

Headway Monthly Bulletin



Issue 58

April 2014

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

Dirty Weekend in Stamford anyone?

Natalie Roberson from Cottesmore in Rutland approached us recently about completing a challenge event on 10th May in aid of Headway. We of course said yes, go for it! So she is now busy training for what looks to us like an horrendous way to spend a day – unless of course you like that romping around in mud and water! Natalie explains:

“Headway helped my Mum after she suffered brain injury from an illness, and has continued giving help, invaluable advice and very real support. It is hard for me to describe the gratitude I feel for this help and support Headway has given my mum, in ways I was unable to do.

I am going to (attempt to!) complete the world’s biggest assault



Natalie last year - jumping into an “icy lake full of weeds and all manner of creatures!”

course, called The Dirty Weekend! The course is set in the beautiful grounds of Burghley House at Stamford. There are 2 courses, and last year I managed to complete the ‘Half Mucker’, which is only 13 miles, over 150 obstacles. I was pretty much out of energy at the finish line; it took me just under 4 hours. The challenge this year is to complete ‘The Full Mucker’ (200 obstacles, laid out over 20 miles). I know I’m going to find it very difficult, and it could take me between 6 and 7 hours to complete.

The training for this kind of event

involves a lot more than just running. I am exercising 6 out of 7 days, and an average week contains one short run, one long run, swimming twice, and 2 classes at the local gym including boot camp (lots of press-ups and squats – very painful).”

We are all full of admiration for Natalie and what she is prepared to go through for us, if you would like to support her huge effort she has a [JustGiving](http://www.justgiving.com/natalie-r) page where you can donate safely online : www.justgiving.com/natalie-r

ROPEWALK
CHAMBERS

Ropewalk Chambers, a Barristers’ chambers in Nottingham has raised just over over £2,000 for Headway Leicester. They had asked that attendees at their annual Personal Litigation Conference 2014 to donate to us, and Headway Nottingham, in lieu of paying for their tickets. We wanted to take this opportunity to say thank you to them all for their generosity and kindness.



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For more information, please contact:
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Promises, promises...

On Tuesday 13 May at 7.00pm, **Yvonne Bloor** will be performing music from her new CD release *'Promise'*, St Denys Church, Evington in aid of Headway Leicester. St Denys Church Ladies Group has organised the event

on our behalf as they have 'adopted' Headway as their Charity of the Year this year. The recital will include music by Bach, Albeniz and Yocho, and the tickets are £5 which includes coffee and biscuits. If you would like tickets please



contact Alison Leight at Headway on 0116 2739763

Action for Brain Injury Week

To celebrate **Action for Brain Injury Week**, we have Natalie's Challenge, Yvonne's Guitar Concert and Mary and Ben's Skydive. We are also holding an awareness stall at Oakham Farmer's Market on 17 May, with information

about all of our services. And... we have just recruited another willing victim, sorry, volunteer, to take part in the Skydive with Ben and Mary. Neelam Patel is one of our volunteers who was so impressed with

Ben's enthusiasm for the skydive that she decided to join him! Her link to the JustGiving page is: www.justgiving.com/benandmary Neelam is also collecting offline sponsorship, so you can catch up with her at Headway on Thursdays.

Headway Leicester is supported by:






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(Please note that Leicestershire Leicester and Rutland Headway does not recommend any particular solicitor.)