

2018 CALENDARS - ON SALE NOW!



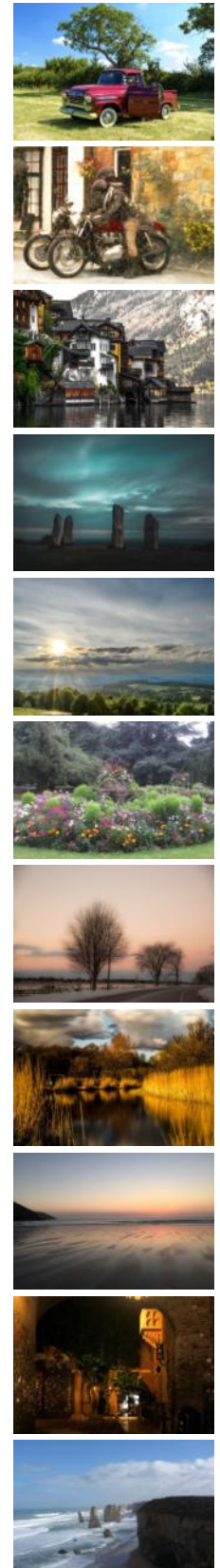
This year's Calendar Competition has really come up trumps with some super entries from clients, carers and staff! Staff and clients who voted on the entries found it really hard to decide on a winner, but eventually client Anne Marie Markey's photograph of a local beauty spot in Brueton Park (above) was chosen. The calendar also includes 11 other

photographs that made it to the final stage for voting.

Costing just £7 for an A4 size, or £4.50 for an A5, proceeds from sales support Headway's Sports & Wellbeing Department. Order yours now from Sarah, Diane or Hayley, or any member of staff.

A huge well done and thank you to all entrants!

We would like to wish everyone a very happy Christmas and a peaceful new year!



PEOPLE AT WORK

Rick Wise interviews **Angela Wyatt**

Angela Wyatt, who has just celebrated her 40th birthday in November, is the Receptionist / Administrator at Leighton House.

Angela joined Headway in November 2016. "I was actually looking for a job for my husband when I saw a Headway advertisement on 'B31 Voices'. I liked the look of it and applied!" said Angela.

"It's good to work for an organisation that makes a difference to people's lives"

"My work involves meeting and greeting clients and visitors, answering the telephone of course, and dealing with queries and general administration work." Angela, who came to Headway after doing finance work in the office at the Tally Ho

Conference Centre, went on to say: "No two days are the same here, and I really enjoy dealing with the clients, they're friendly and we can have a laugh. Working for a charity is different in so many ways, and it's good to work for an organisation that really makes a difference to



people's lives."

Describing herself as an 'easy going fun loving person,' Angela is very enthusiastic about her work and feels more satisfied working for a charity.

Married to Rob, 42, she has three children: Niamh, 15, (pronounced 'Neve') Alfie, 12 and Jay, 9.

While Niamh loves her street dancing lessons, football is a ruling influence in the Wyatt household because both boys play in youth league teams. Alfie is a midfielder and Jay a striker. The family also support Birmingham City!

Angela's bucket list would be to travel extensively and see as much of the world as possible. To celebrate her 40th birthday, husband Rob is taking the family to New York, one of the cities on the 'must see' list!

VOLUNTEERS

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

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, 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 on 0121 457 7541 and please pass this article on to anyone you think might be interested in volunteering.

CHARITY BALL!

Huge thanks to Lord Combustion Services for supporting Headway at their recent charity ball.

Thanks to an array of auction and raffle prizes generously donated by businesses and sporting venues, an amazing £5,200 was raised on the night which was rounded up to £6,000 by Lords and split between Headway and a local nursery. Stuart Smith, MD at Lord Combustion, is shown below presenting a cheque to client Barry Carter and Fundraising Manager Julie Wedgbury after a short tour of Headway House.



HEAD FOR HOME!

Hats off to Marilyn Howell for organising 'HEAD FOR HOME', a 15.5 mile circular walk through Lickey, Waseley and Bittell Reservoir to mark the 9th anniversary of her brain injury. A subarachnoid haemorrhage on 18 November 2008 left Marilyn needing life saving surgery and unable to work. However her love of the outdoors and her "beloved hills" near her home proved to be her motivation and helped her find what she calls her "new normal". On a wet, grey November day, Marilyn and a group of family and friends not only completed



her HEAD FOR HOME challenge but also raised over £800 for Headway Birmingham & Solihull at the same time, an

amazing sum which will help others with brain injury too. A truly inspirational lady!
Pic: Marilyn is 4th from the left.

FESTIVE WALK!

We are delighted to have been chosen by the Knowle and Dorridge Lions Club as one of two charities they will support through 2017-2018. This is a fantastic opportunity for us, both for raising greater awareness of our brain injury services in the Solihull and surrounding area and for boosting funds. The first event they have planned is a Festive Walk on

Wednesday 27 December at Baddesley Clinton National Trust House in Knowle, B93 0DQ (just 5 miles from Junction 5 of the M42).

There is a choice of distances, ranging from 1.4 miles to 10.7 miles, and it is free to take part (although charity donations are appreciated!). There is also free entry into the National Trust house and gardens, and mulled wine and mince pies available. Julie Wedgbury, Fundraising

Manager at Headway Birmingham & Solihull, said: "This festive walk is always well-supported locally and while we hope plenty of Headway families will join in and walk off their Christmas lunch, we are specifically appealing for volunteers to help out on the day. This could be with registration, car park or marshalling duties, and an even an hour or two would be a real help." If you can help on the day, please email:
fundraising@headway-bs.org.uk.

Full details of the walk can be found at:
www.knowleanddorridgelions.com where registration forms & maps can be downloaded.



Congratulations to Hardeep Galsinh

for completing the full 31 days of Stop-tober and raising £730 for Headway in the process! Any volunteers for a dry January? A perfect way to shake off those Christmas excesses! Email fundraising@headway-bs.org.uk for more details.



Improving life after brain injury

Registered Charity No 1008798
Company Reg number 2686647

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Headway House
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Alcester Road,
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WEBSITE:
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enquiries@headway-bs.org.uk

Main Contact telephone:
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Headway Charity Shops:
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Great Barr,
Birmingham B42 2PW
tel: 0121 357 1296

183 New Road, Rubery,
Birmingham B45 9JP
tel: 0121 453 4798



LOTTERY FUNDED

GOLDEN WEDDING

Volunteer David Finlow and his wife Helen celebrated their Golden Wedding in September and raised over £800 by asking friends and family to make a small donation to Headway instead of buying gifts.

Thank you so much and here's to many more happy years together!

ANOTHER HOLE IN ONE!

Client Steve Edwards has got a hole in one not once but twice! His swing just keeps on improving!



CONGRATULATIONS TO CLIENT ROGER DONEGAN

who competed in the 100 metre sprint at the CP Championships in Nottingham on 23 September. Roger's efforts paid off and he came 3rd in his race - a fantastic achievement!



RUNNING ROUND UP!

Congratulations to everyone who ran at Worcester or Birmingham this autumn to raise money for Headway. Louise Houghton, Stewart Crowton, Nigel Dexter and Tamsyn Porter - your efforts are very much appreciated!

Pic: Brother and sister Stewart and Louise



HEADWAY HOLIDAY!

Headway was pleased to offer a 4-day 'Sport and Craft' break in September at the Manor House and Ashbury Hotels in Devon. The activities included skittles, shooting, pottery, fishing, bowls, woodwork, snooker, glass engraving and some exceptional evening entertainment which included a magic show in which clients participated! The skittles team of Sarah Wood and clients Roger Donegan and John France beat a group who play every week to win the skittles competition! The team were very proud, and each won a Manor House T shirt!

Pic shows client Gerry Gough and his wife Della in the pottery class.



TENNIS FOUNDATION DONATION THANKS

In November we received an equipment bag, shown with Sarah Wood, full of items for coaching tennis including racquets balls, adapted racquets and nets. We would like to say a big thank you to the Tennis Foundation!

