



Headline

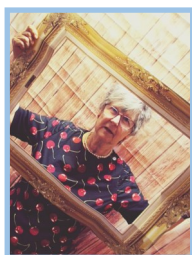
Swindon News



Headway Swindon Celebrates 25 Years!

On Friday the 8th of September, Headway Swindon celebrated its 25th year in Swindon. Starting from humble beginnings, it has now grown to a large charity, helping many from a large area in and around Swindon. The 25th anniversary bash was held at The Legends Lounge at Swindon Town's County Ground. The evening consisted of Rock & Roll Bingo, Quiz, Race Night and a celebration of both Headway Swindon's 25th Birthday and Sonia's 10th year working at Headway Swindon, not forgetting the delicious Hog Roast. The atmosphere on the night was nothing short of fabulous, literally from the minute we arrived until the moment we left. Everyone was extremely happy to be there, smiles and laughter were certainly not in short supply. I arrived at 7pm with some of my family and was led to our table where a client was already sat, shortly to be greeted by Mike and his lovely wife. Our table did well at the quiz, I also won a box of chocolates on the raffle. My granddaughter was up and dancing where she quickly made friends with Debi's granddaughter. The Hog Roast was absolutely delicious, so pleased I attended, if only for that, yum. The six members of my family who attended have spoken of little else since but they thoroughly enjoyed the evening and all said they never wanted it to end. Phil King was the compere for the evening, what a great guy, it couldn't have been anyone better. The Headway Swindon staff did a fantastic job of getting the venue ready, The Legends Lounge certainly looked the part.

Dave H



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Please read Dave's poem below, which he wrote for our 25th Anniversary:

On this day of celebration, happiness and good cheer
We're here to celebrate Headway, in this wonderful atmosphere
As they reach another mile marker, the 25th & silver ones is bright

We've all here been touched by their kindness;
with their help, we're seeing the light

With staff and volunteers, who work so hard in their roles
As long as we put the effort in, they'll help us reach our goals
Many owe them so very much, of which I know that I'm one

At first we'll learn to crawl, then walk & then to run
For so many years they've helped so many, who have asked for help on their way
They've shown us our life still has colours, it's not just black white & grey
from very small & humble beginnings, they're now like the jewel in the crown
So many clients have learned to look up, instead of always looking down
Happy 25th Anniversary Headway, we thank you.



Autumn 2017

New Faces



Jasmin Cook
Support Worker

I have recently joined Headway Swindon in June 2017.
I come from a children and family services background.
I am very passionate about helping individuals reach their full potential and reaching their goals. The clients and staff have been lovely and extremely welcoming.
I am looking forward to my future at Headway Swindon.

Wiltshire Community Foundation

We are delighted to announce that we have been successful in our grant application to the Wiltshire Community Foundation for **£10,000**. This will be used to fund an Occupational Therapist who will work in the centre with our clients for 2 years from November to help improve mental health and provide clinical support.

On the 15th, September 2017, we welcomed Fiona Oliver and Maggie Watson from the Wiltshire Community Foundation to join us at our centre for a giant cheque presentation with a few of our clients and Chase.



Thank you to everyone at the Wiltshire Community Foundation for choosing to support us.

Tesco's Bags of Help Grant Scheme - We still need your help!



You have until the **Tuesday, 31st October 2017** to vote for Headway Swindon by asking for a blue token when you purchase your shopping at the following Tesco stores: Swindon Abbey Meads Express SN25 4YX, Cricklade Express SN6 6BX, Freshbrook Express SN5 8LY, Highworth SN6 7DN, Liden Swindon Express SN3 6HP, Swindon Metro The Parade SN1 1BB, Swindon Extra Octal Way SN1 2EH, Royal Wootton Bassett Express Woodshaw sn4 8LW, Shaw Ramlease Drive Express SN5 5PY, Priory Vale Express SN25 2FW and Wroughton Express SN4 9LN.

If Headway Swindon were to be successful in winning Tesco's Bags for Help Grant Scheme, the money would go towards providing a wonderful Christmas Party for all our clients.



My Story by Debbie R

Prior to my brain injury (aneurysm) in September 1995, I worked as a secretary/switchboard for H&T Components. On my birthday on the 31st, August 1995, my mum who I hadn't spoken to in a long time brought me Obsession perfume. About a week later, my mum and Sue (a close friend who is like a sister) went on holiday together to Greece. Two days into their holiday I had my aneurysm. I had a problem with my car and I was on my way to the garage to get it fixed. I had a very bad headache whilst driving but I carried on. I got to the garage and told the mechanic I had a bad headache and wanted to go to my brothers house where I lived. My mechanic very kindly gave me a lift back home. I remember arriving at my brothers house then I either passed out, fainted or fell into a coma—I don't remember anything after this. I was in PMH (Princess Margaret Hospital) and I kept waking up and it was late at night. I was in my own room and couldn't walk, talk or move but I could swear a lot. Me and my mum were the closest we had ever been. I use to cry and be anxious but I couldn't speak, only swear words. During my three months hospital stay, my Mum and Sue took me to visit the canteen in my wheelchair. We passed the mirror in the corridor. I noticed my hair was shaved. I was looking around for an explanation from one of them who could explain what had happened to me. Whilst it was explained to me (which went straight over my head) I was confused, sad, worried, anxious and scared for what the future had in store. Mum, Sue and me went up to Radcliffe Oxford Hospital and one male nurse from intensive care came up to me in a wheel chair and asked "how old are you?" I didn't know who he was. My mum said he was the person who looked after me. I started asking questions. Mum found out some information for me and Headway Swindon was part of this information. Mum made a phone call and we was invited to attend in a Carers meeting in Victoria Hospital. Headway Swindon offered me to attend the next day. I was excited and I was over the moon. Headway Swindon has made me open my eyes to life after my aneurysm as I use to be able to write with both hands before but now Headway has helped me regain my handwriting skills so I can now write with my left hand, I found this helped with my progress as I lost the ability to do most things. Headway has helped me regain my skills and support my social skills and confidence. I enjoy taking part in cooking, computer and conversation groups (which helps with the speech). I have made many friends since attending Headway Swindon and now I enjoy meeting up outside of Headway. There is a group of Headway friends that meet up every month at 6:30pm for a meal. I have now gained my confidence to help me train my dog Pepsi (Breed of Yorkshire Terrier). Tracy who works at K9 Paws for fun, trained me to do dog training for Pepsi when she was 12 weeks old - she now does agility. Then my mum and me had a look on the internet and we found a for sale puppies website. I asked my mum why she couldn't have a puppy because we live down the same street and I would look after the puppy. In the end she got a puppy and named her Dizzy (her breed is Morkie which is a Maltese cross Yorkshire Terrier), so now Pepsi and Dizzy both go to agility. I went to Swindon college in 2005 and did my city and guilds in adult literacy entry level 1, 2 and 3. I got a pass grade in speaking and listening, reading and writing. In 2016, near where I live, Tracy and Sarah was visiting a lady with her dog. The dog was terrified of people and other dogs. Tracy asked me to take Pepsi and Dizzy to the park and Dizzy left her lead and started playing with the other dogs. Every Sunday at 10:30am at the park, there are loads of dogs including Pepsi, Dizzy and the dog that was frightened but now isn't.

Tuesday 11th October, we went to Headway Swindon at about 10am there was a dog called Chase (Mastiff cross Labrador) who was 15 months old and his colour was black. Jane and me both train him. He can sit down, he can come when called, leave what I tell him to, come to heel and lots more as time goes on.





Autumn 2017

Summer Fayre

On Saturday, 8th July, we hosted our annual Summer Fayre at our centre in Dorcan. It was a great turn out with clients, family members and local supporters who attended on the warm sunny day. The Fayre began at 11am with many stalls which were admired and fun games that were won, including a tombola, hoop the bottle, a cake stall and face painting! As the day got hotter we were visited by the ice cream van which gave people a chance to enjoy a Mr Whippy and cool down in time for the winners to be announced for the raffle prizes, guess the weight of the cake and guess the name of the teddy. With many Prizes being won on the games and the raffle, Peta winning the weight of the cake at 4lbs 8oz and Debi guessing the correct name of the bear as Peanut, the day came to an end with a total of money raised at the Summer Fayre being a fabulous **£1,157.45**—we would like to say a massive thank you to all the staff and supporters who helped on the day and to everyone who attended and to everyone who donated prizes.

Please read Zoe's review of the Summer Fayre below:

The weather was lovely on the day of the Summer fayre. There was already a lot of people looking around when my husband and I arrived. There were several stalls which were being run by either staff or volunteers. The stalls included a book stall, a jewellery stall and a bric a brac stall. There was also a guess the weight of the cake competition which if you were correct you got to keep the cake, unfortunately I didn't win it but luckily we could buy cakes and drinks from the refreshments table —I'm sure my husband had several. There was also a throw a hoop over the bottle on one of the tables and if the hoop landed over the bottle then you got to keep the bottle you won — I wasn't very good at this game. The ice cream van came for an hour which was lovely as it was quite warm by then. They then drew the raffle which I knew several of the winners but I think most popular was Debi who won guess the name of the teddy bear which her granddaughter had wanted for ages —it was bigger than she was!



Wimbledon



At the beginning of July, the clients were able to enjoy watching the Wimbledon tennis tournaments while enjoying a delicious English tradition of tea and scones at the Headway centre.

Please read Peter's review of Wimbledon and cream tea below:

I have really enjoyed watching Wimbledon this week and the weather was really good for it. I think Federer will win now because there are lots of injuries. I liked the cream teas we had at Headway Swindon—I had cream and jam on my scone. I come to Headway Swindon twice a week so that means I got two cream and jam scones!





Arts & Crafts

In the centre we offered a craft activity of flower making using different coloured wool. The clients really enjoyed making these as a little gift for someone or to have on display at home.

Please read **Sacha's** review on the wool flower making below.

Flowers made from wool!

These turned out better than I expected, although it was quite tricky! You had to thread wool around a fork to get a small ball and then snip it with scissors to get a mop head effect for the head of the flower. The stalks and leaves were then attached using wire. The flowers were then put into a jam jar which was decorated with coloured tissue paper and ribbon of your choice. I made some yellow and pale blue flowers and they looked really nice and turned out better than expected. I really enjoyed this activity and would like to do it again at home. I gave my flowers as a gift to my art teacher who put them in her window as a display.



The Ridgeway Run



Thank you to all our runners who took part in The Ridgeway Run on Saturday, 23rd September 2017. The weather was very kind to them and they all did incredibly well running over the beautiful hills.

Congratulations to one of our Headway Swindon runners **Jess White** who was the female winner for the 10 mile run in a fabulous 01:12:36.

Thank you to everyone who sponsored our running team and to all our runners who did a fabulous job raising money and awareness of Headway Swindon.

NCS Team 8 Fundraising



Students from NCS Team 8 were given a challenge to raise funds for their chosen charity (Headway Swindon), with only one week to organise and complete it. The students decided to do a 25 mile sponsored trek starting at Royal Wootton Bassett, camping overnight then finishing at Coate Water.

They did a fantastic job and managed to complete their sponsored trek raising an amazing amount of **£778.58**.

Thank you to all of the NCS Team 8 for choosing Headway Swindon as your chosen charity, we really appreciate your support!

Pinehurst Community

On Saturday 15th July, Jane and Sheryl attended the Pinehurst Family Fun Day where Headway Swindon were presented with a cheque for £602.40. Courtney Thurman from Pinehurst was involved in a car accident back in August last year where she unfortunately suffered a brain injury. Courtney was rushed to Southampton General Hospital and was induced into a coma which would allow the swelling on her brain to be treated. Friends and the local Pinehurst community raised an amazing £1,400 which helped Courtney's family to travel 124 miles every day to visit and sit with her by her bedside.

After her remarkable recovery, Courtney and the local community decided to generously donate the rest of the money that was raised to Headway Swindon which was a fantastic amount of **£602.40!**

We would like to say a massive thank you to Courtney, her family and the local community of Pinehurst for choosing to support us.



Follow us on our new Social Media Pages

Headway Swindon is now connected with **Instagram** and **Tumblr!**

You can now follow Headway Swindon on *Instagram* to keep up to date with the latest news and see pictures and videos of the clients in the different therapeutic sessions, such as cooking, singing and pottery.

You can also follow Chase's new blog on *tumblr* to see his training progression and all the mischief he gets himself into at the centre.



www.instagram.com/headwayswindon



www.chasethebrainydog.tumblr.com





Thank you

We have been delighted with the support we have received this year. Our total funds raised to date, are **£33,136.09** for 2017.

Thank you to everyone who has helped us to raise this fantastic amount.

We would like to say a big thank you to:

John Kennedy, for your monthly donation and for cycling from London to Paris in aid of Headway Swindon.

Sandy & Tony Smith, for their donation from a collection at their 50th Wedding Anniversary Celebrations.

Kayleigh Williams, for continuing her running campaign 'The Run For Recovery'.

The Tawny owl, Lisa Berry at Little Prints, Ellenborough Park, Marshfield Bakery, Marsh Farm Hotel, for your raffle prize donations for our 25th Birthday party.

Parragon Books, for your kind donation of quiz and puzzle books.

YOT (Youth Offending Team), for donating the money from the sale of bird boxes at our Summer Fayre.

Caroline Rhodes & Justine Randall, for completing the Race to the Stones.

The Hilton Family, for your continued fundraising efforts.

Kelly Marriott, for raising money by running The Swindon Half Marathon.

Sue O'Connell, for raising money from running The London Marathon.

Imagine Contemporary Portraits, for your donation of a family & pet photoshoot.

Rob from The Hair Group, for your kind donation for Rock & Roll Bingo.

Jan Chambers, for your kind donation.

The Rotary Club of North Swindon, for your kind donation for the great work achieved by Headway Swindon.

Pauline Little, for the donating 50% of money raised from a football match in memory of her son, Jamie.

Novum Law, for Sponsoring our 25th Birthday party.

Swindon Town Football club, for the money raised from collection buckets.

Ann Condliffe, in memory of Rowland Condliffe who is dearly missed by all at Headway Swindon.





Dates for your diary...

Race Night

Date: Thursday, 19th October 2017

Time: Arrive at 7pm for a 7:30pm start

Place: The Legends Lounge,
Swindon Town Football Club

Tickets: £10 per person including
a fish and chip supper.

Hosted by
Phil King



Connect with us on social media to stay up-to-date with the latest news and events, we have lots of exciting events planned for 2018.



www.facebook.com/headwayswindon



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www.chasethebrainydog.tumblr.com



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the brain injury association