

# Headway Monthly Bulletin



Issue 38

August 2012

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

## What a Beautifully Blustery Summer!

The Summer Social this year will be held on **Saturday, 11 August 2012.**



We expect the weather to be wet and windy; and wellies may be the order of the day! It will start at 1pm, and there will be games, English Summer cakes, and all the usual fun and fund-raising stalls to tempt you away from your cash! Come and join us for a day of fun that we're hoping will actually be hot, sunny and considerably more 'Summery' than of late!



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## Ricky's Triumphant Run

By Alison Leight, Fundraiser

On Sunday, 15 July, Headway Member Ricky Martin achieved his goal to run up to Old John to raise money for Headway. This time last year Ricky could not walk. He had difficulty standing, speaking and eating and was in pain for a lot of the time. With Headway's help, and the support and encouragement of his family and friends, Ricky's condition has improved dramatically. He is

now spending 6 weeks in Australia, fulfilling another ambition, and taking a well earned rest! His remarkable story has attracted a lot of media interest, and he appeared on both BBC and ITV local news. He has been featured in the Leicester Mercury. You can read a personal account of his journey to recovery on the website of his friend Chris who is a BBC Cameraman: [www.caparkinson.com](http://www.caparkinson.com)

Ricky is on course to raise over an astonishing £2,000. You can still donate at: [www.justgiving.com/ricky-martin4](http://www.justgiving.com/ricky-martin4) or text **RICK47 £5** to 70070



*Ricky (pictured right) with his friend*

## Halfway Gone...

By Matthew Padmore

I had been asked to make a speech at this year's 'Way Ahead' conference. The organisers had asked me to speak about the story of my stroke, my years in Japan and "Halfway Gone - Life and Love after Stroke", the book I'd written about my life. It was easy to say "Yes" months in advance but as the time drew near and I sat in that University Refectory sweating

nervously in my suit I was regretting my decision! When the time came Paul Winfield gave me a brilliant intro and the 150-strong audience listened quietly while I spoke. Once I was done I could relax and enjoy the rest of the weekend. I sold out the copies of the book I had brought along and got to go to some really interesting lectures. All in all it was a

fantastic weekend - Thanks Paul and everyone at Headway!"

"Halfway Gone" is available on Amazon in print and on Kindle ISBN No 978-1-4709-4589-3.





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For more information, please contact:  
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## That sinking feeling!!!

By Headway's floating reporter Andy Rees...

The Wednesday group went out on a boat trip and I bet you can't guess what day that was on! A very good time was had by all, the weather was brilliant which as always is a good start. We set sail from the Hope and Anchor pub, Wanlip to Sileby lock on the Grand Union Canal, at

a jaw dropping speed of about 4-5 miles an hour (and no we didn't get a speeding ticket!). When we got to Sileby lock which was about one and a half hours of leisurely boating through the very picturesque countryside we moored up for a well earned break and a sandwich and look



around. A brilliant trip out and one I would recommend to you all, so if you get the chance, go, DON'T SAY NO!

## Blooming Headway

We had a stall at Leicester University's fabulous Botanic Gardens' Family Fun Day again this year, and luckily, it only rained once! The grounds though were suffering badly from the effects of the previous week's rain and many of the attractions had to be moved or cancelled. It was also colder than we expected, even Charlie the Dog had to be

wrapped up in a coat! There was still a good turnout on the day, and lots of things to see and do. Artist Ian Mitchell, who came to work with us some time ago, was there selling his paintings. His wife Oti, who is now one of our fab volunteers, spent the day helping on our stall, and also singing in the choir. We were selling plants and pots and raised over £150.



Fundraiser, Alison with Oti and Maryanne

Thanks to Oti and the Headway members that spent weeks planting and nurturing before the event, and to everyone came along on the day.

## Do you need help after an accident?

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