

Headway Monthly Bulletin



Issue 20

January 2011

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

Happy 21st Birthday Headway House!

On the 17th of September this year, it will be Headway's 21st Birthday. We want to make sure everyone knows, and everyone joins in the celebrations. We are planning a ball on the 17th itself, which just happens to be a Saturday, and lots of other minor parties and events. No idea of times or venues yet, but as usual, we will let you all know in good time. Of course, it goes without saying that we will be on the lookout for extra special donations this year – but we do offer and extra special service, you have to agree!

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

Headway's Review of 2010

By Mary Goult

Last year was another busy and eventful year and we thought that it was worth a quick recap before we jump fully in 2011's hectic calendar.

Comings and goings

We were sad to say goodbye to two long-standing staff members, Jacqui Bates left us after 6 years to develop her private practice as a counsellor. Pat Martin retired (despite our best efforts to get her to stay) to spend more time exploring the British Isles in her caravan. I am please to say that the replacements (Lisa and Edward) have not disappointed us and have already made their mark at Headway.



Ex-member Sury

Also during the year, we have seen the usual comings and goings of Headway members and we're very proud to be able to say that a great number of Headway users have left our service to move on to other opportunities.

Volunteers

So many enthusiastic individuals offer their time and skills for free it amazes me. A steady stream of volunteers gave their time to support our members and as usual we held a volunteer party during volunteers



Volunteer Darshna joined us in June 2010

week. For the third year we had a skittle evening but despite the practice none of us improve! It may surprise you to know that if we were to pay our volunteers minimum wage it would cost us in excess of £1,000 per week.

2010 was also the year that "Roxy" the dog officially made it on to the volunteers board!?

Holidays

We ran 4 holidays during 2010 and surprisingly everyone survived our cooking. Everyone has great fun exchanging memories of their trips but somehow "who snores" is always the favourite topic.



Norfolk in September

Fun, frolics and fundraising

Fundraising is a serious business, unless your fundraiser is Alison Leight! It's official that she is a tad bonkers but this appears to have inspired others into being a little bit mad. Some of the events including "mow the mullet" when Barry Hutchinson, one of our members, had a sponsored head and beard shave. Also, "Going Dutch" when day centre manager, Marietta and her husband cycled 220kms in three days raising almost £3,000. Vrush one of our volunteers (for reasons only understood by him) entered himself into the "survival of the fittest challenge" which is a 10km assault course. We were all very impressed and very grateful for the funds they all raised.

Looking forward

2011 sees us celebrating Headway Leicester's 21st Birthday. I can't wait to see what we get up to next!

Happy New Year



Farmyard Frolics

By Alison Leight

It seems we have started something of a trend... there are lots of people eager to do daft things to raise money for us, which is fantastic! In March, both Vrush (our volunteer), and a lady called Joanne Wilkes, and some of

their friends are taking part in a



Farmyard Frolics' challenge at Brooksby (hence the 'farmyard' bit). It involves lots of mud, sweat and tears; and farm equipment. They are also taking part in something called 'The Avalanche Run' later in the year. They will both be raising money for Headway, and will both have their own

'Just giving' pages. You can sponsor them through us though, if you prefer. If you look up their names on www.justgiving.com it will take you to their pages.



Thank You!

Last year was a bumper year for donations and grants, so we'd just like to take this opportunity to thank some of our supporters. Without them, we could not carry on our essential work.

Thank you all very much:

Big Lottery Fund
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Hinckley and Bosworth Lions Club
Leicester De Montfort Rotary Club
Blaby Baptist Church Ladies Group
Castlebeck

Czech-ing what we do!

In December we had a four day visit by 2 visitors from Cerebrum, an organisation supporting people with brain injuries in the Czech Republic.

They were particularly interested in our outreach programme and spent their visit 'shadowing' staff and keeping a diary of what they'd seen and learnt. One of the biggest and most tiring aspects of their visit was

understanding English. This is what they had to say:

"My name is Tereza, manager of a Rehab programme, and my colleague, Slávka, is a psychologist. We visited Headway Leicester because we would like to learn how the system of care of people after traumatic brain injury (TBI) in the UK functions.

We both work for Cerebrum, which helps



Slávka and Tereza

people after TBI and their families in Prague. At this moment it is the one organisation devoted to people after TBI. We are grateful to staff and the members of Headway."

Headway Leicester is supported by:



Lloyds TSB Foundation for England and Wales

The Henry Smith Charity

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