

Heads Up

THE NEWSLETTER OF HEADWAY HURSTWOOD PARK



ISSUE: SPRING 2015

Headway Hurstwood Park is a registered charity that supports adults with acquired brain injury, and their relatives and carers. We provide a range of services including therapeutic activity at our centres in Newick and Brighton, advice and information, counselling, evening support groups and an outreach service which is provided to people in their own homes. Please contact us if you would like more information or to make a referral: [Email michele.fleming@headway-hp.co.uk](mailto:michele.fleming@headway-hp.co.uk) or telephone 01825 724323.



Headway UK Awards

Every year Headway UK pays tribute to some very special people: brain injury survivors, carers, volunteers and campaigners whose personal achievements deserve recognition. Held in the beautiful ballroom at the Dorchester Hotel in London the event, which took place on 6 December 2014, began with a champagne reception followed by a gourmet lunch, presentation of the Awards and a charity auction.

The awards were presented by James Cracknell, President of Headway UK and former Olympic medallist who has also sustained a head injury..... and Headway Hurstwood Park was very much in the spotlight!

We nominated **Gwen** and **Natalie Milham** who were joint winners of the Carer of the Year award and **Ann Green**, our fabulous volunteer, was runner up in the Volunteer of the Year category. They are remarkable women and their stories are inspirational.

Gwen and Natalie Milham share a moving story of tragedy, courage, compassion, determination and laughter which began on 8 July 1996 when Nathan Milham, Gwen's son and Natalie's brother was hit by a car, thrown up onto the windscreen and suffered severe brain damage. Nathan was a 17 year old vibrant, attractive and outgoing young man, who loved drama, singing, music and dancing - and had a certain career ahead in the theatre.

Nathan spent a year in a coma, and life for the Milham family was a constant rollercoaster. On several occasions they were asked to consider turning off Nathan's life support machine

– but the family never gave up hope and Nathan eventually returned home.

His new life was very different – with severe physical and cognitive impairments Nathan needed 24 hour care. He used an adapted wheelchair, he had no speech, was incontinent and unable to perform any daily living activities. So Gwen, and her family set about having their home adapted and changing *their* lives to provide Nathan with the care he was going to need for the rest of *his* life.

Meanwhile Natalie experienced serious healthcare problems leading to kidney failure. She faced a life of continual dialysis so her older sister stepped in and donated one of her kidneys. The transplant operation was a success and Natalie was able to resume a normal life.



Gwen and Natalie Milham receiving their award from James Cracknell

HEADWAY UK AWARDS continued

In 2005 tragedy struck the Milham family again when Gwen's husband Dave suffered aortic dissection, leading to anoxic brain injury. Dave also needed 24 hour care so Gwen juggled her time between her husband and son until Dave's death in 2009.

It was less than a year later that the family had more devastating news - Gwen had breast cancer. She faced the gruelling treatment in her usual stoical manner, her only concern was how Nathan would be looked after – so Natalie came to the rescue and became Nathan's PA. Fortunately Gwen has made a full recovery but Natalie continues to share the care of her brother.

What is most striking about Gwen and Natalie is the obvious love and compassion they have for Nathan and the respect and dignity they show him. Although he continues to need a high level of support he is now able to speak and can walk short distances with his rollator. Gwen and Natalie constantly encourage him to progress and celebrate all his achievements - Nathan's favourite expression is "We are stupendous!" and Natalie is usually heard shouting it with him!

Despite all the trials this family have had to endure, they remain positive and share happiness and laughter. We believe Gwen and Natalie truly deserved the HWUK award in recognition for all the care they provide to Nathan.

Ann Green had no personal experience of brain injury until the daughter of a family friend was severely injured in a road traffic accident. As the mother of 2 young children herself, Ann could empathise with the terrible tragedy and wanted to help. The injured girl's father and some other families founded Headway Hurstwood Park and opened the centre in Newick – and Ann was there right from the start.

Ann underplays her remarkable contribution but she has patiently helped clients engage in a vast range of activities from art, using computers, going swimming and playing board games. She has run current affairs groups, taken clients bowling and even cooked lunch for everyone.

Ann's greatest strength is her genuine interest and concern for the people who come to the centre – she loves building a rapport with them, finding out about their families, remembering which football team they support or just giving them a chance to talk – and, most importantly, be listened to.

With so many years of volunteering Ann has seen many clients come and go and always shows the same gentle care and compassion to everyone. Working with people with brain injury can be challenging and Ann's sensitivity and quiet, calm approach can diffuse potentially volatile situations.

Ann volunteers at Headway Hurstwood Park because, as she says, *"I love feeling and hoping that I make a difference. It's wonderful to be able to see the difference in people – for example from being unable to speak to sharing their story."*

Ann does indeed make a difference. One of our clients, Gill, has described how she values the support she has received from Ann. Her words are representative of many others: -

"When I was asked to attend Headway several years ago I was very nervous. On my first day I met Ann and she put me at ease straightway. She joins the Art session on Tuesday mornings and is always cheerful and livens us up. Ann is willing to help with any problem and will even get something from the shop for people who can't manage. Over time we have got to know each other well, I couldn't imagine Headway without her."



Anne and husband Alan celebrating her award

Ann's husband Alan and children Jonathan and Fiona are enormously proud of Ann and the work she does, and are delighted that she achieved runner up in the Volunteer of the Year award – it's a truly fitting tribute for all that she has done for so many years to improve the lives of people with brain injury.

>

HEADWAY UK AWARDS continued

Ann's story was subsequently picked up by the Sussex Express who presented her their "Community Hero" Award in recognition of her tremendous dedication and hard work. Ann is seen here receiving her award from Charlene at Sussex Express.



Message from Michele and Francis



2015 has got off to a busy start at Headway Hurstwood Park as we put in place our plans to develop satellite services in different parts of the county. This will enable us to reach more people affected by brain injury and provide services that are closer to home. As you know we already have a satellite service running in Brighton and we have changed the Friday session to a "drop-in" for anyone affected by brain injury to come along and meet others, join support groups, get involved in different activities receive help with completing forms etc. The Brighton service is moving to new premises in May which will provide more facilities for us to use.....read on!

On 25 February we had an open day at Heathfield Community Centre to find out what support and services people affected by brain injury in the High Weald area need (there's more about that later). We aim to open a satellite centre in that area in the near future and later in the year we hope to start a service in the Eastbourne area and we're working with East Sussex County Council to find suitable premises for that.

Our Rediscover Group which runs on Tuesday mornings at Newick is going from strength to strength and in February Chris, one of the members, organised a very interesting talk from the Kent and Sussex Air Ambulance Trust – a charity that is close to Chris' heart as his life was saved as a result of this fantastic organisation.

Our Carers programme got off to an excellent start in January when Nick Behn, a speech and language therapist, came to talk to the group about communication issues and how to support people who have difficulties with their communication. The workshop was well attended by 25 carers and feedback was really positive (you can read more about that later). Nick has been working with some of our clients as part of his PhD research project and they have made an excellent educational film which you can find on YouTube: <http://youtu.be/FAOAgkAORc>

Have you seen our new website yet? We were very excited to start the New Year with the launch of our re-vamped website – please take a look! www.headway-hp.co.uk. We hope you'll find it easier to navigate, much more informative and FUN! Thanks go to the stars of the DVD - Sally Hylands, carer and Trustee and Mitch Sasse, one of our clients. We're very grateful to Tim Pateman from Technologies and Solutions for his hard work in creating the website.

It's hard to believe we're already a quarter of the way through the year and Easter is almost upon us. We'd like to take this opportunity to send our very best wishes to you and your families at Eastertime.

Francis and Michele

Comings and Goings!

Farewell to Allister Inman

Allister left us at the end of December to take up a post with Southdown Housing Association which was an excellent opportunity for him to further his career..... and in true Headway style we said farewell with tea and cake!

We would like to thank Allister for all his hard work and commitment to Headway since he joined us in March 2008. His support has been appreciated by staff and clients alike and we all miss him. We hope he enjoys his new role and wish him every success.



Au-revoir to Lisa Wickham:

Lisa's second baby is due in early April so she started her maternity leave on 18 March and promises to come back next year! Lisa, we hope all goes smoothly and wish you lots of fun and happiness with your new baby – we look forward to meeting the new arrival very soon!



Welcome to Karen Simmonds

We're very pleased to welcome Karen Simmonds who joined us in the New Year as a C&RSW and hope she enjoys her new role with us.

"Hello, I'm Karen and I started working at Headway Hurstwood Park as a support worker in early January. So far it has been a busy time at Headway, I'm working in the Centre, helping out in the Rediscover group and also supporting people on outreach.

During the last few years I have been a volunteer for Citizens Advice Bureau and in my last job I provided activities in a care home for the elderly.

I enjoy helping and supporting people and I'm looking forward to playing my part in helping to make a positive difference to people's lives."



Congratulations to Trudie Mackay

We are delighted to announce that our C&RSW, Trudie Mackay has been appointed to the Advice and Support Services Coordinator role and will help provide cover for Lisa Wickham, Advice & Support Services Manager, while she is on maternity leave. Trudie is handing over her outreach clients and will be taking up her new post very soon.

"I am very excited about my new role at Headway and looking forward to the new challenges it will bring. As Advice & Support Services Coordinator my main role will be receiving new referrals and discussing our services available to them. Where appropriate I will also be applying for funding for people to access our funded services.

I would like to thank all my outreach clients and their families for working with me - what a pleasure it has been getting to know you all so well. I am only a phone call away and would love to keep in touch."



Get well soon Sam!

All the staff, clients, families, volunteers and trustees at Headway would like to send their very best wishes to our C&RSW Sam Shephard who has recently had cranioplasty revision surgery. Sam, we're all sending you our very best wishes for your journey to recovery – we miss you and look forward to having you back with us as soon as possible!

Christmas 2014

Christmas already seems a long time ago but we had lots of celebrations at Headway Hurstwood Park which were enjoyed by clients, some of their families and the staff.

Thanks go to our chef, Kate Clarke who cooked Christmas lunch on each of the 3 days before Christmas so all clients had an opportunity to have the traditional turkey with all the trimmings and Christmas pud! As always Kate did us proud and everyone enjoyed the delicious festive lunch.

Christmas Flower workshops

Our first Christmas Flower Workshop was extremely successful. It was held over three days and almost 60 clients took part in making their own table arrangement. The room was full of Christmas cheer and the beautiful colours and smells captivated everyone's artistic side. The table arrangements were very professional and we sold quite a few at the Carol concert!



Christmas Carol Concert

On 23 December the clients and staff were joined by carers, families and former clients to sing Carols. Our talented volunteer Michele Luck-Jacques borrowed a keyboard to accompany us. The games room was full to capacity and everyone was in good voice! With help from members of the audience and their "prompt" cards we were able to complete all verses of The 12 Days of Christmas! Wendy Pengelly entertained us with a splendid reading of some amusing Christmas poems and there were plenty of Kate's delicious mince pies and Christmas cake to help the celebrations along!



Christmas Prize Draw

The Christmas raffle was drawn at the Carol Concert and our congratulations go to the winners: -

1st Prize: Shanta Indranie from Portslade. Cash prize kindly donated by Metrail Construction Ltd.

2nd Prize: Sylvia Jerrey from Hassocks. Cash prize kindly donated by McMillan Williams Solicitors

3rd Prize: Daniel West from Woking. Luxury Hamper kindly donated by ASB Law

4th Prize: Gary Bradley from Partridge Green. Bottle of champagne kindly donated by McMillan Williams Solicitors

Thanks to the generosity of our sponsors the income from the sale of the raffle tickets was pure profit and raised over £1500. Some of the money will be used to purchase our own keyboard – ready for the 2015 Christmas Carol Concert!



Centre News

Heathfield Networking Event

On Wednesday 25 February we held an open day at Heathfield Community Centre for people to drop in, find out about Headway Hurstwood Park and tell us what sort of services they're looking for - over a cup of coffee and a piece of cake! A mix of people attended - those living with brain injury, relatives and carers and professionals wanting to know what services are available for local people affected by brain injury.

We are looking to open a satellite service in the High Weald area in the near future. We aim to have activities such as art, photography, crafts and IT, we plan to run cookery sessions and provide lunch. Exercise groups will be on offer led by Phil, our gym instructor which will suit different abilities and include chair-based exercises.

We also plan to offer a respite service for carers to have short breaks to cover appointments, outings etc. These would need to be booked in advance and could be for as little as an hour or the full day.



We hope this will enable more living with brain injury and their families to receive the support they need.

Further information will be available soon but if you would like to discuss your needs for a local brain injury service please contact Claire Benson, Therapy & Day Services Manager on 01825 724323 or claire.benson@headway-hp.co.uk

The new Headway Hurstwood Park website goes live!

We're delighted to announce the launch of our new website which we will keep updated with news and events – please take a look www.headway-hp.org.uk

We hope you find this more comprehensive and user-friendly. Please let Dean have any comments – dean.shearer@headway-hp.co.uk

Our grateful thanks go to Tim Pateman of Technologies and Solutions for giving up his time and ideas to create our new website free of charge. For more information about the organisation please go to www.t7s.co.uk



Tributes to Passing Friends

Terry Stanford: It is with a heavy heart that we give you the news about one of our clients, Terry Stanford. Sadly Terry passed away peacefully at home on 4th February 2015 surrounded by his family.



Terry was very popular with both clients and staff at Headway. His dry sense of humour was legendary and he would find some witty remark for any situation but Terry also had a very caring and generous side to his personality. Even though his health caused him pain and restricted his ability to be more independent he would encourage and motivate

the other clients to reach their full potential - always with a cheeky comment "that he wouldn't do it himself though" followed by his memorable laugh!

Terry had a close, loving relationship with his family, especially his young nephew, Matthew whom he spoke constantly about. Terry enjoyed his days at the centre. He liked to do computer work but with friendly encouragement

from the staff he would join other activities - and it he loved it. There was never a problem when it came to the craft sessions: Terry had a good relationship with our external tutor Silke and stayed for the whole two hours, producing some very impressive and delicate work – quite a contradiction to "the big man" as he was fondly known. Miss you Terry. Never forgotten.

Gregory Edginton: We were also saddened to learn that Gregory Edginton, one of our former clients, passed away on the 5th October last year. Gregory who had a heart attack that caused a hypoxic brain injury lived in Australia but spent time with his sister Helen and his parents who are local to Newick, and for several months he used our facility every week. Helen said he thoroughly enjoyed his time at Headway and sends heartfelt thanks for all our support during a difficult time. The staff have fond memories of Gregory who "brought sunshine from Australia to Headway Hurstwood Park!"

Gregory died with his children around him and although they are all very sad they draw comfort from the fact that he is out of pain.

Our New-look Gym



At Headway Hurstwood Park we offer a gym and physiotherapy service as an inclusive part of our **R**ehabilitation, **R**eablement or **R**espite/maintenance of function programme. Our gym facility is very popular with clients and, more recently, carers have taken up gym sessions to improve their own health and wellbeing.

Before using the gym equipment everyone is assessed by Phil, our Physical Health Advisor who is a qualified Level 3 gym instructor. If required assessment by Julia, our neuro-physiotherapist is arranged. Julia is a registered health care professional who visits the centre each week.

Our gym has a range of equipment including:

- **Cardiovascular equipment** – treadmill, reclining bike and cross trainer
- **Strength training equipment** – free weights, fixed weight multi-gym machine and therabands
- **Specialist equipment** – parallel bars, wobble boards, steps and saebo-glide

With sponsorship monies from our 2013 and 2014 Brighton and London Marathon runners plus a grant from the Gatwick Airport Community Trust we have purchased new equipment including a 'Radiant Multi-gym' that can be used by wheelchair users and those more mobile clients.

The moveable seat in the middle allows clients to stand or sit with space for a wheel chair and the equipment has become very popular, particularly with our younger clients.



During April 2015 the gym will be having an exciting facelift! The upgraded facilities will include: -

- **A wheelchair-accessible toilet**
- **A storm porch to keep the heat in and store outdoor clothing**
- **Fresh drinking water supply**
- **Improved lighting, heating and flooring**
- **Storage for equipment to free up floor space**



Here are some comments from our clients: -



Having staff that can review and change programmes keeps me on my toes and fit.
Chris

Love coming to gym, makes me feel fitter, happier and is helping my left arm
Emily

Staff are great and help me to feel motivated.
David

As well as conventional gym and physiotherapy, clients can join our complementary therapies sessions:

- **Tai Chi**
- **Yoga**
- **Pilates**

Client's voice

A Poem by Kerry Jeffs

We hope you enjoy this inspirational poem by Kerry Jeffs who sustained a brain injury following a road traffic accident in October 2012.

My Determination & Understanding

A terrible accident
That changed my life
It was full of despair
And certainly uncertain.

My past self was forgotten
I couldn't remember who I was
But deep down, I also always knew
That eventually, I'd be ok.

I met a stranger when I woke up,
She did a lot of things I didn't like
Which annoyed me a lot.
I wasn't ready to make new friends!

So I fought and I screamed at her.
All I wanted was for her to go away,
I didn't like her,
She wasn't very nice to me.

She was just like an annoying child,
Always doing the wrong thing,
Saying the wrong thing,
She always seemed to let me down.

She always forgot stuff,
Even the important things.
I couldn't rely on her,
I didn't trust her opinion, it's so weak.

It frustrated me how slow she was,
And how slow she still is,
She always made me look like an idiot,
She's so stupid!

So I tried to shut her up,
Started yelling at her,
Telling her she was an idiot,
"Leave me alone!"

I couldn't get rid of her
So I just pushed her in the corner
I was too scared to let her go out,
Just in case she did something stupid.

I watched her cry, every day.
I was so mean to her,
I watched her become weaker.
Her fear- it became bigger than herself.
I felt awful,
And I felt sorry for her.
How could I be so horrible?!!
Poor thing.

So I held out my hand and said
"Come on, let's go out,
Let's go to the shop together,
And discover something new".

We bought beads & a tiny duck ornament.
So with some glue, and tweezers in hand
And silent words of encouragement-
'You can do it'.



The amount of effort it took
Was incredible, but I did it!
I challenged myself, and I won!
And I found I enjoyed it.

I wanted nothing more than anything,
To improve my attention
And my concentration,
To help my new found friend.

We saw some coloured wire,
And curiosity got the better of me,
Not a clue of what I would do with it
So it was a new exciting challenge!

Arms rolled up and ready to go.
My eagle eyes spot some sequins,
Let's make a dandelion,
(Where did that come from?!)
So Trio Dandelions was born! ;o)



One challenge after another,
I've always wanted pictures
To decorate my empty walls,
Now I make them!

That's how it all started!

From me & my injured brain, to you & yours!

Not only did this get me outdoors
It taught me that fighting it,
Makes it worse, and besides...
I did find something, something great.

Don't be a bully to your brain,
Be determined to get the best out of it.
Eat well, sleep well.
Practice is perfect.

We all want our lives to be better,
But we won't do anything about it???
Or we find 'reasons' to not do something
There's too many 'ifs', and 'buts', or
'maybes'.

I say DO EVERYTHING!
If you want everything to be better,
You need to be willing to try everything
And if you fail, do it again!

Everybody has somebody.
People who wants to help you,
But you have to let them help you.
They will not make you do horrible things!

Especially if you are lucky enough
To have the help of a therapist,
I challenge you! Challenge yourself
To do everything they suggest!

That's exactly what I did.
There was a few that I didn't do,
Things that weren't right for me,
But at least I can say I tried.

I discovered I have a lot of patience,
Through determination of course,
You get nothing, from doing nothing.
Get yourself out there.

I've written all of this down in the hope
That somehow this will help you,
Help you by encouraging you to get the
best
Out of what you've been given,
And to get the best out of what you've got.

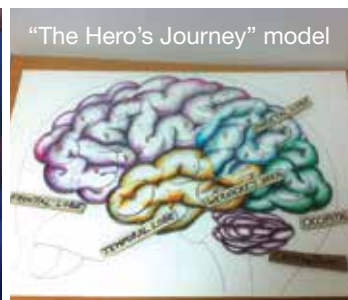
I wish I had this when I needed it!

News from Montague House, Brighton

We've been very busy at Montague House opening our brand new Headway Club on Fridays and getting healthy on Tuesdays!

We are running a Day Centre programme structured around two courses: An **"Exercise Group"** in the morning and the **"Hero's Journey"** programme in the afternoon. Our gym facilitator, Phil Saltmarsh, leads the exercise group and it is a chair-based programme that anybody can do! Phil works with every individual setting up their own personal goals. *"We do leg and arms exercises, warming up, stretches and exercises to get our hearts pumping... You feel really good afterwards and it is helping to cut down my smoking"*, says Ronnie, one of our services-users.

After the exercise group, we often go for a relaxing walk along the seafront, making the most of our great location so close to the sea, before getting ready for lunch. In January, we had a **"Tortilla day"** where Cristina showed us how to cook a Spanish omelette and we all had tortillas for lunch. On Shrove Tuesday we all made **pancakes** for lunch!



After lunch, we usually have quizzes, teasers and cognitive exercises. *"It helps me to keep alert after a short snoozing following lunch. I like these little challenges and we all have a laugh!"* says Phil, another service-user.

In the afternoons, our new volunteers Simon and Grant, support our service-users to go through **"The Hero's Journey"**, which is an educational programme that aims to help people to find a new sense of self after a brain injury. Simon made an amazing model of the brain in plywood that helped us all to understand better how our brain works and how brain injury had affected it.

'Countdown' Celebrity - Annie Lewin!

Here at Headway, we love celebrating our service-users' accomplishments - their success is our success! So we are very proud to share some news about our service-user, Annie Lewin.

Annie attends the Brighton Support Group, our Headway Club drop-in on Fridays and she uses our outreach service. Annie enjoys playing scrabble, crosswords and brain teasers. She loves watching and playing Countdown and she is also a great fan of the bands Status Quo and Pink Floyd. She likes going to live concerts and musicals.



Annie wrote to Countdown asking to participate in the programme and, after passing a telephone test, she was selected to take part. She travelled to Manchester and spent all day in the recording studio. They record 3 programmes per day.

She played one game and she was in the audience for the other 2 games.

"It was fascinating to see how big the set is and how they record the programme. I was so nervous to begin with that I couldn't look straight! You don't know who you are going to play against until the last minute. The other contestant was really good; he had won 8 games already!"

Nick, Sue and Rachel were all very friendly and nice with me. At the end, Rachel told me I played well and they gave me their autographs. It was a great experience! They gave me a Countdown pen, a Countdown clock, a Countdown mug, a Countdown bag and a special Countdown edition of the Oxford Dictionary!

I am definitively going to apply to participate again!"

Watch how Annie did on 'Countdown':
April 16th on Channel 4 at 2:10pm.

Montague House is moving!

We will be relocating to Dorset Gardens Methodist Church on **Tuesday 12 May** with a launch on **Friday 15 May**. We needed a bigger room on a regular basis and with our new drop-in service we wanted premises that people can easily drop in and out of during the day!

You're welcome to come along to our launch – please let Cristina know if you can make it:
cristina.monteserin@headway-hp.co.uk

A huge 'thank you' to our fundraisers!

As always we are very grateful to the support of many people and organisations who have generously donated time, goods and money to support the work we do.

Commercial Square Bonfire Society, Lewes

We were delighted to accept a cheque for £650 from the Commercial Square Bonfire Society in Lewes. Peter Schueler and chairman of the society Sharon Reid visited Headway Hurstwood Park and presented the cheque to CEO Michele Fleming.



Judy Tilbury

A big thank you to Judy Tilbury who has, once again, raised over £600 for us by selling her wonderful embroideries. Her work is beautiful and reflects the love and hard work that she puts into every piece she does. If you would like to order any of Judy's beautiful work you can do so by calling 01273 843477, all the money goes to Headway Hurstwood Park. Judy also takes part in sponsored swimming events at the Triangle Leisure Centre. A truly inspirational lady.



In memory of Dave Hill

The Lewes Folk Club held a fundraising event for local folk legend Dave Hill who lived in Newick and has recently passed away. Dave suffered a terrible brain injury that left him in a vegetative state for just over two years. His daughter Natalie has kindly donated all the proceeds to us at Headway Hurstwood Park - they raised £280. The funds will be used to support other families going through the similar situations.

Thank you very much to The **Eclipse Group**, an IT business solutions company whose UK base is in East Sussex, for donating £150 to us.



As the Cricket Season gets ready to begin again, we are delighted to have built a relationship with our local club in **Newick village**. We will be holding a charity event at the club to coincide with Action for Brain Injury Week during 18th to 24th May - so look out for details on our website and social media pages.



Run, Run, Run!



We had three amazing people run for us in the Brighton Half Marathon on 22nd March. Thank you very much to **Susan Pryor**, **Jo Bonwick** and **Matt Wickham**. Jo and Sue have raised over £900 for us.

We have four entries for the Brighton Marathon on Sunday April 12th so we look forward to cheering them on. Please come and support them too!

Handcross Garden Centre



We had a call from Handcross Garden Centre offering us some flowering bulbs for the garden which Tracey Jerry went to collect. When she arrived she was shown a large trolley full of a variety of bulbs. Thinking she was to make a selection she was surprised to be offered help to load them all into her car! As you can see it was filled to the brim!

Amongst the bulbs were Daffodils, Muscari, Anemones, Crocus and Hyacinths which have been planted in the gardens at Newick. The indoor hyacinths were planted up by the clients and are now their perfume is filling the centre! We are waiting for the outdoor bulbs to bloom and brighten up the garden and raised planters in the front driveway - it will be a very a welcoming sight!

Ladies Edenbridge

Probus Group invited Michele Fleming to their February meeting to talk about the impact of brain injury and the services provided by Headway Hurstwood Park to support people affected. Our thanks go to their chairperson Dorothy Sutton, their programme secretary Jane May and all the members who generously donated over £180.

The David & Claudia Harding Foundation

Grateful thanks go to the Trustees of the David & Claudia Harding Foundation for their generous donation of £10,000 towards the cost of a new wheelchair accessible minibus.

Can you help us with our fundraising?

We are recruiting Fundraising Volunteers: come and be part of a great team and help make a difference to so many people's lives. If you can spare any time at all to help with organising and attending events around Sussex then please contact Katie on katie.kearns@headway-hp.co.uk or call 01825 724323. Thank you.

Advice & Support Services

Supporting Carers: January Coffee Morning

On 29 January Trudy Mayes, Counselling and Carers Manager, held a coffee morning for carers to come and learn about communication issues for people with brain injury from Nick Behn, a Speech and Language Therapist from City University, London. Nick has been working alongside Headway clients in the latter months of 2014 for a research project towards his PhD. His work has been empowering and insightful for many of our clients. Headway recognises the need to support carers who are challenged at times to communicate with their loved-one following brain injury – so we invited Nick to come and talk to the group.

The event promoted much interest and lively discussion from carers prompting plans for a future Headway workshop to explore and challenge our own responsibility in communicating with others. We are working to develop a creative and dynamic session encouraging participation, understanding and greater awareness about our own role as communicators in relationship with others.

Growth of a New Partnership

We also invited John Wilders Artistic Director of The Theatre Rope Company Ltd. Along to the coffee morning, John initially supported the Headway management team last summer by contributing to part of a development programme. The theatrical approach, led by John, skilfully added an alternative and valuable dimension which had a lasting impact on the team.

Inspired by Nick's presentation, John shares Trudy's passion to explore the challenges of communication with Headway

carers in forthcoming workshops. They recognise it is essential to learn more about the huge pressure of the caring role and the constant struggle to cope.

The workshop will be an opportunity to share experiences and support each other whilst gaining awareness and a deeper understanding of our responsibility in effective communication. The workshop is planned for May and further details will be published shortly.

For more information about our carers services please contact Trudy Mayes, Counselling & Carers Manager: trudy.mayes@headway-hp.co.uk

Support Groups

Headway Hurstwood Park support group meetings provide everyone with the opportunity to meet other people in similar situations and to obtain and exchange information in a relaxed and informal setting. Often new friendships are formed providing an ongoing source of support.

Meetings are attended by carers, partners, relatives, parents and friends as well as the person living with the brain injury. They are open to anyone affected so please come along to whichever is the most convenient group for you.

For more information please contact Trudy Mayes, Counselling and Carers Services Manager on 01825 724323 or trudy.mayes@headway-hp.co.uk

Please note the Brighton Support Group will be changing to Wednesdays from May and will be at our new premises in Dorset Gardens – see table below for the new dates and venue address.

The dates for the remaining 2015 Support Group Meetings are given below:-

*PLEASE NOTE the new time for the Hailsham Support Group and the new dates/venue for the Brighton one

| Eastbourne | | Hailsham | | Brighton | |
|---|-------|---|--------|--|--------|
| East Sussex Disability Association 1 Faraday Close, Hampden Park Eastbourne BN22 9BH 1st Wednesday 7.30-9.30pm | | Diplocks Hall, The Diplocks Hailsham, East Sussex BN27 3JY 3rd Wednesday *7.30-9.30pm | | *Dorset Gardens Methodist Church, Dorset Gardens, Brighton, East Sussex, BN2 1RL *3rd Wednesday 7-9pm | |
| 1 Apr | 6 May | 15 Apr | 20 May | 20 May | 17 Jun |
| 3 Jun | 1 Jul | 17 Jun | 15 Jul | 15 Jul | 19 Aug |
| 5 Aug | 2 Sep | 19 Aug | 16 Sep | 16 Sep | 21 Oct |
| 7 Oct | 4 Nov | 21 Oct | 18 Nov | 18 Nov | 16 Dec |
| 2 Dec | | 16 Dec | | | |

Dates for your diary!

We have a lot of fundraising events planned for 2015 – there's something for everyone so please watch this space and come along and give your support!

Events for 2015

- **Brighton Marathon:** Sunday 12 April
- **Music Festival: Sunday** 14 June 2015 (save the date: more information to follow!)
- **Arlington Bluebell Walk** 28 & 29 April
- **Capital to Coast Bike ride:** Sunday 28 June
- **Autumn Fair:** Saturday 19 September

We will be running the café at the Arlington Bluebell Walk again this year on Tuesday 28th and Wednesday 29th April. This event is held at Bates Green Farm, a working farm near Polegate. The farmers (the McCutchan family) open their farm to the public to enjoy the bluebell walks and view the farm animals.



All the money raised on these days comes to Headway Hurstwood Park, so please come along and support us - we will be serving delicious lunches, tea, coffee and cakes! **Bates Green Farm, Tye Hill Road, Arlington, Polegate, East Sussex, BN26 6SH**

Trustee Board Meetings

Please note that the Headway Hurstwood Park Board of Trustees meeting dates for the rest of 2015 are: -

- **Wednesday 25 March**
- **Wednesday 27 May**
- **Wednesday 29 July**
- **Wednesday 23 September**
- **Wednesday 25 November** – preceded by our Annual General Meeting

If you have any matters that you would like raised at these meetings please let Michele or Wendy know: michele.fleming@headway-hp.co.uk or wendy.pengelly@headway-hp.co.uk

Everyone is welcome to come to the AGM but if you plan to attend please let Michele or Wendy know in advance. Thank you.

Thank you for our sponsorship!

We are very grateful to ASB Aspire who are generously sponsoring our newsletters for 2015 by covering the printing costs. Our newsletter is emailed out to over 400 people but many more like to receive a hard copy – so we are very pleased to be able to have it professionally printed.

ASB Aspire LLP is the specialist claimant division of ASB Law based in Crawley and Maidstone. For more information please visit their website: www.asb-law.com



asb aspire LLP
Providing expert legal advice and specialist support to secure the best possible outcome following acquired head and brain injury
w: www.asb-aspire.com T: 08450 636463



Headway Hurstwood Park

Headway House
Jackies Lane
Newick
East Sussex
BN8 4QX

Tel: 01825 724323

www.headway-hp.org.uk



Editor: Michele Fleming

Design: Gary Prince Design

Registered Charity No: 1084715