

Headway Monthly Bulletin



Issue 3

August 2009

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

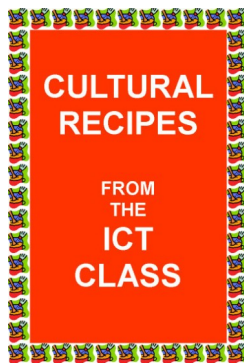
From Headway to Volunteering

By Colin Power, Headway's Pathways Programme Tutor

Mouse on the Menu?

Headway members who attended the IT level 1 course at Leicester College last academic year learnt a wide variety of skills including some Desk Top Publishing.

During the Summer Term they all contributed recipes from different countries and produced a small cookery book which included interesting pictures and a variety of fonts.



This booklet is now on sale at Headway House for 50p and all proceeds go towards day centre activities.

Colin Power has been working with a number of members and gives us an update of Lee Chadd's and Tony Pilkington's successes in achieving voluntary placements.

"Lee has attended a painting and decorating and woodwork course at college. He has also decorated a room at Headway house where he has been able to share his skills with me. Lee has taught me how to prepare a room and hang wallpaper properly. He is about to join a local painter and decorators to



gain work experience and put his skills to work in a professional setting.

Tony and I visited the Great Central Railway and we were very impressed by the atmosphere and appearance of the Stations. Tony could appreciate the amount of effort and work it takes to keep them in such good condition. He also realised that with the skills he has he would be a great asset to them and he made the decision to apply as a volunteer." Here are Tony's impressions from his first few days working as a volunteer

"I have just started to volunteer at the Great Central Railways, Leicester north station on a Saturday. I am learning all about how to be a porter at a railway station in the period of



which the station is based on, which is the 1960s. So far I am being shown how to make sure the train doors are closed properly, by giving them a firm pull on the handle and other general safety measures. I am having to read it several times to get it into my memory and so I understand it but the other people at the station have also said its complicated. It is a very nice thing to do especially if you like steam trains and the old fashioned trains. You can find other jobs to do when there are no trains at the station."

Fundraising Update

I've been here for four weeks, but so much has happened, I doubt I shall be able to squeeze it all in! We've had lots of private donations from faithful and regular supporters; \$100 from an anonymous American donor; £500 from the staff at SPS Technologies, and over £1,000 from a Garden Party that Mary and I attended. The hosts made a huge effort, raising the money from a raffle

and individual donations. Thank you so much to the



family, and everyone for their support this month. I've spent time with some

of the staff team to see what they do, created an enormous (and very boring!) database and met lots of national groups at the Headway conference. Now I'm busy working on a Lottery bid worth over £100,000, planning a legacy campaign and requesting prizes for the Summer Social; hope to see you all there!

Alison Leight
Fundraiser

HEADWAY SUMMER SOCIAL



FEZ AND FETA
SOMBRERO AND
SALSA!

Food and music from
around the world!

(Hat competition for
adults and children)

Saturday 22 August
1.30—4.00 pm

at Headway House
4 Hospital Close
Leicester

Members, their families
and friends, and volunteers
welcome

Tickets £2.00 (adults)
£0.50 (children)
volunteers free!

Tombola, raffle,
children's treasure hunt
and colouring
competition

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Messing about on the River!

In July, a group of us went for a trip on The Sunbeam boat, run by Mosaic.

We had a great time, and were looked after very well by the volunteer skipper and crew. The weather was mostly kind



to us, with just a short, sharp downpour in the afternoon. We had a visit

to the pub at lunchtime, with very good service from the staff at the Hope and Anchor. We cruised out again after lunch, and saw lots of wildlife although there was lots of litter by the banks which is a shame.

Thank you to Mosaic and the crew – it was a lovely day.

Julie Page
Outreach Support Worker

Sculpture

Recently Headway Leicester invited me to come and run a sculpture workshop for 4 mornings over a 4 week period. I jumped at the chance to be a small part of the Headway team, even if just for a short while. The materials used were Aerated Cement blocks, and these were hand carved with chisels, rasps and files.

The sculpting workshops were held in late June and July, and were quite a challenge for

everyone participating as it equated to just 4 hours hands-on carving for each person, but with a great deal of motivation and perseverance I think some wonderful work has been produced, and new skills were learned by everyone involved.

It always amazes me how diverse and wonderful people's ideas can be, especially when you consider everyone started from the same sized block.

Austin Orwin
Sculptor and Printmaker



Gary and Vrush: a masterpiece in the making?

Do you need help after an accident?

The firms of solicitors on this short list are all members of the Law Society's Accident Line Scheme and have solicitors approved by the Society's Personal Injury Panel.

Osborne Morris & Morgan
Solicitors & Neurolawyers
Danbury House
West Street
Leighton Buzzard
Bedfordshire LU7 7DD
Tel 01525 378177
Fax 01525 851006
Contact Eric Morris

Harvey Ingram LLP
Solicitors
20 New Walk
Leicester LE1 6TX
Tel 0116 2545454
Fax 0116 2554559
Contact Robert Rose

Nelsons Solicitors LLP
Solicitors
Provincial House
37 New Walk
Leicester LE1 6TU
Tel 0116 2226666
Fax 0116 2337822
Contact Chris McKinney

Freeth Cartwright
Solicitors
108-110 New Walk
Leicester
LE1 7EA
Tel 0116 2014000
Fax 0116 2014002
Contact Jane T Williams

Please note that Leicestershire Leicester and Rutland Headway does not recommend any particular solicitor but is pleased to have the generous support of these four firms.

LL&R Headway on the Web

Don't forget Headway has launched it's new website at

www.headwayleicester.org.uk

It is currently being updated and links with other useful organisations are being added. We have included a 'forum' so people can stay in touch, ask questions and chat about their interests and experiences. We now publish monthly updates to keep you informed about current information. Let us know what you think and how we may improve it!