

Headway Monthly Bulletin



Issue 39

September 2012

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

Farewell Headway

As some of you may have heard, I will be leaving Headway at the end of September.

Sadly, the funding for my role has ended. I have been at Headway for four and a half years and I have loved every minute of it. I really value my time at Headway as I have met

some very inspirational people along the way, and learnt many new things. It has been a great experience working at Headway with members, staff and volunteers. I will genuinely miss everybody. I will definitely visit and you won't be able to keep me away from the Christmas party and summer socials! So I'm sure I will see you at some point in the future.

Farewell and see you all soon.

Zina Visa
Volunteer Coordinator



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by **vodafone**

Carry on Camping!

by Pete Smith

Since 2009 when I had a brain infection our caravan has been in storage. We moved to a bungalow in March this year and it had lots of room for the cars and the caravan so we put the caravan on the drive.

This gave me the opportunity to try to get in it; so with the aid of a bathroom suction grab rail stuck on by the caravan door I managed to get in, *yippy!!* So we made plans to go to Milestone Caravan Park near Newark for a long weekend in August just to see if everything still worked ok.



Angie's tip of the day!

My brother Tony and his wife Glenys who also have a caravan were to accompany us. We were all hitched up and ready to go, Angie my wife, me and the dog - Jake my little westie, seat belts all done up. When Tony reached in through the window to kiss

Angie (with the speed of a striking Cobra) Jake leapt forward and bit Tony on the hand and drew blood. It was so funny I nearly wet myself! Tony wasn't amused, a good start to the weekend!

We arrived at the site and were sited next to the disabled toilets and showers which was great, not far to walk for my regular ablutions. We pitched the caravan and Angie, Tony and Glenys started to erect the awning. Three hours later and lots of improper adjectives were uttered, they were struggling which is when the cavalry arrived in the shape of 6 burly scaffolders from Derbyshire who were there for the week, 30 minutes later it was up and a crate of beer would soon be on its way over to them.

Angie set up the caravan, water, waste, gas, etc, that's when we realised the gas bottles were empty. We got a refill from the site shop so all was well or so we thought. In the morning Angie started to cook breakfast and the gas coming through was just a trickle. Tony checked that all the taps and valves were open but still a trickle so off Angie went to Tony's caravan with frying pan,



Three hours later....

saucepan, eggs, bacon, sausages, black pudding and tomatoes.

Saturday we went into Newark, the market was open and we stopped at a bar-restaurant barge by the river for lunch and in the evening played Jenga, drank wine whilst listening to the thunderstorms. All good fun. It was only when we got home that I found out we were playing Jenga wrong! On the Sunday we went to an air museum, it was very interesting there were planes there built in the late 19th Century made from wood. It's amazing that people risked their lives in these contraptions all held together with string and screws. When we got home the caravan engineer came out to sort the gas out and found that the main regulator was faulty, so £70 lighter all fixed and ready for our next trip.

All that said we had a great time, a good laugh and we'll be doing it again *as soon as possible*.



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Leicester Racecourse Symposium

by Julie Page, Outreach Support Worker

In July, a couple of staff members went to a conference which was organised by the East Midlands Centre for Neurobehavioural Rehabilitation.

The speakers were talking about recovery and rehabilitation in the community, and how professionals can manage this in order for people with a brain injury to reach their potential.

It was very interesting, and the point was made yet again about how people are still improving and making progress several years after

their injury. It used to be thought that people mostly only made progress in the first two years after injury, but now this is thought not to be true.

The most interesting and thought-provoking speaker was Ricky Martin – a member here at Headway Leicester. He spoke very eloquently about his experiences – from his ‘dark days’ to his gradual remarkable recovery.

It is always very useful to hear real experiences, and it was clear that all the professionals present appreciated this opportunity to hear

how it really feels.

The Symposium included a very nice lunch, and was a great venue for this type of event. Thank you to the organisers and to all the speakers.



Ricky on his way to Old John; fundraising for Headway, well done Ricky

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