

Headway Monthly Bulletin



Issue 48

June 2013

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

Outreach Mundesley Holiday 2013

by Nicola Rowe, Outreach Worker

Money, and time well spent

The weather may be a bit unpredictable, but our members always have a great time getting out and about. Holidays and day trips are two of the things we definitely need to raise money for, and whilst members fund a portion of the cost themselves, it's always nice, and potentially expensive, to keep everyone busy while they're away. We often need special equipment, and safe, specialised transport is always necessary.

Thanks to everyone who supports us, and if you ever need proof that your donations are well spent, just come and speak to our members, they will always ... 'tell it like it is!'.



JustTextGiving™
by **vodafone**

This year the outreach holiday took us back to Norfolk. Some in the group had been before, for some it was a new destination and for others it was a new experience altogether going



on a Headway Holiday. The adventure began on Saturday, 18 May. After picking up Don, Pam, Sharon, Ady, Matt, Pete, Lee, Chris, Ian and Ben; supported by Paul, Jo and myself, we finally arrived at our destination, Mundesley.

The week was filled with lots of activities including a walk on the Sunday to get to know Mundesley.

Monday we went on a boat tour to see the seals. Worryingly our journey was filled

with fog, wind and you certainly couldn't see the sea but we battled on and set sail on the trip. Once we saw the seals it was like the weather didn't matter any more.

Tuesday we visited the Radar museum at Neatishead in the morning. The afternoon was spent sailing and canoeing on the Norfolk broads, ending the evening with a meal at the local pub. On the Wednesday, we went to Great Yarmouth and spent some time shopping and walking along the pier. We then all enjoyed the evening at Great Yarmouth's dog tracks, especially Pam who appeared to pick the winning dog every time.

Thursday's trip into Cromer ended with another lovely meal in the evening at the



local pub, Ship Inn (it was requested that we went back there as the meals were wonderful.) This was a really nice way to end our holiday reminiscing about the week's activities as Friday we were returning home.



Pam shares a private joke or two with Sharon

Again another successful holiday with lots of great memories.

Thanks to Jo for supporting the group and thank you to Paul who did all the driving as well as organising the week's activities.

**ACTION FOR
BRAIN INJURY WEEK 2013
13-19 MAY**

Outreach Worker Nicola and Fundraiser Alison spent 'Hats for Headway' day at Rutland County Council, spreading the word and chatting to staff and the public about our work. We chickened out of wearing silly hats, but still managed to generate a lot of interest, and at least one referral to the service. Nicola spends a lot of her time out in the county and in Rutland, so it was nice to meet some of her contacts.

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Thanksgiving

by Lazarus

In April, my family and I had a Thanksgiving service and party to thank everyone for their help and support during my recovery.

The day went really well, with a bouncy castle for the children, gospel singers, lovely food, a celebration cake and dancing around the tables! I was very proud of my family and my 3 children looked gorgeous in

their new clothes.

Thank you to everyone who made the day special for us: the people who contributed

food; my friend Michael and his son who did a brilliant Michael Jackson song and dance; Anita, who sang beautiful gospel songs; another friend who did some African dancing; my friend who made the cake; my Pastor who



Alice and Lazarus

preached during the day and especially my wife.

The best thing about the Thanksgiving was seeing all my family and friends enjoying themselves.

Do you need help after an accident?



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