, we eventually set sail about 30 minute late. Once on our way the crew of the

Sunbeam came round with a very welcome cup of tea. On route to Cossington we negotiated two locks and even caught sight of a Heron, as pictured. We stopped at Cossington for a picnic and a few of the guys made the short walk to the shop for an ice cream. Everyone enjoyed the day immensely even the short 5 minute downpour didn't dampen our spirits. Many thanks to Lisa for organising the trip and to



*I'm her'on my own!*

the crew of the Sunbeam for making us so welcome.

Wishing a  
**Happy Diwali**  
to everyone celebrating



the  
**Festival of Light**  
on  
5 November 2010

## Christmas ALREADY

By Alison Leight, Fundraiser

**Loughborough Rotary Club are recruiting volunteers for this year's 'Santa Fun Run'.** Inspired by the success of our latest fundraising events, we are gathering a team to run for Headway. Well, when I say 'run', I mean 'Stroll with Hamper'. The emphasis is very much on the 'fun' element of



the day and dogs, pushchairs and novices are all welcome. The event is on Sunday, 5 December, is 5k, and is £10 to enter. This includes a free Santa Suit!

If you would like to join us, get in touch with Alison Leight on [alison.leight@headwayleicester.org.uk](mailto:alison.leight@headwayleicester.org.uk)

### A Date for your Diary

Our Christmas Social will be on Tuesday, 14 December

More details to follow soon

## 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](#)

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

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

Shoosmiths Solicitors  
The Lakes  
Northampton  
NN4 7SH  
Tel 03700 863195  
Fax 03700 863460  
Contact Chris McKinney  
[Link to website](#)

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