

Headway Monthly Bulletin



Issue 31

January 2012

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

The Journey of Life

By Rob

Let it snow

By Carl

When I was young I used to sledge with my friends in the winter. Now I've got small kids of my own I thought I've got to make something for them to have a nice time too, so I had some wood from an old chair at home and decided to use it to make a sledge.



I was at a friend's house and saw some old carpet and got the idea of putting it on the bottom of the sledge runners to make it stronger and slide better.

I found a simple design on the internet and took the wood and metal to Headway where Malcolm gave me some help to make it.

Now all I need is some snow – the weather forecast says it's on its way.

We all start a bit lost, needing direction and guidance. Through our travels we are faced with lots of decisions, some more difficult than others, but with a mature mind and help from family and friends we will go in the correct direction. If ever we fall down, stand up straight away and you'll be laughing.

Don't ever be afraid to ask for help.

It takes a stronger person to admit they need help than trying to struggle through it.

Remember we all learn from our mistakes, you have to aim high to achieve or strive to succeed, we all learn from our mistakes – if at first you don't succeed try, try again.

Remember the truth hurts at first but we only learn from being told the truth.

There are so many people out there that will say you can't do it, you just have to turn around, look them in the eye and say "oh yeah you just watch me!"



My first attempt at wood turning

By Pete

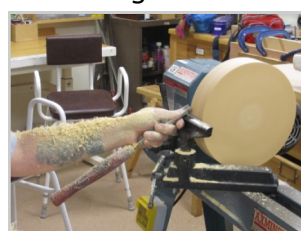
I was making a wheelbarrow planter for my wife, Angie, her old one fell to bits.

The hardest bit of the wheelbarrow was the wheel. I made it by gluing six pieces of wood 1' x 6" together, two by two then on top of each other to make a piece 1' x 1' x 3" thick. Then I cut the corners off to make a rough hexagonal shape, this was then mounted onto the

lathe.

Apron and face mask on, Maryanne, Headway's woodworker, told me there might be a bit of sawdust (as you can see from the photos).

With the wood spinning in the lathe and using a chisel



on the rest, I managed to produce a perfect wheel (to my surprise).

Angie was very pleased with the result and is looking forward to the Spring when it's planted up.



JustTextGiving™

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Lewis' Decembeard Challenge

A young man called Lewis Thorley is growing a beard for us! If (when) he reaches his target, he has pledged to brave a full body wax.



Visit his Justgiving page at www.justgiving.com/Lewis-dylan-thorley and give him lots of encouragement. You can donate to us via Lewis by phone too: Text WAXX11 £2 to 70070. You can of course donate to us with cash in person to Headway House, or by cheque to Headway Leicester at our address. We can then add to the total online



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Halfway gone, life and love after stroke

Matt Padmore, a Headway client since 2008, has recently self-published a memoir.

Matt survived a stroke when he was just 35 and living in Japan. His memoir covers his life in Japan, his short but happy marriage and his attempts to rebuild his life back in England.

It's a moving story, of course, but told with a sense of humour. There's joy as well as sorrow in there. Amazon reviewers say it's "*candid and tender but interspersed with dry humour*" and "*beautifully written*". (It's available on Amazon in print and on Kindle ISBN No 978-1-4709-4589-3.)



Go Santas!

By Alison Leight

The Santa Run basked in the luxury of sunshine this time, instead of 5 inches of snow like 2010, so we all gathered at the running track at Loughborough University to start our 'Santa Stroll'. A smaller party than last year, but no less keen, we weren't quite last, which was an improvement on last year! Dawn Slow, one of our trustees has so far

raised £400 which is fantastic. Well done Dawn, and thanks to everyone who's donated on our Justgiving page. The final total looks to be around £600, which is not bad considering we were so few. Thanks to everyone who gave up their



Sunday morning - and big hugs to Bramble and Alfie, the team mascots!

Do you need help after an accident?

Osborne Morris & Morgan Solicitors & Neurolawyers
Danbury House
West Street
Leighton Buzzard
Bedfordshire LU7 7DD
Tel 01525 378177
Fax 01525 851006
Contact Tim Woolford
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Harvey Ingram LLP Solicitors
20 New Walk
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** consultations are by appointment only



Please note that Leicestershire Leicester and Rutland Headway does not recommend any particular solicitor.