



Headway Bristol News

Spring 2009

Office: (0117) 9753771 Care Manager: (0117) 9753772

Support line: (0117) 9753771

Email: info@headwaybristol.org Website: www.headwaybristol.org

A Company Limited by Guarantee Registered in England No. 2659120. Registered Charity No. 1007207.

Affiliated to Headway the brain injury association, a Registered Charity

CHAIRMAN'S MESSAGE

Welcome to our Spring edition. While it is pleasing to see the days lengthening and becoming lighter there is no doubt that this year will bring many challenges for us at Headway Bristol. The credit crunch will hit us and I suspect in ways that we cannot anticipate. There is no doubt that the statutory funders are under much pressure to reduce their expenditure and private funders are becoming thinner on the ground as well as having less funds themselves to make grants. The money we earn on our investments has reduced and the value of them as well given the general reduction in the stock market. However the structural changes introduced over the last few years will make the charity stronger and more able to face the challenges. We are undertaking a profile raising campaign with local and national politicians, on the day I write this we are due to meet Dawn Primarolo, and she is one of many we plan to meet. Most have been very supportive and positive. There is no doubt that we are known and respected in our community. The challenge is to ensure that funding will follow that to enable us to expand our activities. In this climate all those who fund raise for us become even more important to us so a big thanks to you all - and if you decide to do something fun for charity please think of us at Headway Bristol.

Gillian C Solly

MESSAGE FROM CHIEF EXECUTIVE

As Gillian has said, we're making sure that as many people as possible know about Headway and what we do. You can help us in this by spreading the word about what Headway does. It is especially useful when people are looking at entering for or holding fundraising events or looking for a charity to support. There are so many good causes out there so its important that we try to get as many donations as we can, especially in a year when we know its going to be tough.

We have a new support worker who joined us early in February, Mel Flook. Many of you will have already met Mel as she has fitted in very quickly at Headway. Mel and Chris are working with our service users every day and together with Vicky and our volunteers are making sure that everyone enjoys their day and gets their own individual benefits from attending.

In the office Lisa is now working full time, so she's always there if you're at the centre or on the end of the phone if you're not. Lisa does a lot of work in making sure that those who need support from Headway are directed to the right person who can help them.

Finally I do hope that you've sent in your questionnaires. We'll be giving you the results in our next newsletter, but this really does give you the opportunity to tell us how we're doing.

Jane Andrews CEO

ACTION FOR BRAIN INJURY WEEK 11TH - 17TH MAY 09

Action for Brain Injury Week is approaching and a host of activities are being organised by both Headway National, and our group, to communicate the key message:-

- CYCLE HELMETS SAVE LIVES.

ABI Week takes place between 11-17 May with the aim of encouraging cyclists of all ages to wear helmets, whilst raising awareness of brain injury and the work of Headway.

Interest in cycling is at an all time high, what with the cost of fuel and travel increasing, it is likely the number of people taking up cycling instead of using their cars will continue to increase.

Headway is a pro cycling organisation but the need to promote vital safety messages has never been greater. At Headway Bristol, we are in the process of organising our own events to run throughout the week, mostly with the focus on cycle helmet usage.

A Headway information stall at Bitton Railway just off the Bristol to Bath Cycle Track, an in-store collection, quizzes, a table top sale outside Headway Centre and other activities are all in the early planning stages. If anyone would like to get involved we would be very pleased to involve you so if you are available week commencing 11th May but particularly on Sunday 17th to help man the info stall, please let us know.

Action for Brain Injury Week is set to be a busy and event-filled seven days. We hope our members will get involved and help us to encourage more cyclists to wear helmets. Come along and join us at our stall at Bitton Railway, bring your bike and helmet, and enjoy the scenery on a ride along the track! We have a small number of Headway T shirts available at the office so if you would like to wear one please ask.

The Bicycle Helmet Initiative Trust

Head Injury is a major cause of death and disability in young children and cyclists. The Transport Research Laboratory shows that young people under 15 are more likely to die on Britains roads in a cycling accident than adults. Yet young people are the most resistant when it comes to wearing a helmet.



The bicycle initiative trust work to encourage young people to wear a helmet, give children greater understanding of why they should wear a helmet. Tell them how to wear a helmet. Give them skills to deal with peer pressure. Give them the knowledge to empower them to make safer choices, and give them a greater understanding of the health and environmental benefits of cycling.

The BHIT produce and distribute a range of information in a variety of formats for differing age groups. Cycling is a great way to keep fit and to help the environment. However, with all forms of transport there are risks involved and it is the job of the BHIT to minimize these risks.

For more info about BHIT call 0118 958 3585 or visit www.bhit.org.

HEADWAY BRISTOL HOLIDAYS 2009

Headway has organised three exciting holidays for its' service users, members and friends to take place during 2009.

The first break is a supported holiday for our service users to Sand Bay Leisure Resort on 13th July. Sand Bay Leisure Resort is located a few miles to the north of Weston-super-Mare. It doesn't take long to reach and is ideal for some of our service users who may require a greater level of support.

The resort has many facilities and excellent entertainment so we expect our group will be busy during the five days of their stay. Grateful thanks to those Headway volunteers who have kindly offered to accompany the group. We are very lucky to have such loyal support from all of our volunteers who give freely of their time for the benefit of others.

Secondly a weeks holiday for our high level attenders who will be travelling to Malta to stay at Hotel Qawra Palace in Qawra. Accompanied by Vicky Baker and June Hill, the group will have a week to take in the sights and sounds of Malta, which has much history and culture as well as enjoying fine beaches.



Vicky chose Malta as the destination for the group this year. For those who haven't visited Malta, not only is the island a great Mediterranean escape but it has year round sunshine, clear seas and cobbled towns hemmed with shops, bars and restaurants. It's also earned itself the title as an open air museum, where you can re-trace the footsteps of the Knights of St John in Valetta and visit Baroque palaces and ancient temples.

None of our travellers have visited before so we are sure they will have some interesting accounts to relay on their return, which will be included in the Autumn edition newsletter.

The third, a Turkey and Tinsel holiday, was open to service users and extended to Drop in visitors. The venue this year is the Cliffeside Hotel, Bournemouth.

Departing on the 13th November the Group will stay for three nights on a half board basis at Cliffeside Hotel and will be able to enjoy the many facilities the venue has to offer.

Bournemouth is a lively resort bursting with beachfront sports and events, tranquil green spaces within the city limits, tourist attractions and activities for all the family, there's so much in store just waiting to be explored and I'm sure the group will take in many of the sights and sounds over their three day break.



Finally, throughout the year, Vicky plans to organise a variety of coach trip day outings, the first of which took place on Saturday 14th March when the day trippers visited Slapton Sands in Devon.

If you would like to register your interest in future coach outings please call the office and leave your details. We'll be pleased to contact you when further trips are organised.

CHRISTMAS FUNDRAISING AT HEADWAY BRISTOL

We would like to express our gratitude to everyone who supported us by purchasing Cards, Calendars and Puddings in the lead up to Christmas. All proceeds were added to general funds.

For those planning on celebrating Easter with a traditional Easter Sunday Lunch, perhaps you might like to purchase a Christmas Pudding as a dessert to accompany your meal. We have remaining a small number of these, with very long sell by dates (next year), but priced at the sale price of £2 to clear! A bargain! To purchase one, just pop into the office during our normal opening hours.

HEADWAY BRISTOL CARERS GROUP QUIZ NIGHT

With many thanks to all who participated in the Quiz Evening on Friday January 23rd. The Carers quiz is such a popular event in Headway's calendar and this year was no exception. Tickets sold out before the event and the Stapleton & Begbrook Club was humming with excitement as the quiz began. Winning team 'The Card Sharks' from Yate won a case of 6 bottles of wine! A raffle also took place with a huge array of prizes on offer. Jane Andrews won a prize and she selected a wall safe donated by Bert and Josie Green, as Headway desperately need extra space for bulkier items. It was fortuitous that this item was included amongst the prizes as it saved Headway the expense of purchasing further equipment.

A sum in excess of **£1,200.00** was raised as proceeds from the evening and the Trustees extend their sincere gratitude to David Stokes and the Carers Group for all of their hard work and efforts put into the planning and organisation of the quiz evening.

LADIES NIGHT AT CHIPPING SODBURY TOWN HALL

One of our volunteers, Dave Derrick, is currently the Worshipful Master of the Orpheus Lodge and he kindly nominated Headway as his chosen charity for his Ladies Night which was held at Chipping Sodbury Town Hall on Saturday 21st March. Jane, Vicky, Brian and his wife attended the black tie event and had a wonderful evening with a three course meal followed by dancing. The raffle alone raised £895 for Headway and we understand that there may be more to come. We would like to thank Dave and the members of the lodge for their generous support of Headway.

Pictured right Dave and Jane Andrews



REEBOK BRISTOL 10K RACE

Chrissie Formby, daughter of Trustee John has entered this year's 10K Race on Sunday 10th May. Chrissie is kindly running on behalf of Headway Bristol and we wish her lots of luck for the day.



The 2009 Bristol 10K is in its second year as 2008 was such a success and is one of the UK's leading road races with approximately 15,000 runners taking place. **Registration for the event is now open** so if you know anyone who would like to enter, just visit www.bristolhalfmarathon.com to register.

Chrissie has already registered her details on the justgiving website and you can look this up at www.justgiving.com

HEADWAY BRISTOL SUMMER FAYRE, SUNDAY 14th JUNE

Sunday 14th June is the date set for this years Summer Fayre to be held once again by kind permission of the owners of Bridge House at Frampton Cotterell. Bridge House is set in its own lovely grounds and is a great place to spend a few hours on a summer afternoon. Families, young and old alike will enjoy riding on the miniature railway, which circumnavigates the perimeter of the garden.

Attractions this year are the railway, various stalls including second hand books, bric a brac, cakes, a raffle, tombola, plus much more! You can enjoy a delicious cream tea at our refreshments stall or take a leisurely walk around the grounds which are fairly easily accessed by wheelchair users.

If any of our members or supporters are willing to help on the day, it would be much appreciated! If you have any ideas for additional stalls or are interested in getting involved please speak to Vicky, Jane or Lisa at the offices.

We need help with parking, selling raffle tickets, running stalls or with the preparation and serving of refreshments (you would need a basic food hygiene certificate if helping with food) plus the distribution of flyers in the Frampton, Coalpit Heath, Winterbourne and Yate areas in the week running up to the event. Donations of goods for the stalls would be much appreciated, just drop them off at our offices from week commencing Monday 18th May. Tinned food, nearly new toys, books and bric a brac would be great but no jumble please.

If you can put up flyers in your neighbourhood advertising the Fayre it would be much appreciated, just call in the office and we'll let you have some.

We hope you will be able to make it on the 14th, and please don't forget to tell your friends and family about it too!



REEBOK BRISTOL HALF MARATHON — SUNDAY 6th SEPTEMBER

Headway Bristol already have one runner taking part in this year's race which takes place on Sunday 6th September. Vicki Rex who volunteers at the Centre has entered the race on our behalf. We'll distribute sponsor forms in the Summer newsletter so if you'd like to sponsor Vicki that would be great! All you need do is complete the form and return to our offices, or, if you able to, collect further sponsorship amongst your family and friends.



If you know of anyone else who is running in this race and looking for a charity to support please mention Headway Bristol. We would be happy to discuss this with them and can even help with their fundraising by producing sponsor forms and publicity for the event. As many of our members know, we are live on the justgiving website; it's a paper free way of maximising support of your fundraising activity, whilst raising awareness of your chosen charity. Just type in 'justgiving' and follow the prompts to see how this website works!

HEADWAY CARERS/SUPPORT GROUP

The Drop in/Carers Group Meetings continue on the first Tuesday of each month. The aim of meetings is to provide a friendly social setting where you can meet up with others who may be in a similar situation to you. You can access group support, Headway information, literature and our library as well as gain access to some of our resources such as the IT suite and games room. If you need a friendly ear to listen to any concerns you have, you can be sure of a warm welcome. If you need to discuss a particular matter, please ring the office first and we will make an appointment for you to speak to a member of the support team.

Shortly we hope to introduce a programme of outside events for our visitors including bowling, cinema, sports centre etc. We will write to everyone about it before we start the new scheme. This will not affect you accessing support at the drop in, however, we will start seeing support cases on an appointment basis, which should enable the remainder of the group to participate in the new style activities.

Please see below our drop in dates for the remainder of the year as follows:

April 7th	July 7th	October 6th
May 5th	August 4th	November 3rd
June 2nd	September 1st	December 1st Christmas Nibbles

For more information about the Carer's Group and details of special events at forthcoming meetings please call our offices or contact the Carer's Group Leader David Stokes on: 0117 9358238.

To make an appointment to talk to a member of the support team at the drop in please ring the offices and we will advise you of the time of an available appointment.

Telephone support can also be accessed via our offices Mondays - Fridays.

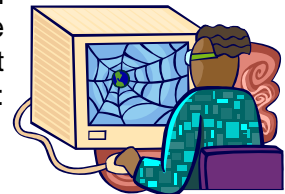
NEW DROP-IN NHS SERVICE

From April 1st there will be a new service in Kingswood which will enable patients to see a doctor '12 hours a day, 365 days a year'. This is part of the NHS 60th birthday review by Lord Darzi and is the result of demands by patients that they can access a doctor or nurse without an appointment at a time which is convenient to them. Patients will not need to be registered at the 'drop - in' clinics and can still be registered with their own GP Practice.

GETTING AROUND IN GREATER BRISTOL

There is a new website to help disabled people find out about transport in South Gloucestershire, Bath & North East Somerset, Bristol and North Somerset. This website has been produced by the four local authorities who have come together to develop a co-ordinated transport strategy for the area.

The website will be kept regularly up to date to include the latest improvements in access to buses, trains, community transport services as well as interchange points; bus station, rail stations and airports. This website gives an introduction to getting about in the area by different types of transport and points the way to finding all the detailed transport information that disabled people need, to choose the best way to make their chosen journey. Access the website on: www.gettingboutgreaterbristol.org



NEW EPILEPSY YOUTH CLUB

For people aged between 11 and 25 who have epilepsy, a new youth group opened in January for young people with the condition and living in and around Kingswood.

Sessions run from 7.00 pm to 9.00 pm every 3rd Sunday of the month 2009. Venue: The Old School Youth Centre, High Street, Kingswood. If you would like more information contact Sam Fisher on: 01454 862179.

NEW £55 M SCHEME TO STAMP OUT BLUE BADGE ABUSE

The scheme was created in 1971, but if you are a disabled motorist, I am sure you may have found it increasingly difficult to find designated parking bays because so many are occupied by people using blue badges fraudulently.

The Transport Minister said he hoped to give accredited enforcement officers the power to confiscate badges being used illegally.

Councils say the abuse of the scheme is a major issue and one in every 200 badges is reported as stolen each year. These are sold on the black market for up to £1,500 a time. The government is working with the British Retail Consortium to clamp down on the abuse of parking bays in off street areas, such as shopping centres and supermarkets.

A national database will be set up to allow local councils to share data on legitimate blue badge owners, which would enable council staff to identify the fraudulent use of blue badges issued outside their area.

Also, they were examining ways to use technology to make it harder to forge blue badges, these include barcodes that can be read through windscreens.



Headway Bristol Acknowledgements

Spring 2009

GRATEFUL THANKS TO THE FOLLOWING PEOPLE

Personal Donations or Sponsorship:

Mike Snell	John Ewer	Gilvrie Lock
R G Organ	Nicholas Gent	John & Loraine Thompson
Pam Southwood	Doreen Brown	Ena Bailey
Ellie Jackson	Stan Hurley & Family	Lady Hunt
Mr & Mrs BR Jefferies	Mary Golledge & Friends	Alison Shortman
Kay Sims	Carol & Melvyn Glynn	Joan Hayman

Donations were also received In memory from family members of:-

The late Richard Brierley

The late Ernest William Yates

From Clubs, Organisations & Charitable Trusts:

Ilchester Cheese Company Ltd	Sarah Kenny Residential Lettings
Mangotsfield United Reformed Church	Nailsea Methodist Church
Dursley Male Voice Choir	Victoria Jane Hairdressing Salon
Staff of Wards 18 & 19	Chew Magna Cricket Club
William Budd Health Centre	The Planning Inspectorate
St. Peters Church	John James Bristol Foundation
Lock Keeper Petanque Club	
Avon & Somerset Police	
Backfields Café	
Subway Yate	
Orpheus Lodge 7697	

Dates For Your Diary 2009

- Drop in / Carer's Support Group Evening - First Tuesday of each Month @ 7.00pm
- Reebok Bristol 10K Race, Sunday 10th May.
- Action for Brain Injury Week 11th—17th May. Bitton Railway Event 17th May.
- Headway Bristol Annual General Meeting Monday 1st June @ 7.00 pm.
- Headway Bristol Summer Fayre, Sunday 14th June at Bridge House, Frampton Cotterell.
- Open Garden Event at Pat Brookbanks in Thornbury July/August to be confirmed.
- Reebok Bristol Half Marathon, Sunday 6th September.
- Headway UK Annual Awards Luncheon, Wednesday 10th December
- Christmas Carol Service, Frenchay Parish Church - 13th December @ 6.00pm

HEADWAY CENTRE EASTER CLOSURE DATES

Please note that the Centre will be closed to attenders for the Easter Bank Holiday 10th - 13th April re-opening on Tuesday 14th April.

For out of hours support please ring the office where a message with a support group member's name and contact phone number will be available. For enquiries of a non urgent nature please leave a short message on the answer phone: Tel: 0117 975 3771 and we will contact you on our return.

On behalf of the Trustees we wish everyone a relaxing and enjoyable Easter.

Printed by Headway Bristol, the brain injury association limited
A Company Limited by Guarantee Registered in England No 2659120 . Registered Charity No 1007207
Registered Office: Headway Centre, Frenchay Hospital, Frenchay Park Road, Bristol, BS16 1EH
www.headwaybristol.org - e-mail: info@headwaybristol.org