

Headway Monthly Bulletin



Issue 22

March 2011

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

Mark my Words!

By Mark



Beastie Boy

Volunteer Vrush Triumphed over another challenge at the end of February, 'The Beast' took place on a wet Sunday morning over a cross-country horse trials course near Melton Mowbray. He ended up waist deep in water, and clambering over massive jumps, all in aid of Headway, and he has another challenge lined up for the end of March too. The 'Farmyard Frolics' run on 20 March at Brooksby College, and he's looking for sponsors to boost his total. You can support him at www.justgiving.com/Vrush, or contact us at Headway House.



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



My intention was to make a letter rack for a

good friend of mine, Bev Sharpe. I used my initiative to carry out a little research on Google to see whether there were any of the above online to see what sort and style there were available. Of course I decided to make this letter rack because it seemed to be the most straight forward and it is rather suave. Luckily Maryanne sorted solid pieces of pine and assisted me in using the jigsaw to shape around

the top oval side and fix the wooden little shelves at a 45° angle.

I used the mitre saw to saw the back of each adjoining edges of the shelves. I nailed and firmly glued the sides of the wood together. I have enjoyed this experience of being able to measure up my own angles as to how Bev required.

I am now in the process of planning my next project so watch this space!

First Sign of Spring at Headway

By Alison Leight

Leicester De Montfort Rotary club, who helped us out at last year's fete, came in the Autumn to tidy the garden for us too. While they were here, they planted a wave of crocuses on the front lawn. One of their targets for the year is to plant

as many as possible around the city. We were a bit worried when it got to the end of February and nothing appeared – we thought Michael had mown them all up! But no, as if by magic, overnight they appeared and they are beautiful. It's so nice to see

them every morning in the sunshine – a true sign that Spring is here. Thanks to Mary French, Rotary President, Nigel Terrett and the team for all their help – and look out for pictures of Barry H and Edward with the crocuses in the Leicester Mercury.



Muddy Stuff

Joanne Wilkes will be joining 'our' Vrush in the Farmyard Frolics Challenge on 20 March.



She chose to support us because her father suffered a brain haemorrhage 5 years ago. Joanne will be running with friends. They hope to raise at least £1,000.

Headway Leicester is supported by:



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The Henry Smith Charity

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Barry's Bargain!

By Barry

Whilst at Headway, I was talking to Lisa about a chess table I had made in woodwork at Headway. We decided to look on Ebay for a wooden chess set to buy to go with the table. We chose a set and bought it off Ebay but unfortunately we did not notice that it

said 'small'. When it arrived the pieces were too small for me to grip. The man who sold us the set contacted us and kindly sent me another set which was larger and also let me keep the other set which I have donated to Headway. I am now



*Cheque mate?
No I've already paid!*

making a box in woodwork for the chess pieces and draughts to go in.

Alcohol Awareness

AddAction is a charity supporting all those affected by alcohol or substance abuse, and they deliver excellent training on alcohol awareness. Headway staff and volunteers attended one of their courses and learned loads about the effects of different levels of alcohol,



how to recognise when drinking becomes harmful and how to support people to recognise if their drinking may be causing them harm. The training was a real eye opener, did you know for example that quaffing 2 large (250ml) glasses of wine in a session is considered 'binge' drinking? ie, twice the daily number of guideline daily units.

Blimey, and most of us thought binge drinking only applied to gangs of youths in town on a Saturday night! We were given some really useful little gadgets to calculate units of alcohol, and also how many calories they contain, which was even MORE scary! If you would like one, just let us know, or contact www.drinkaware.co.uk



Do you need help after an accident?

Osborne Morris & Morgan Solicitors & Neurolawyers
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Contact Tim Woolford
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