

MY STORY!

This year's Action for Brain Injury Week in May focussed on life after a brain injury.

"A NEW ME" theme encouraged clients suffering from acquired brain injuries to share how it has affected their lives.

Our massive thanks go to Lee Wood, Amy Gould and Manny Galsinh who agreed to be filmed, and their video stories have now been shared 1000s of times on our Facebook page!

The "My Story" videos were shot at Headway House on 10 May by staff members Callum Bourke and Kerry Farrell.



FABULOUS FUN DAY

The fundraising Family Fun Day marking the start of Brain Injury Week on Sunday 7 May was a runaway success!

Over 800 visitors attended the event at Cofton Park, which was blessed with fine spring weather and sunshine! Organised by the Carer Services team there were lots of stalls for local residents and visitors to enjoy - and enjoy them they did, with every stall experiencing non-stop queues!

Pony rides, a bouncy castle, welly wanging, penalty shoot-out, and a mini dog agility course also proved massively popular.



*Left: non stop queues in the sunshine at the Headway stalls.
Above: Dad Paul poses with Beau,3, on Frankie the Shetland.*

Nancy Khan, Carer Services Manager, had this to say about the fun day: "Although this event was organised by Carer Services, we had excellent support from all the other departments, without whom we would not have been able to stage the event. We would like to say a big thank you to the local community and to everyone who gave their time and money to make the day so successful - and we hope for even bigger and better next year!"

The Family Fun Day raised over £2,300 and was featured widely in the local media.

MORE ACTION FOR BRAIN INJURY WEEK!

A veritable cornucopia of events were organised to mark Brain Injury Week from 7-14 May at Headway Birmingham & Solihull. This page records just a few of them!

HEALTH & WELLBEING

A Tai Chi session (pic below) was included in a Health and Wellbeing evening organised by Carer Services. Clients and carers also enjoyed a massage as well as a Boccia tournament and soft archery.



HATS FOR HEADWAY!

Ever popular with clients, 'Hats for Headway' featured at both Headway House and Leighton House. Pictured below is Daisy, who won at Headway House.



VULNERABILITY TALK

PC Toogood visited Leighton House to give a talk on Vulnerability in the Community and Social Media Awareness. Many thanks!

SPORTS DEPARTMENT

A real archery taster took place on 9 May. Clients and carers were given the chance to try a real outdoor archery session as opposed to the soft indoor archery we run weekly. Big thanks to Solihull Archers for organising this for us.



Sailing and canoeing took place on 8 May at Edgbaston Watersports thanks to support from The Geoff Hill Charitable Trust. We hope to take advantage of 'Sailability' funding from Edgbaston Watersports to run more Monday sessions!

Fishing - on Wednesday 10 May we ran the first of many planned fishing competitions at Alvechuch Fisheries. Gary Evans won the biggest catch with Roger Donegan taking the prize for the biggest fish award!

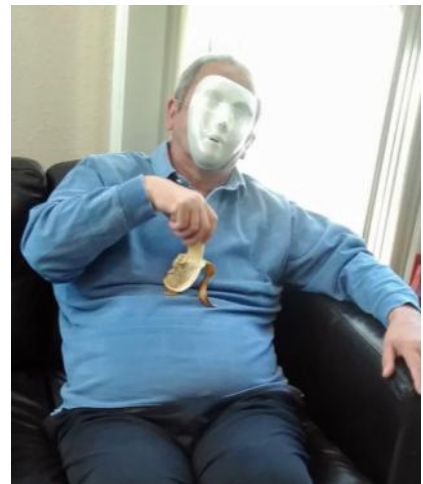


Bowling - Two separate bowling groups joined together for a Brain Injury Week bowling competition which took place at Hollywood Bowl in Rubery. It was lovely to see the two groups interacting and meeting other Headway clients they had never met before!



TEAM CHALLENGE

Leighton House organised a 'Team Challenge' day. Three teams of clients and staff worked together on a range of tasks which included trivia questions, questions about staff and physical challenges like peeling a banana with one hand while blindfolded (below)!



Other challenges included 'catch the rat', and 'Jenga'- where the object is not to topple the tower!



PEOPLE AT WORK

Rick Wise interviews Ajit Matharu

Ajit, 36, hails from Glasgow, and her super Glaswegian accent was in evidence throughout our chat! She studied Graphics and Multi Media at Glasgow University from where she graduated in 2002. However Ajit realised she was not cut out for the graphics industry and initially started working for a debt recovery agency. Ajit had met her future husband at a family party in Birmingham, and they married in 2004 with Ajit moving down to Redditch to be with him. A successful career with the Law Society followed and Ajit was promoted into a managerial position. But as her two children were growing up she realised that a part time



Ajit Matharu, Black & Minority Ethnic Family Support Worker with Carer Services

job was needed in her life, coupled with a growing desire to help other people. Almost by accident she saw an advert for a 'BME' Family Support Worker at Headway, and the rest as they say, is history! "It was a real eye opener to begin working for Headway" said Ajit. "It made me think how I want to go forward with my life, and how important it is to make a difference in other people's lives. My colleagues too, I now count as friends." Ajit's daughters Avneet, 8, and Simran, 6, are central to her life. "Being a mum is very important to me, and I love meeting other mums in my circle of friends."

FUNDRAISING

Survive the Wild success!

Our first charity challenge event was held in the Peak District during Brain Injury Week. 45 participants, including a team of ten from Birmingham and Solihull, trekked for up to 18km a day, abseiled, climbed up vertical rock faces using ropes, scrambled down ghylls and even completed a tirolean traverse over water.



Keeley Parkes 'survived the wild' and has the T-shirt to prove it!

This, combined with the camping and the small box of provisions the organisers called breakfast, lunch and evening meal, ensured this was for a genuine challenge for everyone, regardless of their fitness levels!

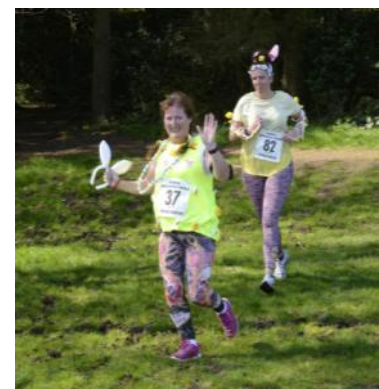


A big THANK YOU to all those who took part and 'survived the wild' with us, with a special mention to our trustee Richard Langton and his team from Slater Gordon. Three Headway groups participated and expect to raise in excess of £10,000.

Cofton Park Easter Fun Run

Over 100 people took part in our second Easter Fun Run in April, helping raise over £1,000 for our local brain injury services. A good time was had by all, with participants receiving an amazing medal and a chocolate Easter egg, thanks to sponsorship from Frenkel Topping & support from our local supermarkets.

Thank you to everyone involved!



Pic: Sue Hill and Emma Swallow fun run in Easter costume



Improving life after brain injury

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Company Reg number 2686647

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LOTTERY FUNDED

New 5 Star Bug Hotel

The gardening group at Headway House have been busy transforming the old compost bin into a magnificent bug hotel. Well done everyone!



Volunteers Wanted!

We are looking for volunteers in the following areas:

The Carer Services Team, Counsellors, Mini Bus Driver
Sports & Well Being Assistants, Fundraising Helpers

Office / Admin / Reception duties, Gardener / Handyman
Daily, General and Activity Assistants in ABI Services

Charity Shop Assistants in Great Barr and Rubery.

Stop Press: Volunteer anglers needed to help our fishing group - 1 day a week on a Wednesday at Alvechurch.

**Interested? Please call Alison in Personnel
0121 457 7541 (option 5) for more information.**

Therapy Dog Visit

Jackie and her dog Merryn came from Pets Therapy to visit Leighton House during Brain Injury Week. Clients loved meeting Merryn and talking to Jackie. Thank you Pets Therapy.



10 years a volunteer

CEO Sue Tyler recently presented volunteer Rick Wise with a certificate and some vouchers in appreciation of his 10 years as a Headway volunteer.

At the same time, Rick presented Sue with a cheque for Headway for £450 - the proceeds from his photography exhibition in April and a line dance!



Tony's Allotment!

Client Tony Carter first acquired his allotment in February in a very overgrown and neglected state. After a lot of hard work and some help from Lifestyles it has been transformed - well done Tony! To be continued...



Photography Group - did you know that Headway B&S have their own photography group? Contact Kerry Farrell for more details 0121 442 4656

Pic: client David Young

