

Headway Monthly Bulletin



Issue 35

May 2012

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

Ricky Races ahead!

Headway Member **Ricky Martin**, who has challenged himself to running up Old John for us, has already raised over £900! This in the space of 2 short weeks, and by the time you read this, the total will probably be much higher.



Well done Ricky, and thanks to all his sponsors! You can donate online at www.justgiving.com/ricky-martin4 or on your mobile phone: just text **RICK47 £5 to 70070**



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Congratulations to Tindy

Ex Headway member Tindy Chaggar, has won a broadcasting award for her work at Radio Fox, broadcasting in Leicester's Glenfield and Royal Infirmary hospitals.

At The Hospital Broadcasting Awards in Northampton, Tindy took the award for her coverage of the Belgrave Mela

last July, and was also nominated for Best Female Presenter. After her brain injury in 2003, Headway

Leicester helped with her recovery and got her involved in volunteering at the radio station. "Being on radio has put my life back on track." says Tindy



who, nine years on is looking forward to the future: "This is just the beginning, as far as I'm concerned."

Congratulations Tindy, from all of us at Headway!

It's a Grand Job

by Andrew

I got the idea for my table from one of the magazine pictures on the wall at Headway.

I liked the design because it made me think of the 1950s and

modern combined and would make me smile when I had a cuppa knowing I'd done a handsome job. I decided to go for three legs instead of four which brought a frown from Maryanne.

I thought it would be grand to have the right size for putting a nice mug of tea on or a book or CD.

It was a little bit tricky and took much longer than I thought but luckily

old Maryanne helped to teach me the proper way of doing the job, making me aware of the angles best to cut.



It's now become an item I use every day and it makes me smile.



Tuck in!

The Police paid us a visit recently, not to arrest anyone, but to give us some money, which was nice. Their tuck shop at Mansfield House Police Station has made £650 profit - which they traditionally donate to local charities. They kindly gave us £200 this year, which will go towards our new Family Support Group. DC Catherine Thompson, Tuck shop Manager said: *"It's good for people to see that we're caring members of the Community, and not just Police Officers."* The Family Support Group meets at Headway House on the first Thursday of every month from 6.30 til 8pm and is supervised by members of our support staff - for more details, please do not hesitate to contact us.

Headway
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Rest... Relaxation..... Rosliston

At the beginning of April, a group of us went for a long weekend at the Rosliston Forestry Centre in Derbyshire.

We had a great time, and the weather was very kind to us. Because of the nice weather, we were able to go out and about a lot. We also spent a great deal of time on the veranda, drinking tea or coffee and chatting!

The weekend began with a visit to a pottery museum and lunch. One driver arrived with a flat tyre, but we got that sorted whilst we had lunch. On the Saturday, we explored the forestry centre and walked around the trails, enjoying the sculptures and the wildlife. In the

afternoon, we visited the National Memorial Arboretum, which is dedicated to all those who fought and lost their lives in battle, since the second world war. It is an impressive place, very well kept and is a massive area. It was also a little emotional visiting such a place,



Minaxi, Julie and Madhu relaxing in the forest

but well worth the experience.

We went to the Brewery museum at Burton on Sunday, and enjoyed a carvery



Jackie, Mick, Donald, Madhu, Minaxi and Stephen at the National Memorial Arboretum

in their new restaurant. Then it was back to the lodge, to sit outside in the late afternoon sunshine.

Thank you to all the group who made the weekend a great experience for everyone, everybody helped with meals, made lots of drinks and generally were very considerate and kind to each other.

Do you need help after an accident?

Osborne Morris & Morgan
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