

Headway Monthly Bulletin



Issue 1

June 2009

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

Mundesley in May 2009

By Paul Winfield, Outreach Team Manager

Our biggest group holiday yet! A merry band of 19 members and staff went to Mundesley, Norfolk for 5 days in April this year. With some great weather (thankfully!) we set about enjoying a packed week of activities.

The sight of so much luggage and so many people on one trip seemed a little daunting initially – but we soon settled into our 5 chalets and everyone got on incredibly well with each other.

Lots of food was prepared and served up - mostly by Nicola, including cooked breakfast every day for all of us (Nicola can never look at a sausage again without thinking of Mundesley) and we topped off the week with a table for 19 at the Royal Hotel (as shown). I think several of us didn't eat anything for a few days after this trip as we were stodged!

We went to the Nancy Oldfield (water activities centre) for canoeing and sailing, went on beach walks, visited the Sealife centre and Yarmouth Dog racing Stadium as well as crazy golf and trips to

There are many super memories of our trip this year and so many stories (some unprintable I'm sure) that made it a particularly successful trip this year. For me though, the highlight of these trips is always the wonderful atmosphere of having so many people together and the conversations and laughs that we share throughout the trip. I've had some lovely comments back from those who attended and I am sure we will return to dear old Mundesley again some day.



Cromer and the Radar Museum. Each day was usually topped off with a couple of hours at the local watering hole where our noisy and 'not too tired for a couple of pints' gang descended en masse – much to the delight of the local publican!

I would like to give special thanks to my wonderful colleagues Nicola and Dawn for their unfaltering enthusiasm and energy and to our lovely volunteer Joanna who attended to assist us at very short notice (I can't tell you what a relief that was!!!).

Hats for Headway

During Action for Brain Injury Week, the Younger Disabled Unit at the Leicester General Hospital supported Headway Leicester and kindly donated the funds they raised as they celebrated this event.



Staff member, Margaret joining in the fun at the YDU, shown wearing a hat made from recycled material.

Headway Celebrates Volunteers' Week



As part of this year's National Volunteers' Week, Headway Leicester joined in the celebrations. On Wednesday, 3 June, Headway staff organised a skittles do at the Rose & Crown in Thurnby for the volunteers' to thank them for doing such a splendid job in supporting our members.



Mark brings style to the night

HEADWAY SUMMER SOCIAL



Saturday 22 August
1.30–4.00 pm

at Headway House
4 Hospital Close
Leicester

Members, families,
volunteers and friends
welcome

Tickets on sale soon
(see a member of staff)

Are you able to donate
items for our raffle and
tombola

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Headway Welcomes Alison

Alison was a hairdresser for several years when she thought it was time for a change. This came about when she saw an advert for a support worker for a 22 year old young woman who had suffered a head injury in a road traffic accident. When her support was no longer required in her first post she was recruited as carer for a client who attended Headway House in Leicester. That was 6 years ago and she has not looked back.

Alison is now a Day Centre Worker at Headway House and says "Attending Headway with a member has given me the opportunity to see first hand what positive changes Headway can bring to someone's life. I feel incredibly honoured to be part of such a dedicated team."



Education News

The academic year comes to an end on Fri 3 July. All Leicester College courses have been very successful this year and those participating have all acquired new skills and interests during the year.

Similarly the 5 members who have attended the Skills for Life course at **Fosse Neighbourhood Centre** have all benefited from

this provision and 4 are awaiting the result of an accredited assessment.

In-house 1:1 provision continues. Some members work on spelling and writing skills, others are more interested in maths. Beginners I.T. is also popular and can be sound preparation for attendance on a college course.

At the time of writing we have been told that all courses will continue next academic year. It is suggested that 'Press Gang' and 'Beginners I.T.' amalgamate to become 'Media' to ensure viable numbers of enrolments and to give learners the opportunity to learn I.T. skills in a functional context.

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