

Headway Monthly Bulletin



Issue 41

November 2012

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

A weekend away in Norfolk

By Maggie Taylor

In September a group of us went away for the weekend to the Nancy Oldfield Trust in Norfolk. A great time was had by all. Mary, Karen, Mandy, Bev, Chris, Grahame and me. The bungalow is fully equipped and comfortable. So after a long day of water activities we all crashed out in the evenings after a nice meal. Sit and watch a bit of TV or play PS2 and win the monkey game!!! You had to be there.....

The weather was ok, some dull parts to the

days, but mainly sunny and warm.

On our second day we went out in canoes, two lashed together for stability. Everyone had an oar and paddled along the broad. We sailed in the afternoon on the Bass sailing boat, and the faster smaller boat on the Broad. We needed to get our land legs back after that trip. All the people that wanted to, steered the boats. No one crashed it or got us stuck in mud, great work men....



Ahoy there!

and women.....

We went to the coast for some tasty fish and chips, mmmmmmm. The sea was a bit lively and was splashing up about ten foot into the air, with gulls flying through the spray. Then a bumpy ride back in the yellow bus to the bungalow.

Check out the photos at Headway.

And Another Weekend Away in Norfolk

By Andy

Last month a group of us spent the weekend in Neatishead with Headway. Many thanks to Mary, Alison and Jedward for making the weekend one a lot of those who went will not forget in a long time. Good fun was had by all. The weather was brilliant sunny and warm for the time of year, a bit of canoeing only one way for some (not that i'm one to name, names!!) and a bit of sailing and I mean proper sailing for most and a bit of fishing for those that

just wanted to fish (that would be me then) On Saturday night we went to Walcott to the local chip shop not bad if i don't say so myself. Then after a steady drive back to Neatishead we went for a well earned drink in the local pub for a drink (J2-O for me) and a chit chat amongst friends. After a hearty cooked breakfast and for those people daft enough to canoe (not Me, James and Neil,



we went by boat) we went back to the floating shed (as I called it) for some more sailing and fishing. On the fishing front it was worth the wait for me, that's all i'm going to say about it as i'm not one to brag!! All in all another great weekend away in Norfolk.

A date for your diary



Our Headway
Leicester
Christmas Party

on

Tuesday
11 December
7 pm til 10 pm

at

Goals Soccer
Centre
Wakerley Road
Leicester
LE5 4WJ

Ticket price £3.50
free entry for children



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Headway - the brain injury association

Headway UK

www.headway.org.uk
Freephone Helpline
0808 800 2244

Headway UK has a very comprehensive website where you can find lots of information about brain injury, making a claim, welfare benefits, approved providers of care facilities, and lots of other information. You can also download fact sheets and purchase booklets about brain injury and its effects.

Headway Leicester is supported by:



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Fundraising News

By Alison Leight, Fundraiser



Brett, pictured left and Andrew

On 11th October, the National Federation of Builders held their Annual Association Dinner at The Belmont Hotel, and we were their chosen charity for this year. Past President Andrew Oldershaw paid us a visit and

presented us with a cheque for £600, which was a very welcome surprise. Andrew knew a former Headway volunteer who had lots of nice things to say about us, and he was also prompted to nominate us because builders can often suffer brain injuries as the result of falls. We will be putting the money towards 'Heading Out', our new social group for younger Headway members. Many thanks to everyone who attended the event and gave so generously. To find out more about



National Federation of Builders

'Heading Out' contact
 Lisa or Alison on 0116 2739763 or
headway@headwayleicester.org.uk

Heading Out

Heading Out is a Headway social group for young people with an acquired brain injury who meet on alternate Tuesday evenings

Do you need help after an accident?



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