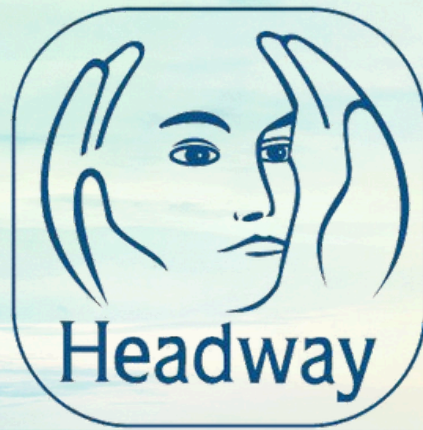


Headway Swindon



the brain injury association

# HEADWAY SWINDON

Summer Newsletter 2025

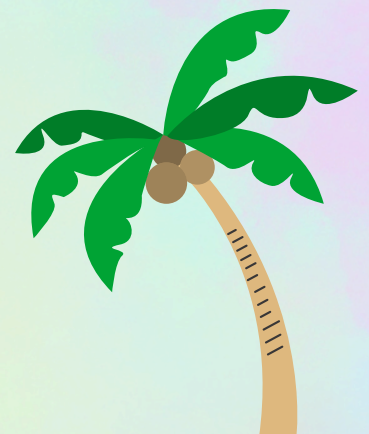




# **WELCOME TO OUR SUMMER NEWSLETTER**

## ***INSIDE THIS ISSUE***

- Chief Officer welcome - pg 2
- Foreign Coin update - pg 3
- Win a Balloon Flight - pg 4
- VAS cheque presentation - pg 5
- Power Hour update -pg 6
- Foresters - Thank you - pg 7
- Headway Webinars - pg 8
- New promotional material - pg 9
- The wall conquered, for Headway Swindon - pg 10
- Introducing Outcome Star - pg 11
- Acquired Brain Injury statistics - pg 12
- Steps of Support - pg 13
- Celebrating ABI Week - pg 14
- The Open Work Partnership - Thank you - pg 15
- Upcoming Events - pg 16
- Brain Training - pg 17
- Ways to donate - pg 18
- Thank you's - pg 19
- Contact Details - pg20





# GREETINGS FROM CHIEF OFFICER - SONIA!



## Welcome to our Summer Newsletter

Our Headway community continues to inspire with incredible efforts and unstoppable spirit!

Our very own client Alan walked an incredible 90km—raising funds for a well-deserved afternoon tea event for fellow clients.

Kev & Martin conquered a staggering 70-mile ultramarathon along Hadrian's Wall—battling sore feet and soggy socks all the way! Their sheer grit and determination are nothing short of heroic and they raised over £600.

A huge shoutout to Sarah, whose dedication has brought foreign coin collection tubes into even more organisations. Every coin adds up and so far these have raised £905.02

We're grateful to Foresters Financial for stepping in with a generous £800 grant so we could purchase well-being supplies to support our clients and their ongoing recovery.

We're getting ready for this year's Summer Fayre on 14th August, and it's shaping up to be our most exciting yet! For the thrill-seekers and sky-dreamers among us, we're offering a chance to win a hot air balloon flight. Feeling brave? Buy your ticket and keep those fingers crossed—you could be floating above the countryside with the clouds as your companions.

Whether you're there for the games, cakes, or sky-high adventures, we can't wait to see you!

We're loving the bright, welcoming spaces at the centre—massive thanks to Justine's team from Openwork for rolling up their sleeves and brightening up our bathrooms and tea kitchen aswell as having a big tidy up in our storage space.

With the rooms refreshed and the calendar filling up, Headway Swindon is buzzing with activity. From soaring balloon flights to inspiring fundraising feats, it's shaping up to be a vibrant and meaningful summer—and there's much more ahead.

Thank you for being part of the Headway Swindon community—your support, energy, and enthusiasm make all the difference. Whether you've joined a challenge, shared a kind word, or simply read along, we're grateful to have you with us.

Here's to a summer full of progress, positivity, and connection. We can't wait to share what's next!

Until then, take care and enjoy the sunshine.





# FOREIGN COIN DONATION DRIVE UPDATE

We are excited to announce that since the launch of our foreign coin donation drive, local businesses & schools have contributed an impressive

£905.02

A heartfelt thank you goes out to:

- ★ East Wichel Community Primary School
- ★ Tesco Marlborough

Both have recently allowed us to place a donation tube at their locations.

Currently, we have 17 donation tubes situated throughout the Swindon and Marlborough area, 13 of which are awaiting collection and counting so we're hoping this total will grow even more!

If you or someone you know whether a business or school would be willing to host a donation tube, please give us a call on 01793 674280.





# Win a Virgin Balloon Flight

## RAFFLE TICKETS £10 EACH

BE IN WITH A CHANCE TO WIN AN UNFORGETTABLE VIRGIN  
BALLOON FLIGHT EXPERIENCE FOR TWO

A PERFECT GIFT OR TREAT FOR YOURSELF!

### HOW TO PURCHASE:

PAY BY BANK TRANSFER:

ACCOUNT NAME: HEADWAY SWINDON AND DISTRICT

SORT CODE: 40-52-40

ACCOUNT NUMBER: 00025271

REFERENCE: BALLOON + YOUR NAME

IMPORTANT!

EMAIL US AT [INFO@HEADWAYSWINDON.ORG.UK](mailto:info@headwayswindon.org.uk) OR  
CALL US ON 01793 674820 WITH YOUR CONTACT DETAILS SO WE  
CAN MATCH YOUR DETAILS AND ENTER YOU IN TO THE DRAW

OR PAY BY CASH/CARD AT OUR DORCAN CENTRE

Draw to take place on Friday 15<sup>th</sup> August 2025

**ALL PROCEEDS SUPPORT HEADWAY SWINDON**

DISCLAIMER: THIS PRIZE DRAW IS SUBJECT TO A MINIMUM NUMBER OF TICKET SALES. IN THE EVENT THAT THE REQUIRED NUMBER OF TICKETS  
ARE NOT SOLD, ALL TICKET HOLDERS WILL RECEIVE A FULL REFUND.





Voluntary  
Action  
Swindon

***A big thank you to Voluntary Action Swindon for their generous donation of £250, we are so grateful for the support.***



***VAS representative Alana, alongside 2 of our clients and Caroline our client and community lead***



# POWER HOUR UPDATE

Since launching Power Hour Thursdays, we've seen fantastic engagement and positive feedback from our clients. The sessions focus on exercises designed to improve balance, core strength, and overall wellbeing, all in a supportive and encouraging environment.

Pat, shared just how much the sessions mean to him. “I wasn't having a great day, but the exercise really helped lift my mood and made me feel better” — a powerful reminder of the emotional as well as physical benefits of these sessions.

We're so pleased to see how Power Hour is already making a difference, and we look forward to seeing even more progress.





# Foresters Financial



A huge thank you to Foresters financial for their generous donation of £8000

The funding will go towards care packages, including games, clothing, and essential items that promote wellbeing, comfort, and social engagement for our clients living with brain injuries.

Your support helps us make a real difference in our clients' lives.





# Headway Webinars



## LEARN, CONNECT, UNDERSTAND

Headway UK offer **free** monthly webinars which are open to everyone, including brain injury survivors, carers, families, and professionals.

Each 45-minute session is hosted on Zoom, starts at 12 noon, and includes a Q&A with expert speakers. Recordings will be available for those who can't attend live.



### Upcoming Events

#### **Understanding Personality Change After Brain Injury**

Date: Thursday 24 July  
2025

Time: 12:00 PM BST

Speaker: Vaughan Bell,  
University College London

Explore how brain injury  
can affect personality and  
identity.

#### **Post-traumatic Stress Disorder After Brain Injury**

Date: Thursday 23 October  
2025

Time: 12:00 PM BST

Speaker: Dr Lucilla  
Carlacci De Mattia,  
Clinical Psychologist

Understand how PTSD can  
develop and how to support  
recovery.

Call our centre on 01793 674820 for more  
details on how to book.



# NEW PROMOTIONAL MATERIAL

## We are Event-Ready!

We're excited to share that we now have a full set of fresh promotional materials to help us stand out and spread awareness at events and shows!

Our new material includes:

- Branded pens
- Updated Informative leaflets
- A smart new tablecloth
- A vibrant roller banner
- And even a small gift to enjoy!

These new materials will help us raise the profile of our brain injury charity and connect with even more people in the community. If you spot us at an event, be sure to come say hello!







# RAT RACE THE WALL



## Kevin & Martin Conquered The Wall for Headway Swindon

On June 14th, Kevin Churchill and Martin Kyson undertook a monumental athletic feat: running the 70-mile Rat Race “Wall” ultra-marathon along Hadrian’s Wall, from Carlisle to Gateshead, all within a tight 26-hour target. This annual RatRace event draws hundreds of competitors and is known for its stunning, yet challenging terrain.

Despite facing relentless rain, blistered feet, and unforgiving paths, Kevin and Martin pressed on—fighting every mile of the tough route. Their grit and determination powered them through, all in support of Headway Swindon.

From this extraordinary endeavour, they raised an outstanding £697.50! After pushing past 50 brutal miles, and with twisted ankles and seriously blistered feet, the duo made the tough decision to stop—but not before earning finisher medals for their incredible perseverance. Their courageous effort still stands as a victory in our eyes.

Thank you to everyone who cheered them on and supported this challenge.

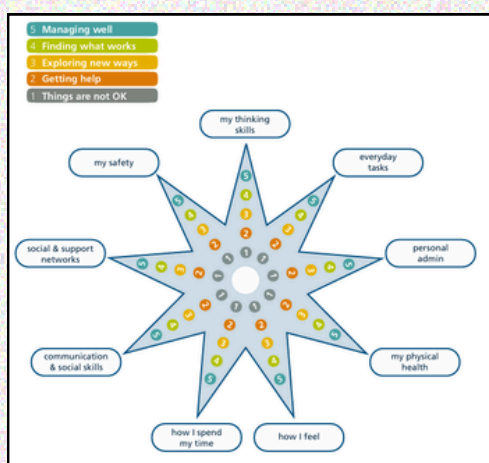




# INTRODUCING OUTCOME STAR

At Headway, we've recently introduced My Brain Star, an Outcome Star developed by Triangle specifically for people living with acquired brain injury. This person-centred tool helps clients reflect on key areas of their lives — such as memory, managing feelings, relationships, and daily living — and identify where they feel they most need support. By working through the Star together, staff and clients are able to have deeper, more focused conversations that often reveal issues or strengths that might otherwise go unnoticed.

Once the Star has been completed, we work with clients to set SMART goals that are meaningful, realistic, and based on their own priorities. Progress is then reviewed regularly, and the Star provides a clear visual way of tracking change over time. Both staff and clients have found the Star to be a positive, empowering and useful tool, helping to make support more tailored and goal-driven. It's become a valuable part of how we structure rehabilitation work and measure outcomes in a way that feels collaborative and respectful.



| Star Notes           |
|----------------------|
| 1 My thinking skills |
| 2 Everyday tasks     |
| 3 Personal admin     |
| 4 My physical health |
| 5 How I feel         |

| Star Notes                        |
|-----------------------------------|
| 6 How I spend my time             |
| 7 Communication and social skills |
| 8 Social and support networks     |
| 9 My safety                       |



# ACQUIRED BRAIN INJURY



Statistics based on UK admissions 2023-2024

the brain injury association

Total  
**BRAIN  
TUMOUR**  
admissions  
**42,892**



**Every 90 seconds**  
someone in the UK is admitted  
to hospital with an **ABI**



**Every 4 minutes**  
someone in the UK is admitted  
to hospital with a **HEAD INJURY**



**Every 4 minutes**  
someone in the UK is admitted  
to hospital with a **STROKE**

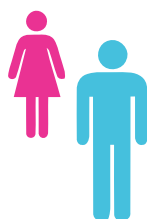
Total  
**HEAD  
INJURY**  
admissions  
**123,969**

Total  
**ABI**  
admissions  
**335,409**



**Admissions  
Per Day  
919 All ABIs**

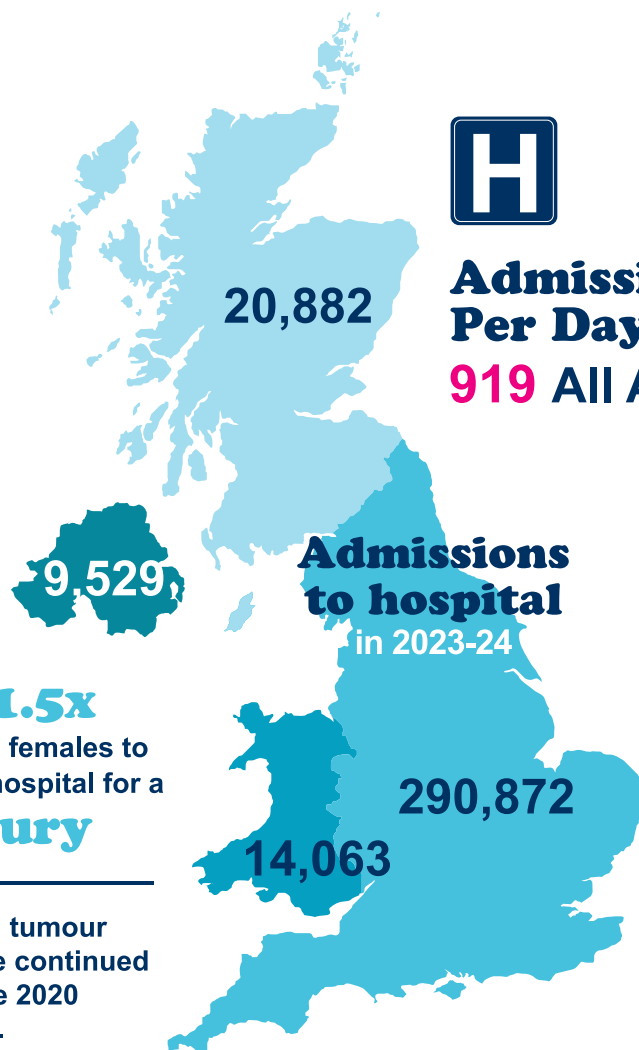
Total  
**STROKE**  
admissions  
**143,446**



**Males = 1.5x**  
more likely than females to  
be admitted to hospital for a  
**Head Injury**



Stroke and brain tumour  
admissions have continued  
to increase since 2020  
Covid pandemic.



Total ABI admissions include head injuries, strokes, brain tumours, and other conditions such as meningitis, encephalitis and hydrocephalus. Not all these people will be left with a long-term disability, so ABI is used as short-hand for 'ABI-related diagnosis'. Admissions do not equate to individuals as one person can have multiple admissions. Overall, individual patients make up approximately 85% of all admissions and over 90% of head injury admissions.

For further information about brain injury or to access support:

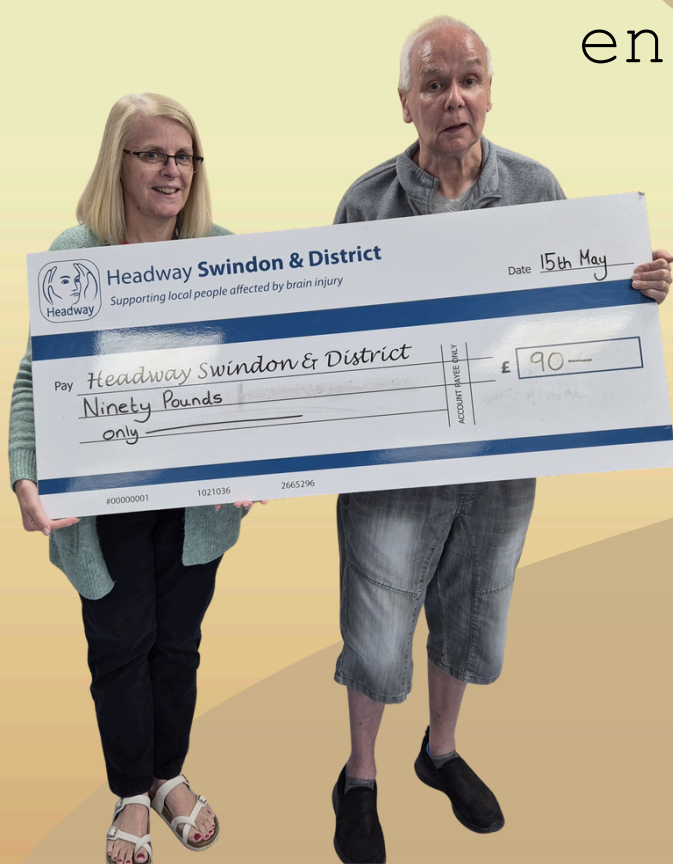
Visit [www.headway.org.uk](http://www.headway.org.uk) Call 0808 800 2244 Email [helpline@headway.org.uk](mailto:helpline@headway.org.uk)



# STEPS OF SUPPORT

## Alan raises £90 for Headway

A big thank you to Alan, who took on an incredible 90km walking challenge in support of Headway. Sponsored by friends and family, Alan raised £90 – and with that money, we were able to put on a lovely afternoon tea for our clients to enjoy.



Thank  
you



# CELEBRATING ABI WEEK WITH ART IN THE GARDEN

to celebrate Action for Brain Injury Week, our clients were invited to a special day of creativity and reflection at TWIGS Community Gardens, thanks to the kind team at Reach Inclusive Arts.

The day was filled with relaxing walks, rock painting, and guided creative activities led by professional artist Billy Beaumont. Inspired by the theme "what does a good day mean to you?", clients had the chance to express their thoughts and emotions through art, surrounded by nature's calm and beauty.

We'd also like to extend a big thank you to Asda Haydon and Tesco Extra for their generous donations of cakes and biscuits – the perfect finishing touch to a meaningful and uplifting morning.







## ***A Big Thank You to Justine and her Team at The Openwork Partnership!***

***We'd like to give a huge shout out to Justine and her amazing team from Openwork for their generosity, time, and hard work.***

***They recently brightened up our bathrooms and tea kitchen – even providing a £500 grant towards a brand-new splashback to complete the look! They also tackled a much-needed tidy-up of our storage space, helping us feel more organised and uplifted.***

***Also a big thank you to Mat at MC Home Improvements - Wiltshire for installing the splashback, it looks great!***





# Upcoming Community OUTREACH



★ Come and see us at Swindon Library -  
14<sup>th</sup> August for VAS Community  
Engagement Fun Day

Community

Engagement

Fun Day

Voluntary  
Action  
Swindon



Volunteering  
Swindon  
A service by

Supported by **amazon**

**Thursday 14<sup>th</sup> August 2025**

11am - 2.30pm

**Central Library, Swindon, SN1 1QG**

We are excited to be announcing our Community  
Engagement Fun Day!

This will consist of organisations with stalls, opportunities  
for volunteer recruitment, fun family activities and  
refreshments.

Please email [lily@vas-swindon.org](mailto:lily@vas-swindon.org) for more info.



# BRAIN TRAINING





## Summer

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| s | u | n | g | l | a | s | s | e | s | y | t | q | o |
| o | a | s | h | o | l | i | d | a | y | r | u | k | e |
| u | m | n | u | v | e | c | i | t | s | l | o | s | z |
| t | e | g | d | n | d | e | c | k | c | h | a | i | r |
| d | s | m | m | c | s | g | n | i | m | m | i | w | s |
| o | u | u | i | a | a | h | a | d | n | a | i | e | m |
| o | n | a | g | t | e | s | i | d | k | c | d | a | q |
| r | c | x | j | u | r | r | t | n | m | g | i | f | v |
| s | r | p | n | i | a | e | c | l | e | h | j | p | w |
| m | e | h | z | f | k | e | m | e | e | n | u | j | i |
| y | a | d | t | g | n | f | a | m | c | h | c | y | y |
| k | m | x | s | n | j | u | l | y | u | i | h | d | d |
| m | d | j | g | c | o | d | q | r | l | s | n | f | z |
| z | i | g | n | i | l | l | e | v | a | r | t | a | g |

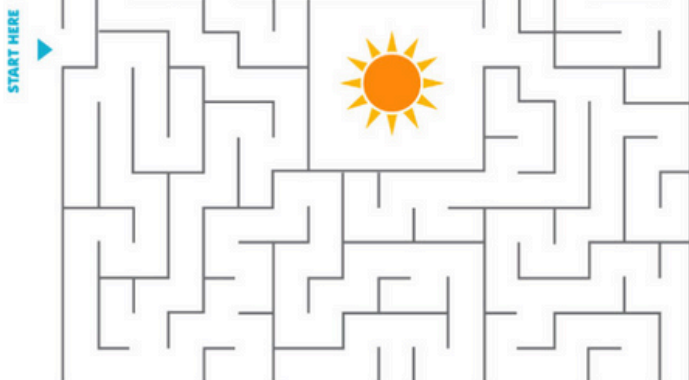
|          |            |            |            |
|----------|------------|------------|------------|
| sunshine | swimming   | travelling | solstice   |
| June     | outdoors   | holiday    | summertime |
| July     | sandcastle | ice cream  | suncream   |
| August   | sunglasses | deck chair | picnic     |



## SUMMER MAZE

Find your way through the maze to reach the sun in the center.

*Happy Summer!*





# 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 Bank

### 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/>





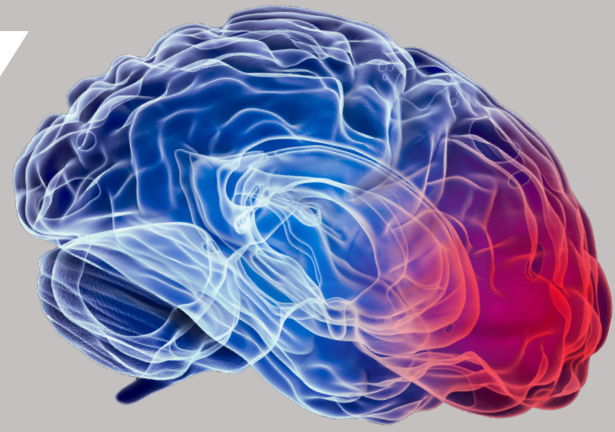
THANK  
😊 YOU

**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.**

- |                                                                                                           |                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|  Tratos Cavi UK Ltd     |  The Swindon Lions              |
|  Tesco - Ocotal Way     |  Hannah Breeden                 |
|  John Kennedy           |  Funeral donation from Hilliers |
|  AFL                    |                                                                                                                    |
|  Asda Haydon            |                                                                                                                    |
|  Zurich Community Trust |                                                                                                                    |
|  Odette Williams        |                                                                                                                    |
|  Clancy Rego            |                                                                                                                    |



# HEADWAY SWINDON



THE BRAIN INJURY ASSOCIATION

Contact Us



01793 674820



[info@headwayswindon.org.uk](mailto:info@headwayswindon.org.uk)



[www.headwayswindon.org.uk](http://www.headwayswindon.org.uk)



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Complex, Faraday Road, Dorcan,  
Swindon, SN3 5HQ

Headway Swindon



Registered with  
**FUNDRAISING  
REGULATOR**



the brain injury association

Registered Charity No.1021036