

# Headway Monthly Bulletin

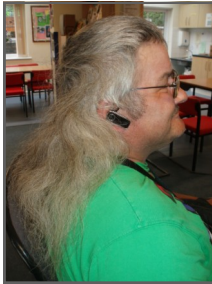


Issue 16

September 2010

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

## The time has come ...



for Barry to buy a hat!  
Headway Member Barry Hutchinson will be having his head (and face) shaved to raise money for us on September 17<sup>th</sup>, 1pm at Headway House – he set a target at £300, but wants to raise as much as possible. You can donate safely, or just send a message of support online through his Just Giving page: [www.justgiving.com/barry-hutchinson](http://www.justgiving.com/barry-hutchinson)

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

## Headway Holiday

By Ruhi

On 3 September, Ruhi, Rob, Andy, Lee and Penny went on holiday to the Norfolk Broads. Maryanne, Edward and Mick drove everyone down for the weekend. On the first day everyone went fishing, I caught 4 fish!

Every morning, Edward and Maryanne cooked up a big English breakfast – cereal and orange juice for starters followed by egg and toast for those who still had room!

Everyone began the second day with canoeing. We all put on our life jackets and waterproof coats. Luckily it wasn't raining and the water was calm so we could all enjoy

canoeing around the whole circuit. Afterwards we went sailing and in the distance we saw an enormous boat race, and we also had a go at sailing a boat ourselves!

Finally, on our last day, we all went on a cruise giving us a chance to take in the views of Norfolk. We sailed past some beautiful country cottages, an old windmill, the ruins of an old church and lots of natural wildlife. At

the end of the cruise we stopped off to see the museum of the broads and the way the Victorians once built the boats and other things.

All in all, the weekend was a great success. Everyone very much enjoyed themselves. Thank you for a great weekend away!



**Lee, Mick, Andy, Maryanne, Ruhi, Rob and Penny – spot who's missing!**

## Fun in the Sun(!)

By Julie Page, Outreach Worker

During the summer, the city outreach people have been able to enjoy some outings despite the unpredictable weather!

We went to Brocks Hill Country Park in Oadby, luckily on a sunny day, where we strolled around the well-marked paths and had lunch in the café. This is a really nice place to go as a family, with easy walking, a visitor centre and a very nice café. We would recommend it!

We had planned to go to Desford Tropical Bird Garden, but the weather let us down and we went

to the New Walk museum instead. It was Minaxi's birthday, and we celebrated with a cake and a chorus of "Happy birthday to you..." – the other café visitors looked a bit bemused, but they seemed to enjoy our singing!

The photo shows us at Hollywood Bowl, where we had a highly-competitive game – I won't say who won, but I know Phil is desperate to beat me next



**Julie, Mick, Phil, Kirti, Minaxi and Madhu**

time!

It's lovely to go to different places, especially when our families then take their families another time. We have some great outdoor spaces and parks in Leicester and Leicestershire and it's good to get out there and enjoy them.

## ANNUAL GENERAL MEETING



On Tuesday  
**14 September 2010**  
 7.30 pm  
 we will be having our  
 Annual General Meeting.  
 This meeting is open to  
 anyone interested.

**Our guest speaker will  
 be Jane Simpson  
 East Midlands  
 Regional Co-ordinator  
 (Headway UK)  
 Presentation entitled  
 "The Future for  
 Headway"**

After the meeting, light  
 refreshments will be  
 served.

If you would like more  
 information, please  
 contact  
**Mary Goulty on  
 0116 2739763**

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## Headway welcomes Edward

Hello everyone, for those of you who don't know me, my name is Edward Flint. I have recently joined the team at Leicester Headway House as a day centre support worker. Prior to getting the job at Headway I qualified at university as an Occupational Therapist. Since graduating I started volunteering at Headway on a Monday from January 2010. When the job came up as a support worker I decided to apply for it as I thoroughly enjoyed what went on at Headway and wanted to give more to the clients that attend the well run day centre. Having only been a member of staff for a

few weeks now I have already got thoroughly involved, attending both the annual conference (Way Ahead) and the Nancy Oldfield Trust in Norfolk, where clients are taken for a residential water activities weekend. The water activities weekend was greatly enjoyed by me and the clients that attended which allowed me to experience another side to what Headway provide for their clients. Working with such a friendly bunch of hard working and dedicated staff at Headway makes my job very enjoyable and worthwhile. I look forward to future events and helping



**Edward, Headway's resident Nancy Oldfield Trip photographer!**

Headway to continue providing such a worthwhile and professional service to all the clients that attend or are involved with Headway Leicester.

## Headway's Little Fete...

... is looking great, we've had lots of generous support from the Co-op, Twycross Zoo, Marks and Spencer, Britvic and Premier Foods, which means we have tons of things to sell and give away as prizes, so DON'T MISS IT! It will be free to get in and there will be cakes, plants and books for sale, a Fortune Teller,

Massage treatments, Tombola, Raffle, Bottle stall, indoor tea 'Tent' and a some old favorites like Lucky Dip, Aunt Sally and Hook-a-Duck. Well it's actually Hook-a-Boat but let's not split hairs! Leicester De Montfort Rotary will be helping us out, and our volunteers have been busy making things to sell. Come along and join



us to celebrate our 20<sup>th</sup> anniversary in style!

Don't forget it's not too late to volunteer on the day or donate any goodies for the prizes. Give me a call on 0116 2739763 or email me at [alison.leight@headwayleicester.org.uk](mailto:alison.leight@headwayleicester.org.uk).

**Alison Leight  
 Fundraiser**

## 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](#)

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

Please note that Leicester-shire Leicester and Rutland Headway does not recommend any particular solicitor but is pleased to have the generous