

Headway Monthly Bulletin



Issue 56

February 2014

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

Grandad's Walking Stick

by Daniel

Giving World
If you are, or know of a charity yourselves, get registered with givingworldonline. They have stocks of stuff donated by businesses and give it out to registered charities, both locally and around the County. We have recently collected a huge haul of gifts and prizes to help towards our fundraising, and some really useful kit for the office, the media room and the garden.

Thank you Giving World!
To find out more go to www.givingworldonline.com



JustTextGiving™
by **vodafone**

I bought an inflatable walking stick for my grandad's birthday, and the look on his face was at first shocked, because he actually needs a walking stick for outside. So I thought I could make him one at Headway.

Maryanne found a nice straight stick in her cupboard, and as soon as I saw it thoughts came into my head. I didn't want to make the walking stick 'normal', I wanted it to look like I'd made it, rather than just gluing two bits of wood together. All thoughts for the design of this stick came along one step after the other, not from a drawing. I started by cutting the wood just over a metre long, at an angle so that it looked different (but still safe). I then cut out a small piece to use as the handle, and dovetailed it onto the long piece

so that the handle fits into it without struggling. With help from Maryanne, I



drilled a hole through the two pieces of wood, then I countersunk the handle and screwed it to the main part. I then dropped heated wax into the countersunk hole and the two sides where the dovetail was. I then wanted to make it personal and Maryanne suggested I engrave his name onto it with a 'wood burning pen'. First I had to shave a bit of bark off the branch,



using a chisel and then wrote my grandad's name with the wood burning pen. Maryanne even gave me a bottom for the walking stick.

I was very happy with the outcome of this project. I used to be a sheet metal worker, so the manual labour is in my genes. When I start something, I like to finish it.

My grandad's reaction was amazing. The look on his face was heart warming. It's reactions like that which make me want to make more things.

Rehabilitation of Memory in Brain Injuries Trial

By Emma Sinclair

ReMemBrIn

Rehabilitation of Memory in Brain Injuries

Memory problems are very common following traumatic brain injury, in fact between 40-60% of individuals will experience such difficulties. Memory problems can be frustrating and debilitating and can prevent people from engaging in their usual activities; such as returning to work, socialising with friends and family or participating in leisure activities.

The ReMemBrIn trial is a research project which aims to test the effectiveness of a memory rehabilitation programme. We are recruiting

participants who experience memory problems following a traumatic brain injury.

If you would like to find out more about the study, please contact:

**Emma Sinclair on
Tel: 0115 84 67616 or
email:
emma.sinclair@nottingham.ac.uk**

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The views and opinions expressed therein are those of the authors and do not necessarily reflect those of the HTA programme, NIHR, NHS or the Department of Health.



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