

OUR WONDERFUL VOLUNTEERS!



Over 40 volunteers attended an 'Appreciation Day' in September to celebrate their work for Headway Birmingham & Solihull.

Designed to say a big thank you to all our volunteers, the event was held at Leighton House and marked with the presentation of awards and certificates. An excellent barbecue and some good weather completed the enjoyable proceedings! CEO Sue Tyler said "We are always extremely grateful and appreciative of our army of volunteers who help across all areas of our work. Headway Birmingham & Solihull rely so much on the support of our volunteers and without them, could not provide the specialist services at the high level we do. So a huge 'thank you' to you all." Sue went on to say that volunteers are always needed. "Whatever skills you have, please give us a call to see where your talents could be utilised."

See the back page of this newsletter for more details.



Above top: A happy group of some of our wonderful volunteers. Below: Richard Brooks receives a 'Volunteer of the Year' certificate from CEO Sue Tyler.

'WOODLANDS' - THE NEW ANNEXE FACILITY



On 17 October Carer Peter Howell officially opened the new annexe at Leighton House. Peter was accompanied by his wife Val, who suffered a life changing brain injury 5 years ago and is a Headway client.

The new building, located in the grounds of our Leighton House brain injury unit in Rednal, was completed earlier this year and financed by grants from several local and national trust funds. Our trustees, staff, clients and carers joined representatives from some of the trust funds to celebrate the official opening. The new building includes a training room, two other meeting

rooms and a WC and kitchen area, all with disabled access.

David Chater, Chair of the Trustees at Headway Birmingham & Solihull, said: "I'd like to thank everyone involved in the project, especially those who contributed so generously towards its funding. The extra space created has helped reduce the waiting list for our specialist brain injury services and will ensure future capacity moving forwards, which is so important when demand continues to grow year on year." David also thanked Mantons, the contractors who completed the build on schedule.

Special thanks to the following and all those who contributed so generously towards the new annexe:

**The 29th May 1961 Charitable Trust;
The Edward and Dorothy Cadbury Trust;
The Eveson Charitable Trust;
Garfield Weston Foundation;
The Lillie C Johnson Charitable Trust;
The Beatrice Laing Trust;
The Keith & Joan Mindelsohn Charitable Trust;
The Saintbury Trust;
The Trusthouse Charitable Foundation;
The Douglas Turner Trust;
The Wolfson Foundation.**



Pictures; above left: Peter cuts the ribbon together with wife Val and David Chater. Above: Peter chatting to some of the VIP guests.

Below: An excellent buffet was available for guests to enjoy after the ceremony.



HEADWAY BIRMINGHAM & SOLIHULL ANNUAL GENERAL MEETING

The 2016 AGM was held on the 17 October and for the first time in the new Woodlands Building.

The Chair of Trustees, David Chater,



gave a brief review of the year to March 2016. He was pleased to note that we had serviced the highest number of referrals ever and provided the same level of services despite cuts in all funding lines. The reason for greater demand may be due to several factors including greater awareness, the rising profile of Headway itself and our successes in accessing those in need from hospitals at an early stage. The Chair expressed very special thanks to Wendy Twist, who had

decided to stand down after ten years as a trustee. Wendy has also been involved as a volunteer since 1986 when her husband first suffered a brain injury.

The Chair and CEO Sue Tyler thanked all the staff and volunteers, all of whom play a crucial role in providing services to our clients.

A copy of the Annual Review containing a statement of the accounts can be obtained from the Personnel Office.

FANTASTIC FUNDRAISING FAMILY WALK!

A giant THANK YOU to Ravinder Bansal for organising a 5k walk through the Lickey Hills in aid of Headway Birmingham & Solihull. Her brother-in-law Manny is one of our clients and he was among the family group who took part.



Ravinder's husband, Santokh, was the star of the walk though, wearing a pink tutu for extra sponsorship! Together they raised over £1,600 – thank you so much!

SPORTS AND WELLBEING SUCCESS!

Thanks to the Peoples Postcode Lottery and The Peter Harrison Foundation we are delighted to have secured funding for the next 12 months to develop our Sports and Wellbeing Services. This follows initial support to help set up and develop sports from the Lottery Community Fund.

This new funding has enabled us to recruit Sarah Woods as the new Co-ordinator, and Andy Morris as Activity Leader. We can start providing whole day rehab placements in sports across Birmingham, as well as introducing many new activities for families. Sarah said "I am excited to be able to lead this service to the next level with the aim of making it sustainable at the end of 12 months. Sporting activities have

already proved to be extremely popular and beneficial to brain injured people, their families and carers, and I am very keen to start introducing many exciting new opportunities to our programme."

Pic: Andy and Sarah limbering up for two of the sports which will be on offer!



PEOPLE AT WORK

Rick Wise interviews Ian Shingler

Ian Shingler, 47, is the recently promoted and new ABI Co-ordinator for the North Side Satellite Group in Erdington. As the title suggests, Ian's job is to help ensure daily training and activities programmes are planned and co-ordinated to enable clients needs to be met.

Ian joined Headway in January 2016 as a Skills Trainer, having previously occupied a similar position with the Brain Injury Re-hab Trust.

However, before that, Ian had been a time served Electrician and then a Funeral Director! Quite amazing changes of direction, driven in the past as Ian explained, by his personal family circumstances.

"I was so fortunate to see the advertisement for a Skills

Trainer at Headway" said Ian. "What I find wonderful is that clients **want** to attend Headway. There's so much job satisfaction because clients enjoy the sessions and love coming to Headway. They realise they are not on their own, and people care about them."

Ian is a single parent and devoted to his two daughters, Jodie and Abby. When they were younger he took them to Karate lessons and got so engrossed that he went on to become a 1st Dan himself! He is also the Football Coach for under - 18's girls team **Halas Hawks** playing in the Warwickshire Central League! His 16 year old daughter Abby is a playing member of the team. "Are they any good?" I asked!

Ian proudly replied that the team had reached **two** cup finals in their first year—winning one and losing one!

Ian's eldest daughter Jodie, 21, is presently taking a year out from Uni, and gaining experience working for Dorothy Perkins.





Improving life after brain injury

Registered Charity No 1008798

Company Reg number 2686647

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183 New Road
Rubery
Birmingham B45 9JP
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LOTTERY FUNDED

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.

Interested? Please call Alison in Personnel

0121 457 7541 (option 5) for more information

Challenge of a lifetime!

Do you have what it takes to Survive the Wild?!

We've teamed up with our sister Headways in Shropshire and Worcestershire to offer an exciting new challenge event in the Peak District next Spring and we're looking for a few brave people to take part.

This two-day all-action adventure takes place on 13 – 14 May 2017 and offers an opportunity to trek, rock scramble, abseil, cliff jump and negotiate the tunnels and caves in some of the UK's toughest terrain. Not for the faint-hearted perhaps, but guaranteed to get the adrenaline pumping! We are hoping to enter at least one Headway team and so if you are

interested in joining us for this amazing challenge event contact Julie Wedgbury on **07483 173877** or fundraising@headway-bs.org.uk

Full details can be found at www.headway-bs.org.uk under **Get Involved.**

Pic: Parminder Sandhu holds a 'Challenge The Wild' poster.



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