Headway Swindon

Headway

the brain injury association

HEADWAY SWINDON

Winter Newsletter 2025

Welcome to our Winter Newsletter

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GREETINGS FROM CHIEF OFFICER - SONIA!

Welcome to 2025!

As we step into the new year, I would like to welcome you to a year filled with exciting opportunities and experiences. Together, Headway Swindon will embark on a journey of growth, opportunity, success and empowerment.

This year, we have an incredible line up of activities designed to inspire, engage, and also help foster a culture of collaboration and inspiration. Whether you are here to achieve new milestones, develop meaningful connections, or explore new horizons, we will aim to make this a year of purpose and progress for all of us.

Let us make this year remarkable by working together and supporting one another.

To our Headway family, your contributions, energy, and dedication are the driving forces behind our shared success, and I look forward to seeing all we accomplish together this year.

Here's to a bright and successful 2025!

Warm regards,

Sonia

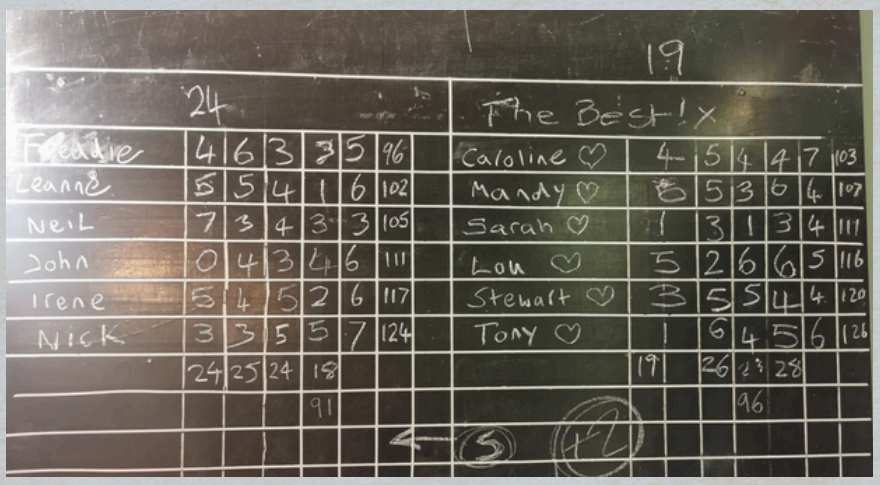
Chief Officer

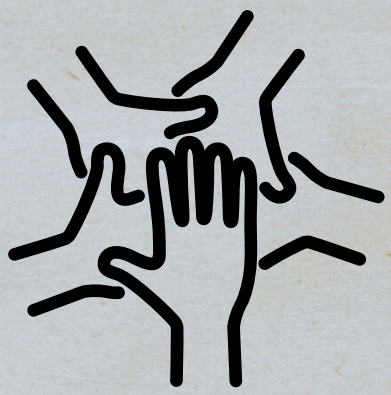
Skittles Evening

ON NOVEMBER 8TH, STAFF GATHERED FOR A TEAM BONDING EVENING, WHERE FRIENDLY COMPETITION AND LOTS OF LAUGHTER MADE FOR A FANTASTIC NIGHT.

IT WAS A GREAT CHANCE TO RELAX, HAVE FUN, AND CONNECT OUTSIDE OF THE OFFICE.

WE CAN'T WAIT FOR MORE EVENTS LIKE THIS IN THE FUTURE!





A BIG CONGRATULATIONS TO OUR TOP SCORERS

MANDY

CAROLINE

NICK

DONATION TINS

Help us make a difference in the Community!

We are looking for kind hearted businesses, shops, cafes, or individuals to host one of our Headway Swindon Donations Tins. By simply placing a tin in your space, you can help us raise essential funds to support adults with brain injuries, their families and carers

It's easy to Help:

- ✓ We'll drop off the tin at your location
- ✓ You don't need to do anything – just let your visitors or customers know it's there!
- ✓ We'll collect it when it's full

Interested or know someone who can help?

Call us on 01793 674820

Email us at: info@headwayswindon.org.uk

Thank you for supporting Headway Swindon and helping us change lives!

Christmas Activities

WE HAD AN AMAZING TIME HOSTING FESTIVE EVENTS AND SPREADING HAPPINESS THROUGHOUT OUR COMMUNITY! WE STARTED WITH AN EXCITING WREATH-MAKING DEMONSTRATION, WHERE KELLY TUCK GENEROUSLY SHARED HER TIME AND EXPERTISE, HELPING OUR CLIENTS CREATE BEAUTIFUL WREATHS WHILE ACQUIRING NEW SKILLS.

OUR MINCE PIE MORNING WAS A DELIGHTFUL SUCCESS, MADE POSSIBLE BY THE DELICIOUS PIES CONTRIBUTED BY ASDA (WEST SWINDON), MORRISONS, AND TESCO (OCOTAL WAY).

CREATIVITY FLOURISHED DURING OUR CHRISTMAS CARD MAKING SESSION, WHERE KATE FROM FLOATING ON AIR DESIGNS GUIDED CLIENTS IN CRAFTING LOVELY CARDS. THE FUN CONTINUED WITH OUR WINTER OLYMPICS, SPONSORED BY ZURICH COMMUNITY TRUST, FEATURING GAMES LIKE BOCCIA, CURLING, AND TABLE TENNIS, ACCOMPANIED BY WONDERFUL REFRESHMENTS.

THE EXCITEMENT REACHED ITS PEAK AT THE ZURICH CHRISTMAS QUIZ, WHERE THE ZURICH ZEPHYRS EMERGED VICTORIOUS AFTER A THRILLING COMPETITION, ALL WHILE ENJOYING A TASTY BUFFET.

A HEARTFELT THANK YOU TO EVERYONE WHO PARTICIPATED AND HELPED MAKE THESE EVENTS TRULY UNFORGETTABLE!

DELIVERING JOY AT CHRISTMAS

WE ARE TRULY TOUCHED AS WE REFLECT ON THE INCREDIBLE SUPPORT WE RECEIVED THROUGH THE DELIVERING JOY AT CHRISTMAS CAMPAIGN WHICH MAISIE AT DUNELM SWINDON KINDLY INCLUDED US IN.

THE GIFTS DONATED BY THE PUBLIC HAVE BROUGHT SO MUCH JOY TO OUR CLIENTS, AND THE SMILES ON THEIR FACES ARE A TESTAMENT TO THE THOUGHTFULNESS BEHIND EVERY DONATION.

IT'S MOMENTS LIKE THESE THAT REMIND US OF THE POWER OF COMMUNITY AND THE TRUE SPIRIT OF CHRISTMAS.

CLIENT STORY

This is Leigh and here is his story:

My life changed in March 2024. I have always been a sociable person and would much prefer to be out with friends and family. I played a lot of sport, worked hard and played harder! After a Saturday day and night of drinking at the pub I was walking home and remember saying goodbye to friends. The next thing I remember is being led in a hospital bed the next night surrounded by family.

I don't know what happened but I was found unconscious in the street with 3 skull fractures and a large bleed on the brain.

I spent 3 weeks in hospital and 4 months off work. In the early days of recovery I felt completely fatigued all the time. Doing a small amount of house work wiped me out until the next day! I have permanent hearing loss in one ear, no sense of smell, fatigue and dizziness.

I have gone from wanting to be at the pub to wanting to be at home. Things have changed but I won't see it as for the worse. I've got another chance at life and the brain injury has changed my outlook on who and what are my priorities.

I'm still recovering but am back at work, fatigue is taking longer to start and I feel more myself.

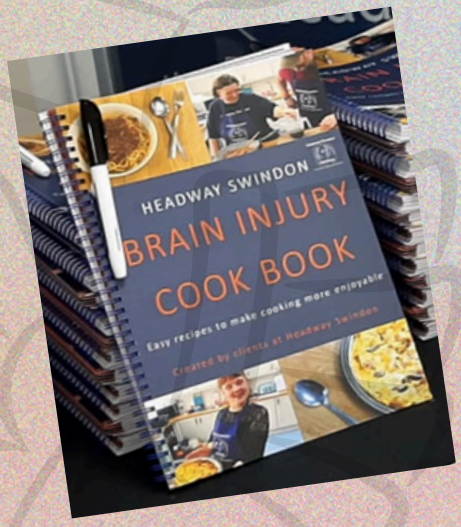
I genuinely believe that my recovery would not be as great as it has been without the help and support from everyone at Headway.

MAKING HEADWAY IN THE KITCHEN: A NEW YEAR, A NEW YOU WITH OUR COOKBOOK

Cook Up Confidence with the Brain Injury Cookbook!

Preparing a meal can be a challenge for brain injury survivors, but the Brain Injury Cookbook is here to help. Designed by survivors, for survivors, this innovative cookbook offers simple recipes with clear instructions, large print, and handy tips to make cooking accessible and enjoyable again.

Whether you're rediscovering a lost passion or building new skills, the cookbook helps boost confidence and independence in the kitchen.



Order now for

£25

Our Headway cookbook is available at our Swindon Office and also via post

Contact 01793 674820 for more information

GREAT RESPONSE TO BRAIN INJURY IDENTITY CARD

We are thrilled to share that we received a fantastic response to our recent survey about the Headway Brain Injury Identity Card!

The Brain Injury Identity Card is a free resource that can make a meaningful difference in daily life. Each card is personalised to help explain the effects of your brain injury and request specific support if required in social situations.

We have submitted several applications for personalised cards so far and it's also nice to read how the cards have already made a positive impact in certain situations.

If you'd like to learn more about obtaining a Brain Injury Identity Card, please speak to Caroline - she is always here to help!

"It makes me feel safer should I get into problems."

"As a Chief Constable, this card is most welcome. It will help my officers understand brain injury and support people accordingly."

"I was in B&Q and was struggling how to explain what I needed. The assistant saw my ID card and took his time with me."

"I was refused a taxi as the driver assumed I was drunk. I showed my card and he apologised and took me home."

Join the 90km Walk Challenge This February!

Headway are excited to launch their first-ever Facebook Challenge: Walk 90km in February!

Lace-up your shoes, pull on your FREE t-shirt, and get moving for Headway - the brain injury association this February!

Together, we can make a difference in the lives of those affected by brain injury.

Set up your fundraising page and invite friends and family to support you and share your progress on social media using #90kmForHeadway to inspire others and build awareness

When: 1st - 28th February

Where: Anywhere you like

Why: To support Headway and improve life after brain injury

Let's make every step count!

Speak to a staff member to find out how to register and get involved!

UPCOMING EVENTS

25th January – Caroline & Mandy, along with a few members from our client forum will be attending and hosting a volunteering stand at GWH

30th January – Staff taking part in a dysphagia Training course

Coffee meet up with Lindsay at The Outlet Shopping Centre

Date TBC but it will take place on a Friday in January, please speak with Lindsay if this is something you would be interested in attending

10th – 14th February – arts and crafts, along with baking activities

28th February – Caroline will be attending a careers fair at Swindon Academy

4th March – Flip in to fun & enjoy, its pancake day!

Have you got any surplus or unwanted Christmas Gifts?

We would love to take them off your hands!

These gifts will help make a huge difference as we can use them in hampers or as tombola/raffle prizes for our events throughout the year – every donation helps raise much needed funds for our Charity

Thank you!

BRAIN TRAINING

HEADWAY SWINDON WINTER WORDSEARCH

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              O J L A
            V P G H Q R
            I L P R Z D
C B P T P I E O Z U Q Q R K A S X K T K
O G I N G E R B R E A D K J I R N V C Y
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        W I N T E R Q H E I I R
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      Y D M T U T E C X C O L D A
    U Q Q S N O W F L A K E P A R M
    O B O A O U A     P R Q D T C R
  U N R J B P N         Y F A Y O E A
  P F H Q A                 L E E S B
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BOOTS COLD FIREPLACE FROST FROSTY GINGERBREAD

GLOVES ICE JANUARY SCARF SNOWFLAKE WINTER

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	6					8	9	
2			8			7	1	5
	8	4		9	7			
7	1						5	9
			1	3		4	8	
6	9	7			2			8
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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 send. It wont 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.

For more information please go to:

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

Recycle 4 Charity

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

Swindon Community Lottery

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!

Give as you Live Online

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 Bank

CAF Pay As You Earn

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

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.

- ASDA West Swindon
- Fairytale Farm
- John Kennedy
- Laser Quest
- Jennie Macdonald
- AFL
- Kate at Floating Air Designs
- Morrisons - Dorcan
- Tesco - Ocotal Way
- Jeremey K
- Double Tree Hilton - Swindon
- Zurich Community Trust
- Kelly Tuck

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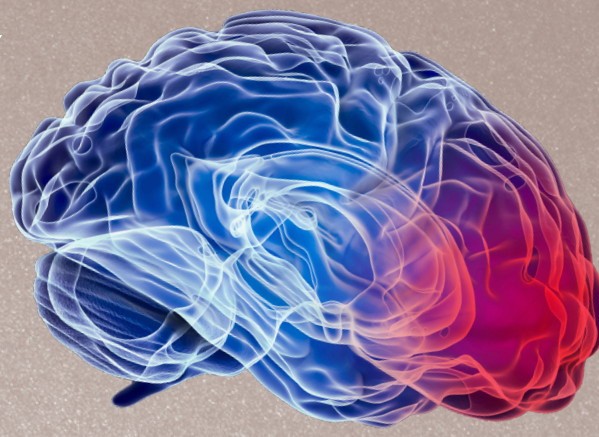

THE BRAIN INJURY ASSOCIATION

Contact Us

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Registered with FUNDRAISING REGULATOR

Registered Charity No.1021036

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