

Headway Monthly Bulletin



Issue 69

March/April 2015

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

Eggciting Delivery!

We received a surprise delivery from the postman on the Thursday before Easter. We were excited to see a box with Easter wishes all over it addressed to us.

When we opened it, it was full of chocolate goodies and a card from Nelsons Solicitors wishing the staff a happy Easter.



We put all the members of staff's names in a hat and did a mini raffle.

I'm not sure how I managed to miss out - next time I think I need to fix it for me to win!
Mary Goult



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Big finish for the Starts

Debbie Start and her son Liam completed an epic challenge over the Easter weekend for Headway Leicester in memory of her beloved Dad Bill. Here is her story:

"As some of you know we lost a very special man 10 years ago on 1st April our dad and grandad Bill Murphy. We have decided to do our own triathlon in his memory so we will be swimming 15 miles

cycling 15 miles (on exercise bikes) and finishing off by walking the 15 miles to Notts County FC for their home game on Easter Monday 6th April. We decided to do this as he was a life long supporter of Notts County and passed that love on to his family. We have chosen to raise money for Headway Leicester as he suffered a bleed on the brain after an



accident at our local market."

To give them loads of support and encouragement to reach their target, visit: www.justgiving.com/debbie-start (their page is 'Start's Triathlon').

Eggstraordinary Generosity



Don't forget to join us and Loughborough Beacon Rotary Club at Beacon Hill on the 19th April for their annual "Bunny Run". This year, they are supporting both Headway Leicester

and the MS Society. Jenny Lawrence, wife of Headway member Steve, won this fabulous egg over Easter and kindly donated it to us to raise funds. It's made of gorgeous gold



dusted chocolate and is a Limited Edition from M & S. We'll be taking with us to the Bunny Run and raffling it off - so if you want to win it - be at Beacon Hill on the 19th!



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For more information, please contact:
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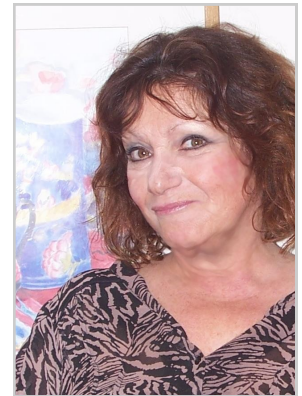
Helen's Diet

Way back in October last year, I had what I thought was a brainwave. How about I achieved two goals in one strike... Loose weight and raise money for Leicester Headway.

So started my sponsored diet... Mary weighed me and wrote down my starting weight and put it in the safe! (well my actual weight is my secret) then weighed me again in February when I'd lost about 7lbs and I was weighed by Karen on Monday 30th March, the end of the sponsorship period and I have lost one stone and 2 lbs!!

I must admit that was a pleasant surprise... I had forgotten what I weighed in at... maybe due to a Freudian slip... and I haven't been very good at sticking to low calorie food. What with Iain my other half plying me with toast and cherry jam in the mornings and lovely curries and pastas for supper. Then there's always Xmas... Christmas pudding with cream and Baileys. Then moving house and mislaying my scales... silly me.

Despite the whole world plotting to stop me I have achieved a respectable weight



loss and will now be looking to collect my sponsorship money. It will all go to Headway and you can give via "JustGiving" under Helen's Diet. Or send to Headway House or give the money to a member of staff or myself (I am a Monday volunteer)

Cheers.... just off for a nice black coffee or maybe a Cappuccino!!!

Headway Leicester is supported by:



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