



HEADWAY SWINDON

SPRING NEWSLETTER 2024



IT'S SPRING!



Hello from all of us at
Headway!

In this newsletter,
we're excited to share
stories of our clients'
remarkable journeys and
the impactful
rehabilitation work
taking place. Join us in
embracing the season
with a focus on growth
and positive change.

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Exercise

What sessions do we run?

At Headway, we offer a diverse range of physical activities to our clients, including armchair exercises, yoga, walking, and tai chi.



What do our clients think?

S.D.: "Its different, fun and enjoyable and always brings a good giiggle"

C.S.: " I like doing the exercise group on a Monday it makes me feel better and more supple. Walking on a Monday is good."



How does it help?

Engaging in weekly exercise offers numerous benefits. It enhances clients' mobility and pacing, contributing significantly to their overall well-being while mitigating stress and anxiety. Furthermore, it boosts confidence and introduces a diverse positive impact into their lives.



Solve The Riddle!

I'm a string of emotions, notes I weave, Keys to my heart, a melody you retrieve. What am I?

MUSIC

THERAPY

WHAT IS IT?

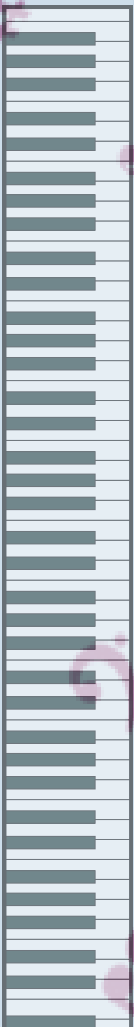
Molly is currently studying for her Masters in Music Therapy. As part of her studies, she chose Headway to do her on-site placement. She attends twice a week and has been for the last 4 months. During this time, she has used various methods such as encouraging clients to choose music and explain selections, engaging in singing and playing along to music for communication enhancement. This provides a tranquil and calming atmosphere for the clients, it reduces stress, anxiety, and improves general well-being. Some clients have experienced true "WOW" moments. Carlton said, "I find it helpful with everyday life. I have learnt to breathe properly and I am able to ask for things that I need." This music therapy group also encouraged Andrew to write a letter to one of his favourite bands, Slipknot. He even got a reply! Thank you to Molly, we hope she comes back to see us once she's qualified!

WHAT DO THE CLIENTS THINK?

T - "I think carefully about the group during the week."

J - "Singing words feels easier than speaking."

C - "Singing helps me remember to take my time with words and breathe regularly."

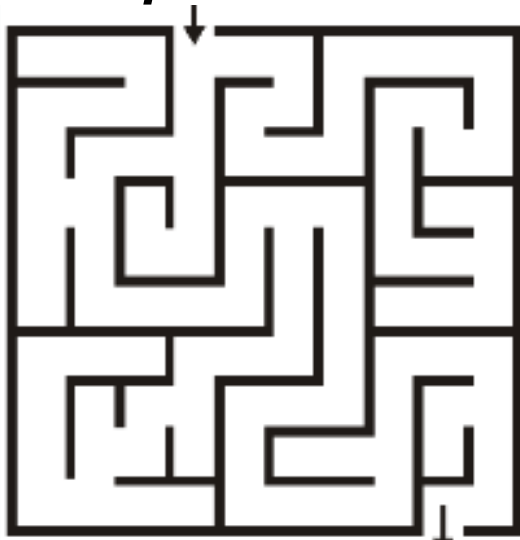


Headway Swindon Spring Wordsearch

R	W	S	R	I	U	M	N	A	T	U	R	E	U
H	T	W	O	R	G	C	E	E	B	L	E	H	P
C	E	D	T	W	Y	A	W	D	A	E	H	E	M
I	O	E	I	B	L	O	S	S	O	M	A	G	E
L	A	D	Y	B	U	G	T	U	U	W	N	R	E
U	S	E	C	N	E	I	L	I	S	E	R	P	A
S	S	E	T	Y	G	M	E	U	N	I	R	N	P
P	E	M	T	P	S	U	P	P	O	R	T	N	H
I	E	G	D	N	O	O	U	O	W	U	E	O	I
L	O	S	U	N	S	H	I	N	E	P	D	I	U
U	I	N	P	E	S	I	T	U	O	R	S	E	T
T	I	O	H	H	L	A	O	N	H	N	Y	S	I
T	O	L	A	D	V	E	N	T	U	R	E	I	U
O	D	O	H	I	R	E	O	E	Y	S	L	E	I

NATURE
RESILIENCE
LADYBUG
SUNSHINE
HEADWAY
ADVENTURE
BLOSSOM
SUPPORT
TULIP
GROWTH

Escape The Maze!



Happy International
Happiness Day (20th
March 24), remembering
wellbeing is extremely
important!

COOKING GROUP

ANSWER TO RIDDLE: ★
A Piano!

1.



Why do we do it?

Our cookery group at Headway is essential for clients' rehabilitation as it teaches them valuable cooking skills and promotes independence in their daily lives.

By participating in the cooking class, clients improve their social interaction, cognitive abilities, and have a feeling of accomplishment by preparing nutritious meals, contributing to their overall well-being and independence.

What do our clients think?

Z - "It Expands our knowledge, and its good for our dexterity too"

D - "It Reawakens my old skills before my brain injury and provides me with confidence"

C - "The Headway Cookbook is really good and easy to follow"

2.



*"Our Headway cookbook is available at our Swindon office and also via post.
Contact: 01793 674 820 for more information."*

CLIENT STORY

This is Helen, and here is her story:

"Three years ago, I had a brain injury. I was walking home from my job and as I was crossing the road, I got hit by a car. It knocked me down and I landed weirdly on my neck which caused my brain injury. For my rehabilitation before Headway Swindon, I was sent to a hospital I previously worked at in my early 20s. It affected me emotionally, making me stress and forget things. My memory is patchy; I can remember movie scripts but not the titles, same with some music. After I was out of the hospital, I heard about Headway and wanted to give it a try. When I first joined, I noticed I was talking more and socialising more as I could relate to people around me. Before my brain injury, I was sewing, but I stopped after my brain injury. Headway started that hobby again and I still on occasion sew. Headway Swindon has given me a chance to make friends and speak to people and has also supported me when I'm not in a good mood. I enjoy Headway as it provides an open, free space to socialise with people who understand you. I also enjoy the games as it gets my brain thinking and working.



Foreign coin campaign

Your Spare Change Can Make a Big Difference! Donate Your Foreign Coins Today!

Are you holding onto foreign coins from past travels or old collections? Don't let them sit unused – put them to good use by supporting Headway Swindon & District!

Our charity is launching a special foreign coin donation drive, and we need your help! Your spare change can provide essential support to individuals and families affected by brain injuries in our community.

Did you know? According to British Airways, Britain alone hoards foreign coins worth more than £30 million every year because banks and bureaux de change won't exchange them. That's an amazing amount of wealth just waiting to be donated for exchange by your cause or fund.

How can you contribute? It's easy! Simply drop off your foreign coins at our centre or post them to us. Every coin, no matter how small, helps us make a meaningful impact.

Do you know any businesses that would be willing to host a donation tube? Spread the word and help us reach even more people! Get in touch with us, and we'll provide all the necessary materials to set up a donation point at their location. Together, we can make a difference!



Are you wondering which foreign coins you can send? We accept any currency from any corner of the globe, including notes! Yes, that's right – we even welcome old UK, Irish, and pre-euro European coins. Whether it's foreign coins and notes, pre-Euro coins, pre-Euro banknotes, old British coins, old Irish coins, pre-decimal coins, commemorative coins, damaged and garbled coins, or even bulk mixed foreign coins – we gratefully accept them all! Your contribution, no matter its form, will directly impact the lives of individuals and families affected by brain injuries in our community.

Let's come together to turn forgotten coins into hope and support for those in need. Thank you for joining us in making a difference

BUSINESS CHANGES

New staff/Welcome Back



Sarah

After being on maternity leave, Sarah has returned to Headway Swindon as our **Administration and Finance Officer**



Leanne

Please welcome Leanne to the team as our new **Administrator**



John

Our new **Rehabilitation Support Worker**, John. After completing his student placement and venturing out in his career, he returns!

New Roles:



Sonia

As our new Chief Officer, Sonia has an overall responsibility for Headway and our team.



Caroline

As our new client and community Lead, Caroline Oversees client support services and stakeholder relations.



Nick

As our new Business and Finance Lead, Nick Manages finances and ensures legal compliance.

Thankyou!

Headway would like to say a massive thank you to our Donators for their contributions and support. It goes a long way and we can't thank you enough! Thank you to:

- John Kennedy – Regular Monthly Donation
- Wing To
- Steam Museum
- Georgia Kima
- Swindon and Cricklade railway
- Roves Farm
- Cotswold Wildlife Park
- Jolly Rodgers Adventure
- Simply Gym
- Barnes Coaches
- Arkells Brewery
- Baboon Adventures
- Geoff Reynolds, Legacy Donation.
- Ian Saywer, No Shocks PAT Testing.

We also would also like to say a massive thank you to Chuck! For being a great handyman, always being available for Headway and always happy to help.