

Headway Monthly Bulletin



Issue 43

January 2013

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

Leading the Way

by Mary Goult

It's not often that I write an article for the bulletin, but I wanted to reflect on some inspirational stories from 2012 and three people in particular stand out.

Tindy Chaggar sustained a brain injury in 2003 which was to change her life completely. Following her brain injury Tindy was unable to pursue her dream of becoming a solicitor and struggled to re-evaluate and get her life back



on track. Tindy, who no longer attends Headway, became a volunteer broadcaster on Hospital Radio and in May was nominated as Best Female Presenter at the Hospital Broadcasting Awards. As well as her achievements in radio, Tindy continues to support Headway by donating craft supplies and fundraising.

In July Ricky Martin completed what many

others felt was impossible by running up Old John in Bradgate Park. This was an amazing achievement for



someone who had been walking with the aid of a stick only a few weeks before! The effort to complete the challenge was evident to all those who went to

cheer him on and after being virtually carried down by his friends it took Ricky several days to recover. Headway is especially grateful as Ricky raised a staggering £2,000. 2012 was a big year for Ricky who spoke about his experience of brain injury to a symposium of professionals before travelling to Australia for 10 weeks. He was also the subject of an article in the Leicester Mercury in August.

In September Chris Dunne completed a 150-mile charity bike ride on the anniversary of his accident and the death of his wife. Chris was determined to mark the anniversary and used a special recumbent tricycle to complete the Trans Penine Way. Chris raised money for several charities that were important to him and his late wife, Elaine, and Headway.



These three individuals have demonstrated incredible strength and determination and have overcome huge personal adversity. I am proud that Headway has assisted them in some small part to achieve their personal goals.

Not everyone at Headway has such a dramatic story to share but everyone has their own individual struggles and triumphs.

I look forward to 2013 and being able to assist others with their personal journey to recovery and seeing them achieve what they felt was impossible.



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Last time we saw Headway's Stan Baum's sister Melanie come in with her sponsorship money from the Birmingham half-marathon. This time we are delighted to report that her employer, Levi Strauss has given us £1,000 to buy some ipads for the 'Heading Out' young people's group.

Thanks so much to Melanie and her team for the money, it'll be a massive boost for the group which is becoming very popular. They meet on Tuesday nights - if you would like to find our more, contact Lisa or Alison Maynard on 0116 2739763 or headway@headwayleicester.org.uk

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The Dragon's Legs

By volunteer, Helen

Many years ago when I first started volunteering at Headway we did a group project making a large mosaic of a red dragon.

The dragon then spent many happy years on the wall in the Headway garden. However the effects of the English weather and old age took their toll and I noticed recently that the

dragon legs were warping badly. I sympathised with the dragon as I was also having problems with my legs due to arthritis in my knee!

So myself and some Headway members took off the dragon's old legs and replaced them with sparkling new ones and fixed the dragon back on the garden wall; I must say he



Dragon's (Gar)den

now looks much improved! Also, I have recently had a half 'Oxford' knee replacement myself - so we are both now resplendent with our new limbs!!

We'll Done Me'Duck

Headway Member Andy would be the first to admit he is not the shy quiet type! This time, he really has got something to shout about - his recently finished, and frankly

marvellous marquetry project. The beautiful duck was commissioned by member of staff Edward, and Andy is justifiably proud of his master-piece.



Edward and Andy

Do you need help after an accident?



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