



Headway
Birmingham & Solihull

Improving life after brain injury

Spring 2019

News & Views

Funding to save lives & improve lives!

We can't say a big enough thank you to the trustees at the David Brooke Charity for their kind donation.

Life-saving equipment

A defibrillator is a device that gives a high energy electric shock to the heart of someone who is in cardiac arrest. Prompt use can dramatically increase the chances of survival if a person's heart stops beating.



Our new defibrillator was ordered the moment we heard we had the funding in place. It has since been delivered and fixed to a wall in the reception area at Leighton House, a central point with the best access for any emergency situation. The supplier, CardiAid, has also provided us with comprehensive training on the use of this life-saving equipment that will be rolled out to all staff as part of our general first aid training going forward.



Staff members Alison Caines, Helen Bourke & Lucy Badnage receiving training

Headway Birmingham & Solihull's CEO Sue Tyler said: "Everyone working at Leighton House is very thankful to have this defibrillator on site and feels reassured that they can offer the best care to clients should anyone experience cardiac arrest while at the centre." Fundraising is now underway to obtain a second defibrillator for Headway House. Contributions towards this would be very welcome - simply visit www.headway-bs.org.uk & click on the purple DONATE button.

All the fun of the panto!

While the new defibrillator is potentially life-saving, the trip to the pantomime was most definitely life-enhancing!



Families at the Panto

Thanks to this generous donation, our Carers Services team were able to invite the families they support along to a matinee performance of Peter Pan at the Birmingham Hippodrome at the end of January, followed by a meal at a nearby restaurant.

This gave everyone something to look forward to post-Christmas and proved a lovely day out for all those involved. One of the highlights was when Martin Kinning's daughter Sophie (pictured on Martin's lap) was picked from the audience to go up on stage and receive a prize at the end of the show, much to the delight of the Headway group!

"We know from the many thank you messages we received after the pantomime that this was a really special day out and one our families will remember for a long time to come," said Nancy Khan, our Carers Services Manager.

She passed on her thanks to the David Brooke Charity for funding the trip and reminded those caring for a brain injured loved one about the monthly programme of family events.



Martin & Sophie Kinning

Additional shop at Great Barr— We Need Your Help!

We are delighted to have acquired the shop next door to our Charity Shop in Thornbridge Road, Great Barr. We are going to be dedicating our new shop to selling 'everything for the home' such as furniture, soft furnishings, accessories etc. We are currently in the process of getting the shop ready and will send everyone news of our 'Grand Opening' very soon. In the meantime we need lots of donations, so if you have anything suitable please contact us on 0121-457-7541 or drop off at our shops or centres. We can pick up if needed.



The quarterly newsletter of Headway Birmingham & Solihull

NEW - Headway client passports

We are pleased to welcome a new outcome-based monitoring tool....Our very own 'Client Passports'.

These will be used in conjunction with the already successful Outcome Star Tracker system.

The passports are interactive and user friendly and map the clients' progress over the period of their attendance. All our current assessment tools are now embedded within the passport making them easy to access and refer back to.

There are four passports, covering the following areas:

Specialism – Specific brain injury deficit areas such as cognition, communication, neurobehavioural and areas of education/IT

Promoting Independence – Daily Living Skills / independent living skills – everything from cooking beans on toast to finding a voluntary position

Sports, Health & Wellbeing – Physical and mental wellbeing, promoting healthy choices and lifestyle

Social & Leisure – Socialisation post injury, the importance of peers and community input to wellbeing to prevent isolation



Some of the drama group who took part

Making a 'drama' of it

This year's annual drama play performed by the Leighton House drama group, was another huge success. The drama group performed 'Blind Chance' in The Woodlands and was thoroughly enjoyed by staff, volunteers and clients from all three of our centres. A very big thank you and well done to all the staff and volunteers who did a fantastic job of putting together the performance.

Especially, well done to all our clients from the drama group who took part—they just get better every year.

Drama presents a wonderful avenue for clients to work on improving many skills such as communication, memory, co-ordination and building self-esteem.

If you missed out and would like to attend the next production just give us a call.



Ralph Eriksen performs!

Going Potty at Headway!!

David Stocks, who used to be a client at Headway Birmingham & Solihull, finished two years ago to move on to pursue his pottery interests. He is now a qualified pottery teacher with his own workshop, kiln and potter's wheel.

David kindly offered his services and equipment to come and run a 'one off' pottery class on the weekend at Headway House, which was praised highly



David and the potters

by everyone who attended. It was a great way to relax as well as having something to show for their achievements. It was so successful that we are looking into being able to offer more sessions in the future and may consider putting pottery on the programme.



Crafty Valentine



During the craft sessions at Headway our clients were encouraged to express their creative talents by using colour schemes and presentation methods. They all enjoyed making personalised Valentine gifts for their family and loved ones.

Riding Ahead!

We would like to say a very big 'thank you' to CLACT for providing a grant for our clients to go Horse Riding. The clients enjoyed it so much that five of them are now planning to continue and fund their sessions privately



Alan Young has been using Headway Community Sports services for almost a year, and has been a regular attendee at both the lunch club and horse riding. He says he has made new friends from this and has appreciated the support that fellow clients and carers give each other. Through horse-riding, Alan has improved his posture and learnt how to control, manoeuvre and trot with his horse unaided.

Both Alan and his wife have expressed how much this has helped him, giving him "a sense of purpose and belonging" and "helping him to socialise and build his confidence and self esteem", all of which had been severely affected following his TBI, in January 2018. Alan has found the horse-riding very therapeutic and looks forward to going every month.



Carers enjoy time together

If you would like to attend any carers support groups, training or social activities, please contact Alan Bressington Carersevents@headway-bs.org.uk or **07719 409289** for further information. We have regular activities across Birmingham and Solihull, as well as one off trips further afield. We will be publishing our new spring diary of events shortly, which will include a wellbeing event and Easter activities. A full diary of events can be found on our website www.headway-bs.org.uk



Our Lunch Clubs and social events are a great way for carers and families to enjoy 'time out' and meet with others who understand what they are going through. We can also escort you on the first visit if you do not want to come alone. We welcome new members to our groups so come along and share in the fun.



Sport is a great way of keeping fit, meeting people & having fun



Our clients have enjoyed table tennis and table cricket this month in the Woodlands annexe at Leighton House. Come and join in the fun and challenge our current champions!

Every Tuesday 3 – 4 pm

Call Diane Evans on

0121-457-7541

for more information.



Treasurer neededHeadway Birmingham & Solihull is still seeking a Treasurer to join our Board of Trustees. If you or someone you know can spare a few hours a month and you have some accounting experience, we would love to hear from you. Contact Sue Tyler CEO - 0121 457 7541 for more information



Improving life after brain injury

Registered Charity No 1008798
Company Reg number 2686647

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

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

Website:
www.headway-bs.org.uk
enquiries@headway-bs.org.uk

Main Contact
telephone:
0121 457 7541

Headway Charity Shops:
69 Thornbridge Avenue,
Great Barr,
Birmingham B42 2PW
tel: 0121 357 1296
183 New Road, Rubery,



Love thy neighbour!

The food travel company SSP is within walking distance of our Leighton House centre in Rednal and their lovely staff have taken part in our Christmas Jumper Day fundraisers on several occasions. This year they went one step further and donated £1,000 to us from the SSP Foundation as part of their anniversary celebrations. Thank you SSP – we really appreciate your ongoing support!



Chocolate & a medal for all

With a full-size chocolate Easter egg, an amazing Easter-themed medal sponsored by Frenkel Topping and a 5k route through picturesque Cofton Park, it's no wonder our annual Easter Fun Run is proving such a success! This year's event, suitable to walk, jog or run, takes place on **Sunday 14 April** and places are filling up fast. Sign up now to avoid disappointment! Full details at

www.headway-bs.org.uk



Go girls!

Good luck wishes to Jenny Watkins and her mother-in-law Alison who will be running the Lichfield Half Marathon on Sunday 12 May to raise money for Headway Birmingham & Solihull. Headway has been looking after Jenny's sister Helen Powell since she suffered a brain injury in 1987 as a result of a hit and run. Visit www.justgiving.com/fundraising/watkinsheadway to read the full story and pledge your support.



Mince pies in memory

We would like to thank local company Midland Technical Translations for holding a Mince Pie Coffee Morning in aid of Headway Birmingham & Solihull in December. The event was organised by Roz Partridge in memory of her father-in-law Roger Partridge who attended Headway following a stroke in 2017. An amazing £404.92 was raised – a significant sum which will go directly towards our local brain injury services.

Grand Raffle success

We raised a total of £1,123.50 from our first Grand Raffle. Sincere thanks to everyone who donated prizes, bought tickets or helped sell tickets. Our congratulations too to Sue Van Asten who won first prize!



Carabina Queen!!

Seven daredevil members of staff were 'roped into' completing a charity abseil to raise money for the Lifestyle service, which offers 1:1 community support to people with Acquired Brain Injury. Tracey Barlow, Richard Stephens, Ruth Burrows (pictured), Andy Morris, Sandra Murrell, Amy Freeman and Parm Sandhu, scaled the dizzy heights of The Holiday Inn in Birmingham city centre. The brave team raised a great amount, which will help to provide much needed support for brain injured people and their families.

This year the Lifestyles team will be hosting a charity quiz night in September. So watch out for further details of this later in the year.