

Headway Monthly Bulletin



Issue 32

February 2012

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

Felt making at Headway House

by Marietta Sharp

Take some Merino wool, water, olive oil

**felt
ing's**



soap and some elbow grease and you could produce a felt vessel like the one pictured!

Alison Linnell, an experienced felt maker, will be at Headway House to help us create felt

articles. She visited us on a Monday morning and proceeded to demonstrate the process, intriguing us all by how creative and therapeutic an activity it is. Watch this space for pictures of our very own creations!



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Sherlock Holmes: a game of shadows

Film review by Pete

The film starts when a bomb goes off in Strasbourg and Holmes finds himself single-handedly beating off a band of hired thugs. From here it's full steam ahead to the finish line, via clever plots and exploding trains. The action sees Holmes one minute making sure that Watson arrives at the church in time for his wedding. Next he's pitched into battle with the evil Professor James Moriarty who has formed a plan to start a war in Europe and then trade arms to the highest bidder. This is the second instalment of Guy

Ritchie's (the ex Mr Madonna) telling of Sir Arthur Conan Doyle's Sherlock Homes told through the eyes of Holmes' long suffering friend Dr Watson and is well worth a visit to the cinema.

A CEA card (Cinema Exhibitors Association Card) lets your carer get in the cinema for free. You

can download the form from the internet, fill it in, send it back with a passport photo (of yourself not your carer) and £5.50 for the year. Just one visit at £8 a ticket and you've got your money back. Their website address is www.cinema.uk.org or [click here](#) to apply on line.



Cooking at Headway

by Ruhi



I cooked for my mum and myself of course. I looked at one of the recipe books and picked up a winner casserole recipe for mum. I brought some of the ingredients from home and I had a lot of enjoyment of making my casserole and looked forward to eating it!

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Maiden Voyage

by Andy

My marquetry work started out as a bit of a joke with Maryanne as I didn't think she'd let me do it (how wrong I was!).

I didn't know how many stages there were involved or how much skill was needed or how long it would

take to get it done. I thought it would be done in a couple of weeks instead of several months.

For the patient woodworking connoisseur – try a bit of marquetry because the end result is brilliant.



China Trek 2012

Upon returning to work after Xmas, we were thrilled to find out that in September



a lady called Leigh Armstrong will be taking part in a trek to China for us. She has to raise over £3,000 and we will benefit from a sizeable portion of that, and anything she raises on top. We're hoping to help her as much as we can with her fundraising efforts, so look out for Chinese themed events over the Summer! You can

donate on her Just-Giving page at www.justgiving.com/Magick-Minx 'Magick Minx' is the name of her jewellery business in Hinckley, and she is taking the trek challenge in memory of her Mum, Wendy Seal. Visit her page and read her moving story.

You can also donate on your mobile phone: text **TREK09** £2 to 70070.

Do you need help after an accident?

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