



# Headway East Sussex

Rebuilding lives after brain injury

Newsletter  
September  
2018

September always has that 'back to school' feel about it whatever age you are. It is the time to start something new or have a go at a different way of doing things.

## Health & Wellbeing Day

It was such a shame that we had to cancel the Health & Wellbeing Day on Saturday 22<sup>nd</sup> September. There was a major water leak in Newick which led to the centre having no water. With no sign of a quick fix, we had to make the decision to call off the day.

All the practitioners have offered their services on another day once we have thought about when to reschedule.

The official opening of the outside gym space was to have taken place and we are now considering holding this ceremony during the week at some point soon.

## Staff Training

Thank you to all our clients for their understanding when we closed services on Friday 28<sup>th</sup> September for staff training.

We spent the day on a refresher on Health & Safety together with a very interesting session on brain injury and its residual symptoms.

We are in the process of arranging a new art group in Brighton, so watch this space for more information.

### Important Information:

Thursday 13<sup>th</sup> December – services closed for staff training

## The Headway East Sussex Team

### Christmas cards

Now on sale - £3.75 for a pack of 10

### Postcards

Cards of our Brighton Jubilee art work  
- £2.50 for a pack of 5 postcards

## Brighton Marathon 2019

As in previous years, we have places in the Brighton Marathon in April 2019. We already have 3 entrants and would love to welcome more people to take part. If anyone you know might be interested, please contact Yvonne.

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### Guess the weight of the pumpkin

You may have seen the very large pumpkin outside the coach house at Newick. There was to be a 'guess the weight of the pumpkin' at the Health & Wellbeing Day so we wondered if you would like to have a go – 50p a time, please ask a member of staff.

The winner will be announced on Friday 19<sup>th</sup> October and prize to be confirmed.

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### Volunteers needed

We are now having a stall at Newick Village Market on a Friday, on a monthly basis. We are looking for volunteers to man the stand. It involves picking up the boxes from the Centre, setting up the stall at Newick at 9.45 and manning the stall from 10.00 to 11.00. Then afterwards, returning the boxes to the Centre.

Anyone interested, please contact Yvonne.

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## DATES FOR YOUR DIARY

19<sup>th</sup> October – Winner announced of guess the weight of the Pumpkin

19<sup>th</sup> October – Newick Village market

13<sup>th</sup> December – Services closed for staff training

17<sup>th</sup> – 21<sup>st</sup> December – Christmas week at Headway, Christmas dinner and activities every day!

### HES Christmas cards

These will be on sale at the Cards for Good Causes shop in Lewes from Saturday 20<sup>th</sup> October until Tuesday 18<sup>th</sup> December – Lewes House, 32 High Street, up the hill and on the left-hand side before the war memorial. They always need volunteers, so if anyone is interested, please contact us.

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### Having a birthday soon?

Several people have recently chosen to celebrate their birthday by donating their 'presents' to Headway East Sussex through Facebook.

If you would like to think about doing the same, please contact Sarah.

## USEFUL E-MAIL ADDRESSES

Sarah Davey – Marketing & Communications:

[sarah.davey@headwayeastsussex.org.uk](mailto:sarah.davey@headwayeastsussex.org.uk)

Yvonne Summers - Administrator:

[yvonne.summers@headwayeastsussex.org.uk](mailto:yvonne.summers@headwayeastsussex.org.uk)

Dean Shearer – Facilities:

[dean.shearer@headwayeastsussex.org.uk](mailto:dean.shearer@headwayeastsussex.org.uk)

Claire Benson – Rehab & Reablement Services:

[claire.benson@headwayeastsussex.org.uk](mailto:claire.benson@headwayeastsussex.org.uk)

Wendy Pengelly – Finance & Business Development:

[wendy.pengelly@headwayeastsussex.org.uk](mailto:wendy.pengelly@headwayeastsussex.org.uk)

Celia Payne Humphries – Day Services Manager:

[celia.paynehumphries@headwayeastsussex.org.uk](mailto:celia.paynehumphries@headwayeastsussex.org.uk)

Patti and Hugh – Centre Coordinators:

[centre.coordinator@headwayeastsussex.org.uk](mailto:centre.coordinator@headwayeastsussex.org.uk)