

# Headway Monthly Bulletin



Issue 52

October 2013

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

## Exploring Sardinia

by Mike, outreach member

I managed to be allowed to go on Mediterranean holiday after about 15 years. I went to Sardinia. This picture showing Castelsardo. Sardinia is a beautiful island, I saw quite a lot of archaeological ruins, beaches and a cave with a 38m stalagmite.



## Musical Chairs

In response to our appeal for help to repair our juke box, we are delighted to report that **Blaby and District Lions Club** have given us a fantastic £250 donation. This will more than cover the cost of repairs, so we look forward to helping our members create their own CDs.

**Market Harborough Building Society** have also been very generous and given us £500 to buy some new chairs for the day centre.

Those of you who attend regularly will have noticed that some, in fact most, of the chairs are a little bit shabby to say the least.

Many thanks to both groups for thinking of us, we really appreciate the support.

## Headway Adopted by St. Denys Church

We are thrilled to tell you that St. Denys Church Ladies' Group in Evington has adopted us for the year, which means they will be fundraising for us until September 2014. They have already had a fashion show, which raised £500 for us (and much more over all - some of the proceeds going towards work on the church). They are only a small group, who work very hard indeed and we were very

pleased to receive the cheque. The Vicar of St. Denys and some of the ladies visited Headway House and were all very impressed by what we do. We will be welcoming other

members of the group throughout the year. Thank you to everyone who went to the fashion show, and to the ladies involved - looking forward to the next one!



*Headway's fundraiser, Alison receiving the cheque from St Denys June and Ann*



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For more information, please contact:  
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## Stan's Success

Having left hospital on 22 November 2011 after a motorbike collision, I joined headway a week later.

I was reluctant in joining Headway but I was determined to improve. I couldn't walk far and had to come in my wheelchair. My right arm was almost unusable and was very low in self esteem. The staff were very supportive and I soon made some good friends. In my time in headway, I have learned to cook, I have painted a picture and have had a lot of help and support in my college work.

As I cannot continue as a mechanic, so I took a course towards being able to teach

mechanics. At first I didn't tell the staff but I struggled so much, the staff at the college had to defer me to retake the course. I mentioned to Lisa, assistant day centre manager of Headway, who told me she had completed the course and could help me. I took on extra work with Maths, English and an IT course and successfully completed them all with help from staff.

My strength has improved and I progressed from the wheelchair to walking with a stick, then to walking with no support, against Lisa's advice! I have travelled to Australia



with the television programme 'Wanted Down Under' as my wife and I are looking to live there for a while.

I left Headway on 24 September 2013 as I am starting another IT course soon, and I have managed to acquire some voluntary work at Stephenson College, which I start next month. I would like to thank all the staff for their help and support in my journey.



## Do you need help after an accident?

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