

Headway Monthly Bulletin



Issue 40

October 2012

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

It's quite alright on the Isle of Wight!

By Paul Winfield, Outreach Team Manager

September and October in the Garden

At last rewards for our labours at Headway garden!

Members, staff and volunteers enjoyed



eating barbecue food under the

pergola.

The garden bench under the pergola has been given a fresh lick of wood stain and more wood staining is underway, thanks to hard-working member, Lee. The summer vegetables are now being harvested and requests are coming in for winter vegetables so watch this space



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Nicola and I like a challenge – so we decided this year to take a group of 8 (plus our trusty volunteer Jo) to the Isle of Wight. Quite a long way – but well worth it!

In our packed 8 day break we went out onto the Solent at 25 knots on a powerboat, went canoeing, sunbathed on the beach, went for long walks (including Shanklin Chine), took in the splendour of Osborne House, went to the theatre.....need I go on??

The weather was beautiful all week and we had many merry evenings in and out, sometimes just enjoying our splendid accommodation (a pine lodge and a cottage). Our group was as usual the main source of entertainment and the laughter never stopped. Not only did everyone get along well, but all helped

each other so much to get what they needed from the holiday. Stan got his gruelling



*"Oh I do like to be beside the seaside"
(Chris, Sharon, Stephen and Ady)*

exercise; Ady got oodles of speech practice; Matt drove two high powered boats; Sharon and Ben got a much needed break; Chris got 60+ VHS films for £5 from the

local Car Boot sale (don't ask). Oh – and Pam and Steve got a group of folks to drive nuts all week!!

So everyone was happy. A truly brilliant week – and definitely one of best Headway holidays ever. Thanks to Sue Easton for the use of her

beautiful cottage, to Jo Vickers for

attending as volunteer at short notice; to Leicester Charity Link for their financial support and of course to Nicky for her unfailing bravery and calm!!



"Ady, Chris, Ben, Jo, Stephen, Nicola (back) Matthew (front). Has Paul missed the boat?"



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Well Done Chris

Headway member **Chris Dunne** triumphantly completed a 150-mile charity bike ride last month, on the anniversary of the terrible accident in which his wife **Elaine** was killed and he was seriously injured.

Elaine died in a collision with a car driven by a 93-year-old woman near John O'Groats, Scotland, during the couple's anniversary break last September. Chris needed life-saving surgery and spent months recovering in the Young Disabled Unit at Leicester General Hospital. His injuries were so severe

he had to relearn how to walk and talk. He now lives independently and walks with the aid of sticks, and says the idea for the bike ride came about after



chatting with some of his old cycling friends. Chris used his recumbent tricycle to cycle the Trans Pennine Way, from Southport to Hornsea

over five days, raising money for five charities, including Headway Leicester.

He said: "The cycle ride helped take my mind off everything that happened. Returning to work will help with that process. I wanted to raise money for Headway because they have helped me a lot." His dad, John, said: "He has come on very well in the past 12 months. When we think of last year and the life or death situation he was in, we are very proud of him."

Chris has already raised over £350 for us alone. You can donate safely online at: www.justgiving.com/transpennine5

Do you need help after an accident?



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