

Headway Swindon



the brain injury association



Rehab worker Mandy with some of her woodwork group

AUTUMN 2022

It's been a busy and productive few months for Headway Swindon. We have been running a lot of new activities and groups, as well as continuing to provide support to our members and their families. We've been working hard to raise awareness of brain injury and support people affected by it in our community. We are also pleased to report that our fundraising efforts are going well and we are making good progress. Our autumn newsletter highlights some of the things we have been up to and includes details of our upcoming events. We hope you enjoy reading it!

HELLO
RACHEL!

A huge welcome to our
wonderful new Operations
Manager Rachel!



WOODWORK

Our woodwork groups have been busy constructing ornamental poppies to celebrate Remembrance Day. The poppies have been designed by clients and constructed in partnership with Enterprise works. We would like to thank Enterprise works for their help in making the poppies. The poppies will be for sale and all proceeds will go to the Headway Swindon.

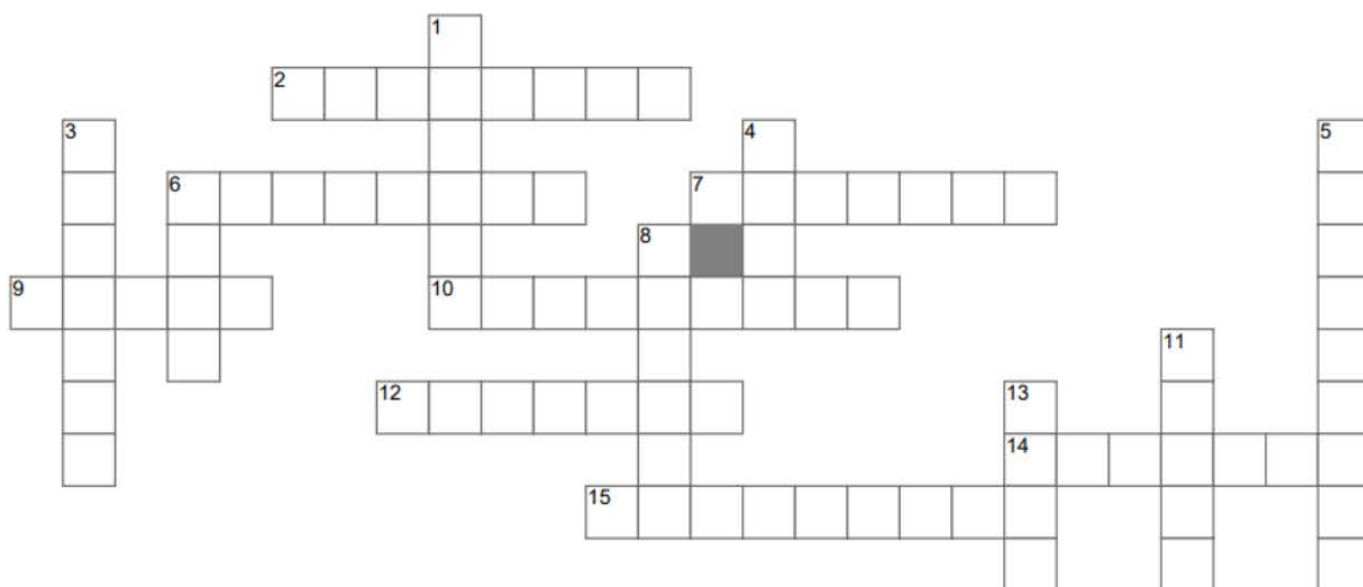


HALLOWEEN

Spooky season is upon us and clients at Headway have been enjoying making Halloween cards. They have been very creative and come up with some great designs. It is a fun activity for them to do and it helps to keep their minds active..



AUTUMN CROSSWORD



ACROSS

2. Last month of Autumn
6. An organized day or period of celebration.
7. The process or period of gathering in crops.
9. A variety of this fruit is marketed as "Autumn Glory"
10. Likes to store and eat nuts
12. Spring, Summer, Fall, Winter are the four
14. Another Autumn month
15. First month of Autumn

DOWN

1. What falls from a tree in Autumn.
3. You can use it to make a pie or for carving
4. You can gather fallen leaves with this
5. Used to scare the crows from fields
6. Another name for Autumn
8. Autumn leaves color
11. Fruit of the oak tree
13. Vegetable that grows in stalks



Members of the Zurich team around the Japanese garden

THANK YOU ZURICH!

A big thank you to Zurich for providing a shed and a Japanese garden for Headway. The shed has been a great addition for the woodwork sessions, providing a space to store equipment. The Japanese garden has been a beautiful addition to the centre, providing a peaceful and calming space for clients to enjoy. The benefits of these additions have been immense, and we are very grateful. Openwork also took on the challenge of painting our centre and provided us with some new mugs and an ability kettle. Thank you!

CAN ANYBODY HELP?

We are looking for someone to complete a few odd jobs around the centre and would really appreciate some help! We're looking for someone to come out and quote us for the work that needs doing. If you think you can help please give us a call on 01793 674820 or email nick@headwayswindon.org.uk.

DEBBIE'S JOURNEY

My name is Debbie. I have been coming to Headway for a long time. When I first had my aneurysm, I was 19yrs old. As a family it was devastating. I had lost my ability to walk and my speech. I found it all very difficult and frustrating. I felt isolated and very emotional, with nowhere to turn to.

Mum found Headway and we went to a carer's meeting that evening. I have never looked back after that. My time at Headway was spent working on my cognitive skills and finding new strategies. I feel I have now reached my goals and am ready to move on with my life. I have found a lovely social group involving my lovely dog sky



There's nothing stopping me now. I also now spend time helping my Mum and feel that Headway has contributed in a big way towards me gaining new skills. I now have a very active and busy social life. Coming to Headway has played a massive part in my recovery. Thank you.