

# Headway Monthly Bulletin



Issue 2

July 2009

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

## "Pets as Therapy"

This morning has been a very exciting one, for all of Headway's Friday members. The reason being is Judy visited us with her Lurcher dog, "Fidget". She informed people, ie group members of an organization, which is called PAT which stands for "Pets as Therapy". Fidget's main purpose in life generally is to visit unfortunate people, who have become seriously ill in hospital, and are awaiting life saving operations.

I am sure that Fidget's warm, tender and cheerful personality is a true comfort and to a certain degree, he must bring an awful lot of long term patients and their family and friends, a greater or lesser degree of reassurance that there may well be a chance of the person pulling through.



I am sure that Fidget's training and his skills must be very very much appreciated by, and very beneficial in particular to those who don't have any family and to little children.

Mark Prince  
Member

## Fit Active Buddies "Inspirational Man"

Fit Active Buddies is a project that began in Braunstone about five years ago. It started by encouraging people to exercise, including gym, swimming and badminton, and has developed to include healthy eating and positive lifestyles. People are allocated a mentor who will work with the person for several weeks, with a long-term aim of independence and taking responsibility for healthy living.

Steve Powley has been a member of Fit

Active Buddies (FAB) for several months now, and enjoys weekly sessions at



the gym with his mentor, Rob. In recognition of his commitment and

achievement, Steve has recently been given an award for FAB's inspirational man. Steve had a brain injury two years ago, and also subsequently had a stroke. Despite his limitations, Steve never gives up, he is always keen to try something new and remains cheerful and determined to be as independent as possible. Congratulations to Steve on winning this award! (This is a photo of Steve relaxing on the beach at Mundesley at a recent Headway members' holiday.)

## Headway Leicester's New Fundraiser

We would like to warmly welcome our new fundraiser, Alison Leight to our team of dedicated staff.

Alison began fundraising in 1999. Prior to that she spent time as a journalist, lecturer and full-time mum. She is very much looking

forward to working with the team and meeting our members.

Alison says *"Fundraising is always a difficult task, even more so in a recession, but this is definitely somewhere that I feel funders will be delighted to visit and support."*



## 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

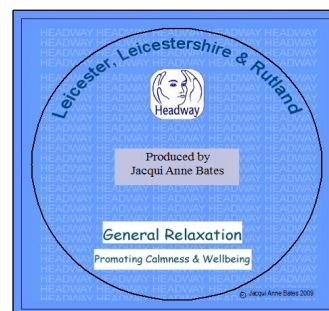
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## Chilling out at the Way Ahead Conference

Jacqui, our Assistant Day Centre Manager and Volunteer Co-ordinator, held two successful relaxation workshops at this year's Way Ahead Conference organised by Headway UK.

Techniques to help the busy, tired and stressed to cope with what life throws at them all were taught. Jacqui has a passion for promoting growth and independence in people; drawing on her wealth of experience and training, Jacqui has subsequently produced a relaxation CD catering for everyone's needs including carers, people with a range of difficulties, Headway workers and family members. It can be used individually or in small groups. If you wish to purchase *General Relaxation*, copies are available from Headway Leicester, 4 Hospital Close, Leicester, LE5 4WP at £5.00 plus £0.90 for postage and packing per CD.



## New to Headway – Music Workshops

Chris Lammin led 4 music workshops for our Monday and Tuesday members. During the first 2 weeks they explored music games and "graphic scores", ie where the performer



interprets images on the page and translates it into music! These 2 sessions were followed by a day spent doing "field recordings". Small groups went round our building and garden recording sounds that they felt best represented Headway, eg playing pool, using tools in the workshop, people talking, cooking, etc. Using a freeware computer program called "Audacity", the group

were able to take their recordings and compose their own piece of music. This created surprising results! During the 4th week everyone's creative and recycling talents came in to force with the making of alternative musical instruments. Members comments included "it has opened my eyes about sound and music and that music doesn't have to be made from traditional instruments!"

## 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](http://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 will also publish monthly updates to keep you informed about current information. Let us know what you think and how we may improve it!