

### *Bringing Doorstep Cheer!*



**This is our client Daisy Weekes** during a recent doorstep visit from our coordinators Sarah and Zak.

It cheered her up no end – and it’s fair to say that Sarah and Zak were as pleased to see Daisy as she was to see them!

Even with masks and social distancing, face-to-face contact like this is making a massive difference to those isolated at home while our centres are closed. It’s a chance to see a friendly face, have a chat and share any concerns and it’s helping everyone stay connected. It’s just one element of our Remote Ser-

vices, and we plan to continue with these until we get the go ahead to re-open and resume our regular services.

Our CEO Sue Tyler says: “What a year 2020 has been! We didn’t imagine for a moment that when we went into lockdown in March that we would still be facing restrictions in December. Rest assured, we will continue doing all that we can to support our clients and families while the situation continues, and will re-open our three centres as soon as we can do so safely.”

**“In the meantime, I would like to wish everyone a Merry Christmas and a Happy and Healthy New Year! Let’s enjoy the best Christmas we can in the circumstances and look ahead with hope for 2021 and a time we can all be together again!”**

## GETTING OUT & ABOUT!

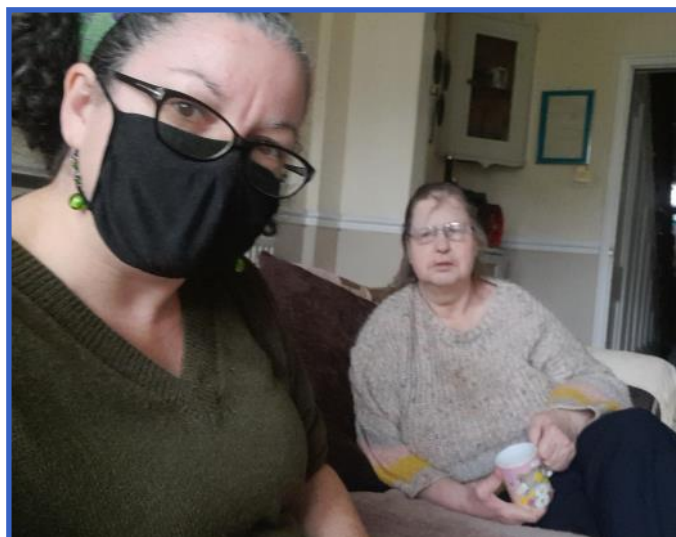
Thankfully our Carer Services and our Lifestyles Services have been able to run near normally in recent months, and they are making a difference on a daily basis to carers and clients alike.

Our client Andrew Naylor, for example, was able to head outdoors for the first time since March with his Lifestyles Worker, Mel. Here they are, pictured right, enjoying some fresh air at Arrow Valley Lake in Redditch.



And client Andrew Hopkins has been out with his Lifestyle Worker, Donovan who took the photograph (left) of Andrew at Bournville Park in Birmingham.

So often, it's the little things that make a difference, as Tamsyn from our Lifestyles team found when she called by to see Shirley. Tamsyn helped wash and dry Shirley's hair and then they enjoyed a lovely cup of tea and a natter together!



## NEW YEAR, NEW YOU!

As we say goodbye (or good riddance!) to 2020 and hello to 2021, why not get the New Year off to a good start by doing something amazing! You could join us as a volunteer at one of our charity shops, in our centres or in our offices – or do some fundraising for us (such as Dry January or a sponsored walk to burn off those Christmas excesses!). Email [enquiries@headway-bs.org.uk](mailto:enquiries@headway-bs.org.uk) for more information on either.





## NEW FOCUS ON SOCIAL MEDIA!

Since our centres first closed in March, we have been using our Facebook and twitter pages for posting daily activities to keep clients busy while at home. There are brain-teasers, puzzles, discussions about brain injury deficits, music challenges, competitions, cook-along videos, story-time book readings and more – all well-worth checking out if you haven't already! You can find us on Facebook **@HeadwayBirminghamandSolihull** and **@HeadwayBS** on Twitter.

## ZOOM!

We are also running four 'live' Zoom sessions a week as well as lots of smaller group video calls within each centre.

Our weekly Zoom sessions cover the topics of History & Geography, Quizzes and Seated Exercises, and our new Memory & Reasoning session every Thursday has also got off to a great start!



*Clients & volunteers taking part in the first Memory & Reasoning session on Zoom*

## SUPERB SNAPS!

We launched our Autumn Photography Competition in September and had more entries than ever before. The quality of images was simply outstanding and so well done to everyone who entered!

The winning photograph from Paul Taylor, selected via an online vote, is featured left. A second image submitted by Paul took equal 2<sup>nd</sup> place along with one from Emeline Robertson. Congratulations!



## JEN'S TREASURES!

It hasn't been easy to stay motivated over the last few months and that's why we are so impressed with Headway House client, Jenny Rowe. She has been making jewellery as a hobby for a while now and worked hard during lockdown to make enough stock to show and sell at a craft fair at Hatton Country World. Here she is (right) with some of her marvellous creations!



**DONATIONS.... Please do not leave any donations outside of our shops!**



Improving life after brain injury

Reg Charity No 1008798  
Company Reg No 2686647

**Leighton House**  
20 Chapel Rise,  
Birmingham Great Park,  
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Birmingham B45 9SN

**Headway House**  
Moseley Hall Hospital,  
Alcester Road,  
Birmingham B13 8JL

**New Sutton House**  
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183 New Road, Rubery,  
Birmingham B45 9JP  
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## Hands-on-Help from Super Sainsbury's!

The supermarket chain Sainsbury's celebrated 150 years of trading last year and we were one of the lucky charities to benefit from their 150 Days of Community to mark this milestone.

Several groups of volunteers from the local Longbridge store helped with the garden work at Leighton House while Headway staff and volunteers went into store to run a raffle and a bag pack. An amazing £1,558.56 was raised in total towards our brain injury services, and so thank you again to Sital & all the lovely staff at Sainsbury's Longbridge!



## Thank you!

Sixth form students at Mayfields School are doing their Duke of Edinburgh Awards and as part of this, chose to support Headway as they completed the Volunteering element of the scheme. It is fantastic to see young people doing something positive within their local communities and we really appreciate their support. *Thank you!*

## It's What They Do!

We have been chosen as one of the organisations to benefit from the Co-op's Local Community Fund during 2020/21 - a great opportunity, and one you can help us make the most of by visiting <https://membership.coop.co.uk/causes/48211> and selecting Headway Birmingham & Solihull as your chosen cause. All money raised will go towards our Sports & Wellbeing activities – whether it's providing live exercise classes via Zoom during lockdown, sports & wellbeing activities at our brain injury centres (such as table-tennis, boccia, pottery) or a wider programme of sports out in the community (such as fishing, cricket etc) moving forward. Two pence from every pound spent on Co-op own label goods goes towards the scheme, and this will soon add up between now and next November if we all help! *Thank you!*



It's what we do

## Sports Funding

A very big THANK YOU to Sport England for awarding us a grant of £4,500 via Sport Birmingham to help us continue providing sports activities during lockdown and beyond!



## New Partnership

We are delighted to have been chosen to be part of TSB's Charity Partnership Programme 2020-2022 and look forward to working with Neena & the team at the Perry Barr branch over the next two years. Keep an eye out on our social media pages for more information!

