

# Headway Monthly Bulletin



Issue 6

November 2009

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

*A date for  
your diary*



*Christmas  
Party*

*Thursday  
10 December  
6.30 to 9.00 pm*

*Mayflower Church  
Hall  
Mayflower Road  
Leicester*

*REQUEST  
FOR  
RAFFLE PRIZES  
PLEASE*

*Full details to follow*

Headway's Monthly Bulletins  
may also be viewed on our  
Website  
[www.headwayleicester.org.uk](http://www.headwayleicester.org.uk)

## Hi-di-hi Campers

by Paul Winfield, Outreach Team Leader

October to many people means the end of the holidays - but for the Loughborough group the fun continues! Off to Butlin's we went for a pre-winter jolly. On this trip there were people currently attending the Loughborough group, some ex-members and also one member from the City.

All 11 members (and ex-members) accompanied by Nicola and Paul to Skegness for a hectic and very entertaining 5 days/4 nights break away. The busy daytime schedule (aside from the rigors of downing two hefty meals a day plus lunch plus Sue's fabulous home-made cakes) included beach walks, the local Seal sanctuary, Gibraltar Point, Batemans Brewery tour, Fantasy Island etc. And the evenings saw us all sampling the local bars, cinema, snooker hall and even the Skegness Embassy theatre for the seventies musical 'Boogie Nights'! Many good laughs and a lot of banter (most of it far too rude to print in a family publication . . .) kept the atmosphere in top form. And no-one ever complained that they were hungry! We stayed in the very best accommodation that mice can afford (not 'Gold' or 'Silver' . . . it was more 'Tin') and this adds to the Butlin's experience people are pleased to get home to their own beds! What I love most about our trips - is the whole communal fun and co-operation needed to live with people we do not usually live with; and I can sum up some of this events like this:

- 1 Jim wants Ian to stop snoring NOW!
- 2 Ian wants Jim to shut up moaning about his snoring NOW!
- 3 Sue is naturally diplomatic and says Jean does not snore despite Jean insisting that she does. However - Sue did wear industrial strength ear plugs each night. And Nicola did snore. Allegedly. Particularly in what turned out to be the country's warmest cinema . . .
- 4 Wayne likes to throw himself out of bed at night so he can be rescued by Paul (in only my pants - what else



would Wayne expect me to be wearing in the early hours?). Wayne manages to wake Andy in the next room but not Sury his roommate . . . (the place could have caved in and Sury wouldn't have woken . . .)

- 5 Andrew brought everyone in his chalet a little gift for the holiday. His cold. And they never mentioned this generous offering to others more than 30 times each hour.
- 6 Gina has one mission in life: To drink as much as she possibly can. And she did - with epic dispatch. Until we stopped her. Eventually.
- 7 Martin and Matt proved to be fantastic chalet mates! They washed and cleaned so much that I almost felt like stealing name badges for them from the housekeeping department. But it's a good job someone did or things might have got a bit untidy in certain chalets.... (you know who you are).
- 8 Matt showed Jean how to play snooker. Martin stepped in to show Matt how to play snooker. Martin is still trying to remove bits of cue from his head. Jim threw down his cue in frustration at this stupid game and went out for a ciggy. Paul nearly did even though he doesn't smoke.
- 9 Nicola got dragged up on stage to do the 'YMCA' at the Boogie Nights show (pictures to follow. Sorry Nicky - it just has to be done).
- 10 Paul and Nicola REFEREED AT ALL TIMES!!!!!!

*Did we have a good time? You bet we did.*

**Happy Birthday  
Headway!**



Next year is the 20th anniversary of the opening of Headway House. It actually opened in September 1990, but we want to spend the whole year celebrating! We are creating a 'shopping list' of 20 items from £20 to £20,000 to raise money for, so please let our Fundraiser, Alison Leight, know if you have any ideas for things we need. Also, if you've got any ideas for special slogans to help promote our birthday, ideas for events, or people and businesses that may want to support us – all your ideas are most welcome!

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**Celebrating Diwali**

The festival of light, Diwali, was celebrated at Headway House on Tuesday, 13 October,

which included tasting lots of delicious Indian food and sweets, making decorations, dressing up, clay pot painting, rangoli patterns, mendhi and of course Bollywood music!

Diwali is a special time of celebration for both Hindus and Sikhs as it also the beginning of a new year.



*Intricate mendhi design created by Madhu*

**Zina Visa**  
BME Support Worker



**Looking for Inspiration**

It's really tricky to make 'sitting at a desk filling out forms' sound interesting!

Well, The Big Lottery application has gone in at last – so keep everything crossed everyone, and with a bit of luck, we'll get a nice fat Christmas present!



This month, we've had donations from The Mother's Union, The County Nursing Association, and still more money coming in from the garden party in July!

It will be the Christmas Social next month, so I shall be firing off lots more letters asking for raffle prizes, and I'm also planning a series of talks and presentations – so if you know anyone who would like us to come and talk to their school, church or local community group, just let us know. We want everyone to know about us, and especially that it's our anniversary next year. We've had lots of ideas for fun family events, so watch out for more information on them soon.

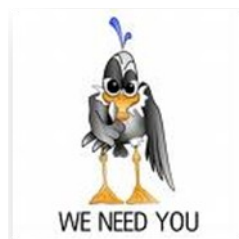
**Alison Leight**  
Fundraiser

**Calling all Potential Trustees ...**

We are currently seeking volunteers to join our Trustee Board. Trustees set the direction of the charity, take strategic management decisions and ensure that public and voluntary funds are used properly. As a trustee you would need to be able to make independent judgements, think strategically, contribute to meetings, work with others and act with honesty and integrity. Trustees can bring a range of experiences to the board including management, finance, marketing, human resources, IT, or relevant professional expertise. You may have firsthand experience of brain injury and disability through work or as a carer.

Trustees are expected to make a level of commitment involving preparing for, and attending approximately 8 meetings per year with some occasional social engagements.

If you would like further information please contact Mary Goultly on 0116 2739763 or email her: [mary.goultly@headwayleicester.org.uk](mailto:mary.goultly@headwayleicester.org.uk)



**LL&R Headway  
On the Web**

Don't forget Headway has launched its new website at [www.headwayleicester.org.uk](http://www.headwayleicester.org.uk)

It is 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 hope these bulletins helping to keep you informed about current information. Let us know what you think and all ideas are most welcome!