

SPORTS & WELLBEING - FIRST YEAR SUCCESS!

We are delighted to report that our Sports & Wellbeing scheme, launched last year, is going from strength to strength. With generous funding from both the *People's Postcode Lottery* and the *Peter Harrison Foundation*, we have been able to employ dedicated sports staff who have established a weekly

programme of activities, with a sport to suit everyone's interest and abilities.

It's not always easy for our clients to access community based sports but with our support through this new scheme, they now have the chance to take up a new sport or return to one they enjoyed pre-brain injury.



Fishing is proving to be one of the most popular activities in the sports programme, and we're pleased to announce that two members of staff at Headway are training to become qualified 1st4Sport angling coaches, thanks to funding through the Angling Trust and the Angling Improvement Fund.

Judith Ward and Alison Guy (opposite) will complete their Level 1 Award first before progressing to the advanced Level 2 Certificate, equipping them with the skills they need to deliver fun, safe and effective coaching sessions to those clients participating in the fishing scheme. Alison said: "Fishing has proved massively popular with our clients so we are really pleased to be given this opportunity to become qualified angling coaches. We're working on the Level 1 Award at the moment, a two day course which covers the theoretical side first then moves on to practical skills. There's lots to learn but we've really enjoyed it so far."

The training is taking place at Millride Country Sports at Essington, Wolverhampton.

Angling is proving our most popular sport - not surprising when clients like Kevin Reid catch 26 fish at his first fishing session!



Many new sports have been trialled over the last couple of months and this includes a new 'Walking Football' session on Thursdays in Cofton Park, and some Lawn Bowls sessions during August - kindly offered by Solihull Municipal Bowls Club.



PEOPLE AT WORK

Rick Wise interviews Peta Sargent

Peta Sargent, 55, is an ABI Services Skills Trainer at Headway House.

Peta has a background in 'Special Needs' work. Originally a teaching assistant at Baverstock School, she went on to work with Special Needs adults at Bournville College. But it was in 2012 while working in Derby that she saw an internet advert for an Activity Assistant at Headway. "I knew nothing about Headway or brain injuries but felt instinctively that this was right for me. I applied, got the job and I've progressed to Skills Trainer" she told me proudly.

"Headway is like a big family; very supportive for both the clients and staff. I absolutely love it! I'm helping clients to re-learn

lost skills; for example reading, writing, maths and social skills too. It's hard to imagine what a client's life would be like without Headway."



Peta describes herself as fun loving, with a mischievous sense of humour and likes to make people laugh. She has been together with her partner Simon

Headway is like a big family - I love it!

for five years, and lives in Northfield with her two Yorkshire Terriers Teddy and Lulu. Peta has two children, Philip and Emma who each have a daughter, grandchildren Ava and Sydney. So she is already a full time grandma and loving every minute!

Music is the other love in her life and her bucket list contains a secret yen to play the drums!

VOLUNTEERS Headway Needs You!

Headway depends on its team of unpaid volunteers in order to offer a high level of client service, and more volunteers are urgently needed.

Newsletter editor Rick Wise talks about the benefits of volunteering: "I started over ten years ago after a major operation" said



Rick. "The work has been very rewarding, I've made new and supportive friends, and volunteering has even helped develop

a more positive outlook on life". There is a lot of research that shows volunteering can help you in many ways:

- * By improving self confidence and self esteem, and can give a sense of purpose and pride.
- * Can assist people who want to get back to work by helping to develop new skills.
- * Can decrease depression and isolation, especially in later life.
- * Can help develop and practice workplace skills like planning, problem solving, time management, communication and teamwork. Looks really good on your CV too!

Most important of all, **whatever your age, whatever your goal, by helping others you help yourself.**

We have volunteer vacancies in most areas of our work but in particular we are looking for the following:

Volunteer Anglers to help with our fishing group on a

Wednesday at Alvechurch. General Sports & Wellbeing volunteers. A Social Media & communications volunteer. Charity Shop Assistants in Great Barr and Rubery.

Interested? Please call Alison in Personnel for more details 0121 457 7541 option5

Please pass this article on to friends and relatives, in fact anyone else you think might be interested in volunteering.

HEADWAY NEEDS YOU!

We have a 2018 Virgin London Marathon place

up for grabs!

Email:

fundraising@headway-bs.org.uk for more details.

And BEST WISHES to those running for Headway in Worcester or Birmingham this Autumn!

DONATION THANKS

THANKS - a massive thank you to Tim Marshall who kindly donated a fantastic brand new table tennis table to our Sports and Wellbeing Service in July. Thank you so much Tim, who is pictured below, left.



THANK YOU to the Screwfix Foundation who kindly donated £2,000 towards the purchase and construction of two new garages at Leighton House. These are now complete and in use providing valuable

storage space for the sports equipment used as part of our Sports & Wellbeing project.



The garages are strong and secure, and are proving very convenient for regular access by our sports co-ordinators as they load up the minibus and head offsite to the various sporting activities.

PEOPLE CARRIER. Since the launch of our new Sports & Wellbeing scheme, we have more clients than ever heading out into the community to participate. Our new Hyundai i800 has made this much easier.

The purchase of this 8-seater would not have been possible without generous donations from charitable trusts, including Roger & Douglas Turner Charitable Trust, GJW Turner Trust, Laslett's (Hinton) Charity & Boshier Hinton Foundation. Sincere thanks!

Below: Paul Peace, our driving assessor, with the new Hyundai.



THANK YOU LLOYDS FOR DONATING YOUR TIME!

An amazing team from Lloyds visited Leighton House on 30 June and jetwashed, painted and weeded etc - transforming the garden. Thank you all so much!

SHOP ANNIVERSARY

A successful first year at the Headway charity shop in Rubery was celebrated in July. Shop Manager, Sue Wilcox said: "These first twelve months have flown by and we're really



pleased with the progress we've made. One year on we have a shop to be proud of, with a range of good quality stock and many customers who call by on

a regular basis. And this is an ideal time to thank everyone who has helped to make the shop such a success - from those who donate their unwanted possessions to the team of volunteers who work so hard to keep the shop looking good!"



Pictured above are Angela from Headway who joined client Faisal for a spot of shopping!

SKYDIVE SUCCESS!

Our annual Skydive to raise money for Headway B&S was held at Hinton airfield on 9 July. Ten brave volunteers jumped from 13,000 feet to support us!



Weatherwise it was a beautiful day, and all our jumpers said what an amazing experience it was! We are still collecting money from sponsors but hope to have raised around £2,000. Thank you to everyone involved!



Improving life after brain injury

Registered Charity No 1008798
Company Reg number 2686647

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183 New Road, Rubery,
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LOTTERY FUNDED

SUNNY SPOT

A group of clients have been taken on an outing to Weston-Super-Mare for the day. The sun shone, and there was sandcastle fun!



TROPHIES & MEDALS!

We are very proud of clients Roger Donegan and Michael Mckenzie. Their football team from Solihull Moors have won the Birmingham 'Ability Counts' League. They are pictured below with their medals & trophies.



GREEN FINGERS!

The gardening group at Leighton House have been hard at work, creating hanging baskets and planting vegetables including lettuce and broad beans to use in our cookery lessons and also to sell. Sales have allowed the group to be self sufficient, enabling the purchase of new plants and equipment - well done!



MONTY COMES TO CALL

Handler Sally brought Monty the Shetland pony to visit clients at Leighton House during the summer. They loved petting him and feeding him carrots - good pet therapy - thanks!



CERTIFICATES

Many clients gained certificates from the Bournville College courses which finished in June, including Maths, English, Cookery, Arts & Crafts and Floristry. Well done everyone!

Clients Phillip Scandrett and Carole Steel are shown receiving their English certificates.



Clients Barry Carter and David Young also gained certificates for completing their gardening course at the Thrive Project in Kings Heath Park. Congratulations!



ALMOST THE SEASON TO BE JOLLY!

Our charity Christmas cards were so popular last year that three new designs have been added for 2017. £3 per pack - full details on our website soon.

