

Headway Swindon



the brain injury association

HEADWAY SWINDON

Autumn Newsletter 2024

Welcome to our Autumn Newsletter

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GREETINGS FROM CHIEF OFFICER - SONIA!



I hope you enjoy this fantastic Autumn newsletter. I wanted to take a moment to acknowledge some excellent developments within our organisation.

Firstly, a huge thank you to Hannah from CGL and Fe from the Community Stroke Team for providing staff training sessions so that we could grow both individually and as a team. It is great to be able to work with other organisations in the community to share our skills and knowledge around ABI but also to understand other areas of knowledge that we can learn and benefit from.

In addition, I would like to recognise all the hard work that went into preparing for the Summer Fayre. The energy, creativity, and dedication from both staff and our clients who supported this was amazing as well as raising our profile. This event is a brilliant showcase of our organisation. Your efforts were truly appreciated.

Lastly, I am thrilled to announce some new services we will be trialling in the coming months. These additions will further strengthen our offerings and enable us to serve our community even better. Stay tuned for more details!

Thank you all for your continued hard work and dedication. Together, we are making incredible strides forward, and I am excited for what the future holds.

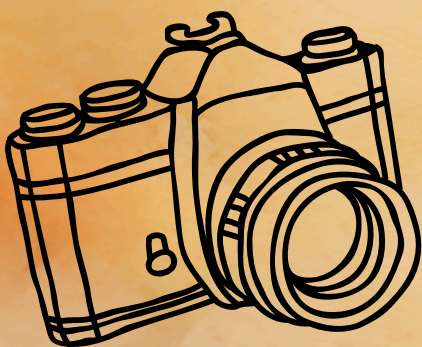


CAPTURING THE HEART OF OUR SERVICE

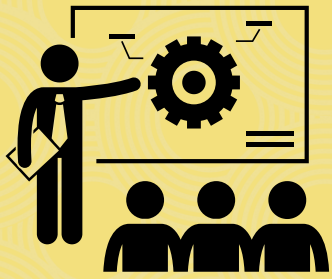
We recently had a professional photographer visit Headway to capture the key services we provide to our clients recovering from Brain Injuries. The new photos highlight our Cognitive Rehabilitation Therapy, Social Rehabilitation, Speech, Language and Communication Exercises and Therapeutic Courses.

These images will be featured on our website, offering a fresh look at the dedication of our staff and the resilience of our clients. We hope they give you a better understanding of the important work we do at Headway.

Take a moment to visit our updated website and see these moments for yourself.



Here are just a few examples of what you can expect to see.



STAFF TRAINING

We're excited to share that our staff have recently completed a series of comprehensive training sessions, further enhancing our ability to provide exceptional care and support across various areas.

Alcohol and Drug Abuse Awareness

Our staff participated in a training session with CGL (Change, Grow, Live) focused on alcohol and drug misuse. This training provided essential knowledge and practical insights to help our staff understand the impact of substance abuse. We are now better equipped to support individuals affected by these challenges, fostering a healthier and more informed environment.

Naloxone Emergency Overdose Response

Our staff also received vital training on administering Naloxone, a life-saving medication used in Opioid overdose situations. This equips our Staff with the skills necessary to act swiftly in critical situations, reinforcing our commitment to creating a safer community for everyone.

Speech and Language Therapy

Additionally, our staff have undergone a training session with The Great Western Hospital NHS Foundation Trust in the basic understanding of communication, enabling us to provide expert care to clients experiencing communication difficulties. This training ensures that clients receive tailored support throughout their recovery journey, promoting confidence and improving overall well-being.

These training sessions reflect our ongoing dedication to professional development and our mission to deliver the highest quality care in all aspects of recovery and wellness.

CLIENT STORY



This is Sharon and here is her story:

I was 34 years old when my brain injury happened, I stopped breathing for 21 minutes . I had been drinking a lot of alcohol and very little food for a long time. I couldn't talk or walk and had no control over body function. I have had to learn all these things again, which was very hard to process. Before my brain injury I was a dancer in Greece for 10 years and then worked back in England. I enjoyed a lot before my brain injury - listening to music, puzzles, socialising, cooking - now I enjoy playing on my tablet, mixing with my family a lot, playing bingo and walking my mums dog George. Things have changed for me as I can't go out on my own because my memory is poor and I am prone to falling, also I cannot cross a road on my own now as I am unaware of danger. I can't do any cooking or hoovering because I have Ataxia which effects my hands and legs. I also need things explained in simple terms and to be prompted a lot. I enjoy coming to Headway because the clients are like me, we all have brain injuries, so I don't feel different. The staff are very good with us all, even when we have different needs. Headway is a very welcoming place and you can have a laugh and a joke with the staff, they are very friendly. They have helped me to remember that I can socialise with other people.



VOLUNTEERS AND STUDENTS

*Thank
you!*

*Thank
you!*

Thank you for all your incredible hard work and unwavering support. Your dedication and passion make a significant impact on our community, fostering growth and positive change. You are an essential part of our Headway family.

Are you looking to meet new people and gain some new skills?
We would love to hear from you.

What we look for in our

- ✓ volunteers...
- ✓ Commitment
- ✓ Ability to think outside of the box!
- ✓ Respectful of others
- ✓ A sense of humour
- ✓ Ability to empathise
- ✓ A positive attitude
- ✓ Being Supportive



FOREIGN COIN DONATION

Foreign Coin Donation Drive

Your leftover foreign currency and old UK coins and notes are an easy way to help us raise valuable funds

Headway Swindon



If you have any surplus foreign currency from your overseas trips, or any unusable old British currency hiding at the back of the drawer, we'd love to receive it;

We can take:

- All foreign coins & banknotes
- Old British & Irish money
- All current UK money
- Even obsolete currency!

FR
REGULATOR
Registered Charity No.1021036

WITH THE SUMMER HOLIDAYS OVER, DO YOU HAVE ANY LEFTOVER FOREIGN COINS OR NOTES? SIMPLY DROP OFF YOUR SPARE CURRENCY AT OUR CENTRE, AND WE'LL TURN IT INTO SOMETHING MEANINGFUL. EVERY COIN HELPS!

SO FAR WE HAVE RECEIVED AN AMAZING £634.28

THANK YOU FOR YOUR GENEROSITY!

Client Forum

We are excited to announce the formation of our new Advisory Group, a unique opportunity to bring together the opinions of people who deliver and those who benefit from our services and an important part of how we run. It gives members of the group the opportunity to have a say in how we support people with brain injury and their families, how we develop the service and develop a presence within the community raising awareness of Brain Injury.

Our Advisory Group Members will be able to develop their communication, decision-making and team-working skills.

Meetings will be held monthly on a Thursday for group discussions - providing feedback and reviewing information.

All members of the forum will have access to the support they need to feel comfortable and confident with what they are doing and to be able to achieve the most impact.

Although the current members are set, if the group is successful, we would be hoping to open this up to new members in the near future.



Brain Injury Cognitive Behavioural Therapy

A huge congratulations to two clients who successfully passed their

CBT course in August



Many people with brain injuries experience behavioral changes that impact both them and their families. The Brain Injury Cognitive Behaviour Therapy program is designed to help by exploring how thoughts influence feelings, which can lead to depression and anxiety. The program also provides practical anger management strategies and guidance on effectively managing emotions, empowering individuals to navigate their recovery journey with greater understanding and support.



'I was at my worst when I first came here – not sleeping and struggling with my temper. I now no longer feel alone within my injury. I have met other people that have similar life changes. I have a more balanced life, my sleep has improved. I no longer rely on sedatives for sleep as my Keyworker has shown me other ways to rest my brain through C.B.T and being supportive and a good listener and understanding. My Relationships are better now – I don't respond with anger.'



Malkit with his certificate of achievement

SUMMER

FAYRE

We are thrilled to share that our Summer Fayre was a tremendous success, raising an impressive £1,091.82! The event saw a fantastic turnout, with lots of people attending, enjoying the fun, and creating memories. A heartfelt thank you to everyone who baked cakes and generously donated raffle and tombola prizes. Your contributions made all the difference, and we couldn't have done it without you!



Headway Swindon

OUR CHARITY VALUES

Our charity values are now proudly displayed on the wall of our Main Centre! These values— **Listened To**, **Accountability** and **Teamwork** —reflect what we stand for and guide us daily.

We hope this serves as a constant reminder of our commitment to these principles.

LISTENED TO

Every voice matters
and can make a
difference



ACCOUNTABILITY

We are each responsible
for our words, our
actions, and our results

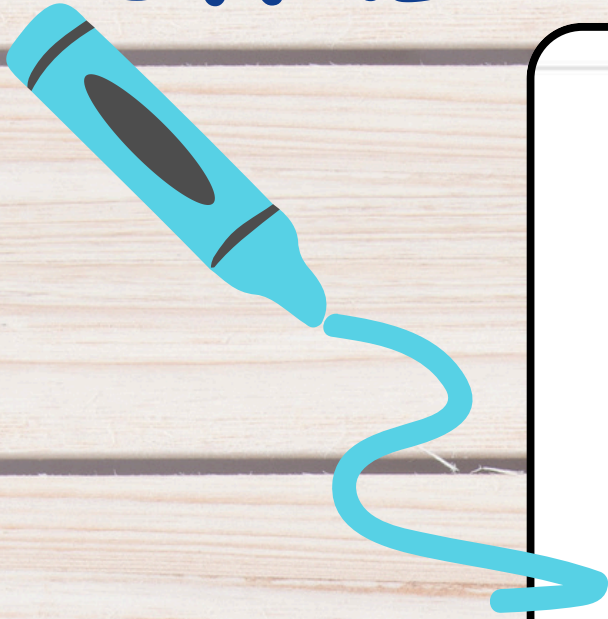


TEAMWORK

We achieve more when
we collaborate and all
work together



BRAIN TRAINING



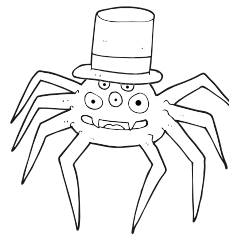
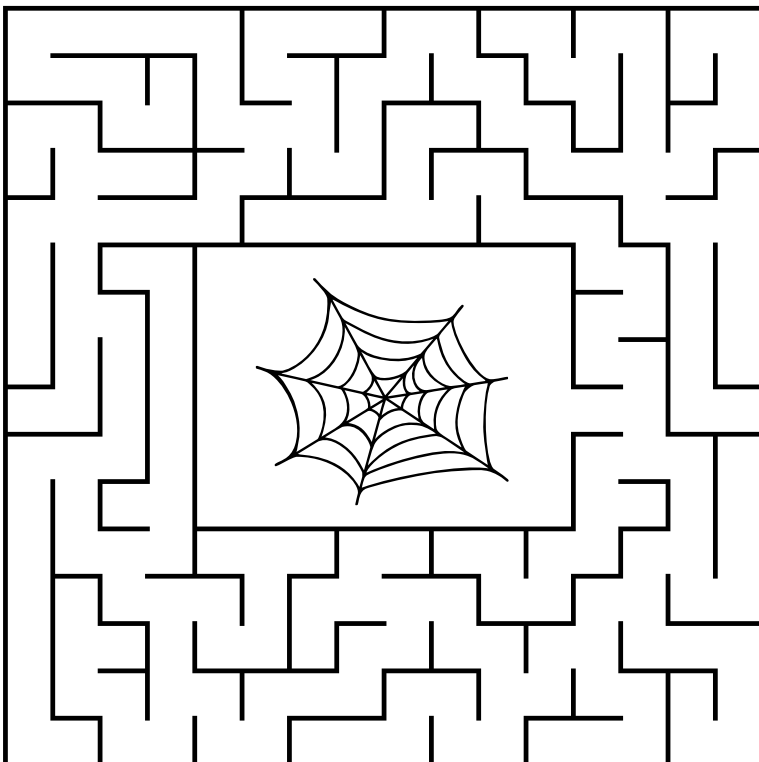
HEADWAY SWINDON AUTUMN

WORDSEARCH

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Q	L	K	L	E	V	K	Y	V	V	R	Y	E	K	E
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I	H	N	C	Z	O	V	V	N	H	U	F	I	F	C
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K	H	G	H	Y	W	P	U	M	P	K	I	N	C	S
A	N	R	N	O	F	C	C	R	V	C	Y	Q	N	G

ACORN AUTUMN CHESTNUT COZY CRISP HALLOWEEN HARVEST
HAY JACKET LEAVES PUMPKIN RAKE SCARECROW SQUIRREL

Help the spider find his web:



EXPLORE OUR NEW DONATION OPTIONS

If you are interested in supporting our work, there are various ways you can make a donation:



JustGiving™

If you're taking on a challenge or holding your own event, the QR code will take you straight to our main donation page.



amazon wishlist

Check out our Amazon wish list! Every item you buy helps us reach our goals



easyfundraising

Easy Fundraiser partners with over 7,500 brands who will donate part of what you spend. It won't cost you any extra. The cost is covered by the brand.

Cheque:
You can make any donations by cheque. If you are posting your cheque please enclose your contact details (e.g. address) so that we can thank you.

Recycle Charity

Donate your used Ink Cartridges and together we can help reduce landfill and raise money at the same time!



Tickets for the lottery cost just £1 a week. Each ticket has a 1 in 50 chance to win a prize each week, with a top prize of £25,000!



Raise money when you shop online at no extra cost to you! Simply sign up for an account and start shopping to make a difference!



CAF Pay As You Earn

This is the UK's number one Payroll Giving scheme for employers.



For more information please go to:

<http://headwayswindon.org.uk/support-us/donate/>

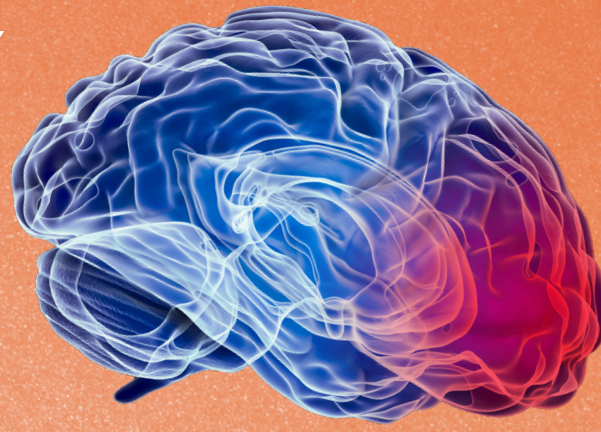


THANK
.. YOU
😊

Headway extends its gratitude to our donators for their generous contributions and unwavering support; your help means a lot to us, and we are truly thankful.

- | | |
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|  ASDA West Swindon |  Gordon Williams |
|  Swindon Lions |  Sam Mather-Holgate |
|  John Kennedy |  Jeremey K |
|  Stuart Brazington (Trustee) |  Rotary club of Swindon
North & Thamesdown |
|  Sheila Everden | |

HEADWAY SWINDON



THE BRAIN INJURY ASSOCIATION

Contact Us



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Registered with
**FUNDRAISING
REGULATOR**

Headway Swindon



the brain injury association

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