



Headway Headlines



the brain injury association
Headway South Bucks

HSB Newsletter - April 2018

Hoppy Easter From Headway

We hope that you all had a crackin' Easter break!

We enjoyed celebrating with some Egg-citing activities leading up to the occasion. Our Spring flower-arranging and Easter baskets went down a real treat, kindly and expertly lead by one of our Thursday volunteers.

The results were Egg-ceptional - Don't you think?



Christmas Came Early Last Year!

Welcome To Our New Volunteers

We welcome Anita and Susan; the latest addition to our teams of Wednesday and Thursday volunteers. Thank you for dedicating your time to help us at the Bourne End Resource Centre.

Thanks to a very generous donation earlier this year, HSB clients, volunteers, staff and trustees celebrated a special day of festive fun on Thursday 30th November.

The elves had decorated the room with tinsel galore, and our favourite songs were playing all day long. A host of Christmas jumpers filled the room with cheer, and Mrs Claus even made an appearance. Christmas crafts were enjoyed all day, with reindeers made from candy canes and face cloths a popular choice. Other activities, including word searches, were enjoyed over a cup of coffee and good conversation.

'Smiles' in Bourne End lived up to its name, and provided a wonderful lunch of fish and chips for all our guests – Thank you for delivering a HSB favourite.

Following this, a sudden change in the weather brought along two special guests: Cloudy and Lightning! The reindeer flew in from the north pole to our warm meet and greet. Despite the cold weather outside, we thoroughly enjoyed the experience, and being able to learn all about them

Thank you HSB for a wonderful day – We hope 'yule' enjoyed the holidays this year!



Headway UK Newsflash

Footballer Ryan Mason Retires After Suffering a Head Injury

Headway is sorry to hear that the former Hull City/Tigers player has been forced to retire after sustaining a fractured skull whilst playing against Chelsea on 22nd January 2017. His supporters have raised hundreds of pounds for Headway as a Thank You for the charity's support during this time.

Cycle Helmets: Don't Hit The Road Without One!

A new study has revealed compelling evidence that wearing a cycle helmet reduces risk of serious head injury by a staggering 69%.

The Benefits of Being Active After Brain Injury – The Role of Inclusive Sport

Headway groups and branches across the UK are exploring some of the innovative ways to make exercise accessible to brain injury survivors.

We're told about the benefits of a healthy and active lifestyle everywhere these days, but how easy is it for our clients?

For those facing physical challenges after brain injury, accessible exercise and sporting activities can help to improve mental as well as physical wellbeing. Activities such as Seated Zumba and wheelchair sports can improve confidence, social skills, and boost mood, in addition to co-ordination, dexterity, and mobility.

New Factsheets to Support Headway Clients and Carers

Headway UK have recently published a new factsheet to support parents of brain injury survivors. 'Brain Injury – A guide for parents' discusses common emotions that parents personally go through both in the early days and in the long-term, as well as offering tips for coping with the practical changes that having a son/daughter with a brain injury can introduce to life. Guidance is also given on managing the parent and son/daughter relationship after brain injury.

They have also published a booklet to help brain injury survivors that suffer with communication problems after injury. It outlines the main communication difficulties caused by brain injury and provides information to help you compensate.

Both publications can be downloaded from the Headway UK online 'Information Library'.

Parliament Hears Headway's Plea For An End To NHS Hospital Parking Charges

Headway has been calling for hospital car parking charges in England to be scrapped. Harlow MP Robert Halfon led a debate on the issue which received cross-party support. Ending NHS hospital car parking charges would bring England in line with Scotland and Wales where almost all hospital car parks are free.

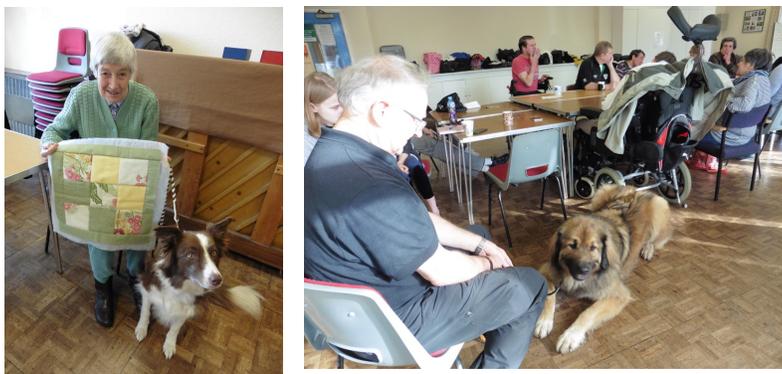
During the debate, Mr Halfon said, "I have a quote from the charity Headway, which really sums up the whole debate. Headway does an incredible amount of work with brain injury. This is what it said: 'Recently, we supported a family who had spent more than £1,500 in parking charges in only 15 weeks. They needed to be at the bedside of their son who was fighting for his life after sustaining brain injury. What parent wouldn't want to be there, day and night? Yet they were faced with a huge bill. These charges are driving families into debt and despair at a time when they already have more than enough to cope with.'"

Headway will continue to work with MPs across the political spectrum to improve help and support.

Therapy Dogs

The UK is a nation of animal-lovers, and we often hear stories of how pets have helped people through the hard times after brain injury. They enhance health and wellbeing through interaction, companionship, and help to develop confidence and independence after brain injury.

At Headway South Bucks, we consider Harry the Collie a valued member of our team. We also really enjoy and benefit from our 'Pets as Therapy' visitor, Paddington.



The Festivities Continue – We Wish It Could be Christmas Every Day!

On the 14th December, we held our annual Christmas party for clients, carers, volunteers and staff. The hall was adorned with Christmas decorations, and all 71 guests enjoyed a lovely traditional festive lunch (a record number for HSB!).

Our Chairman, Jane Clarke, said a few words of thanks to the staff and volunteers for their dedication to our service, and for their efforts to arrange yet another successful event.

We were privileged to welcome our Patron, Steve Rider. He helped to draw the raffle, for which we raised over £230 – Congratulations to our lucky winners!

Following this, we all enjoyed an afternoon of musical entertainment; singing and dancing to the 'Bourne Again Shadows' until it was time to leave.

In the words of our guests ...

"Thank you so much for the lovely Christmas lunch today at Bourne End; the food was fabulous, the band were excellent and the company inspiring"

"Thank you all again for today, it was brilliant! Although my feet are telling a different story (foot spa tonight!)"

You're Welcome!

A Change in Roles

It is with great sadness that we say 'Farewell' to our administrator, Harriet Roberts-Smith. She has been a valuable asset to the team, and will undoubtedly continue to excel in her future career. We wish her all the best for the future!

Jan Cravos, our Assistant Coordinator, has stepped into the position. Thank you for sharing your administration experience with us, and supporting the whole team. Welcome you (again!) to your new role!





Meet Our Team

In each newsletter, we like to introduce a few of our valued staff, volunteers, and clients. Why not get to know the people that make HSB such a great team?

Meet Andy!

Time With HSB: 3 years

In My Spare Time...

I enjoy music and listening to the radio – Rock is my favourite

Why I Enjoy Coming to Headway...

Archery (I feel like Robin Hood!), games, meeting people, music (especially drums)

Favourite Musicians: 1) Johnny Cash 2) Bob Marley 3) Rolling Stones

Catch Phrase: "Flippin' Heck!"

Meet Trevor ("Trev")!

Time With HSB: 2 years

Past Work: Engineer

In My Spare Time...

I enjoy maintaining my house and garden, and going on holiday

Why I Volunteer for Headway...

"I find it rewarding to help people that are less fortunate than myself... I enjoy contributing to a friendly environment that supports those with mental and physical disabilities... I'm able to use my own experience of acquired brain injury to benefit others".

My Best Quality (According to client, Charlene): Humour, warm persona, cheerful and positive

Meet Peter!

In My Spare Time...

I enjoy watching action, thriller, and comedy films

Why I Enjoy Coming to Headway

Good company and cups of tea, playing games and taking part in activities

Favourite Band: Pink Floyd

My Best Quality (According to my friend, Andy): Sense of humour

Thank You, Marlow Thames Rotary Club!

We received yet another generous donation from Marlow Thames Rotary Club. With thanks to their charity fundraising efforts, we can look forward to spending £750 to benefit our clients and carers.



HEADWAY SOUTH BUCKS

VOLUNTEERING OPPORTUNITIES: WE NEED YOU!

Headway South Bucks is a Resource Centre for individuals with acquired brain injury. We aim to provide our clients with a friendly and supportive atmosphere whilst enabling them to come to terms with their injury by providing an opportunity to improve on their cognitive and social skills. We also aim to provide support and respite for relatives and carers.

ARE YOU COMMITTED, OUTGOING, CHEERFUL AND FLEXIBLE?

Are you a fun, reliable individual, with a passion for improving life after brain injury? Do you have strong interpersonal skills, team spirit, and are keen to learn from others?

WOULD YOU LIKE TO BE PART OF A DEDICATED AND HAPPY TEAM?

As a charity that relies on volunteers to provide its day centre service, your time would be an invaluable resource.

CAN YOU SPARE A FEW HOURS ON A TUESDAY, WEDNESDAY OR THURSDAY BETWEEN 9.30AM AND 4PM?

We are looking to recruit volunteers on Tuesday, Wednesday, or Thursday from 9.30-4.

IF SO PLEASE COME AND SUPPORT THIS WORTHWHILE LOCAL CHARITY.

As much or as little time as you are able to support our clients, we welcome your enquiry about the opportunity to join our Headway South Bucks team.

Please contact [Loraine Clark at hsb.coordinator1@headwaysouthbucks.org.uk](mailto:hsb.coordinator1@headwaysouthbucks.org.uk) for further information, or telephone us Tuesday-Thursday 10.30am - 3.30pm on 01628 850315 or 07704 860754.

Save the Date:

Thursday 19th April 2018

You are invited to attend the HSB Annual General Meeting at Bourne End Resource Centre at 4pm.

Wednesday 9th May 2018

Client and Carer lunch at the 'Spade Oak' in Bourne End, followed by a trip to see 'An Officer and a Gentleman' at High Wycombe Theatre.

Tuesday 11th December 2018

Annual Christmas Lunch at Bourne End Resource Centre



Caring for Carers

At Headway South Bucks, our Carer's Support Programme is available to all non-paid carers and immediate family members involved in the care of our clients.

We aim to recognise the responsibility and challenges that could be faced by anyone caring for someone with an acquired brain injury.

Our sessions provide an opportunity for carers to meet together and share experiences, strategies and advice for coping in a comfortable, relaxed setting.

In the words of a HSB carer: "I just wanted to say thank you for lunch yesterday... Sometimes it just helps to talk with others that have an understanding".

A poster with a white background and blue text. The main headline reads "A brain injury affects more than one person's life." Below this, it asks "Who cares about the carer?" and states "Headway does." A small paragraph follows: "At Headway, we recognise the unique and often hidden challenges of caring for someone with a brain injury. We're here to help." The poster features a photograph of a young woman and a man standing together. At the bottom, there is a blue banner with white text: "Free confidential support for carers call 0800 800 2244 or visit www.headway.org.uk". The Headway logo is in the bottom right corner, with the tagline "The Authority on Brain Injury" below it.

Thank You for Your Feedback!

Thank you for taking the time to complete the feedback surveys alongside the previous newsletter. At HSB, we listen to, and value, the opinions of our clients, carers and volunteers to help us improve our service.