

HEADWAY OXFORD NEWSLETTER

Registered Charity No: 299377

Headway Oxford, 4 Bagley Wood Road, Kennington, Oxford, OX1 5PL.

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Issue 18

Foreward by Jamie Miller

Welcome to our April 2010 newsletter. As we move into the new financial year we are taking stock of what we have achieved in 2009/10 and at the same time looking forward to the challenges that lie ahead. Thanks to the dedication of Committee, Staff and Volunteers alike, Headway Oxford has again managed to provide high quality services and support to those affected by acquired brain injury in Oxfordshire. We have highlighted some interesting points for you in this edition...please enjoy.

Aprils Quote

"A government that robs Peter to pay Paul can always depend on the support of Paul."

George Bernard Shaw

RAF FALCONS PARACHUTE TEAM SPONSOR HEADWAY OXFORD FOR 2010.

Headway Oxford is delighted to be supported by the RAF Falcons Parachute Team for 2010!!

We had a great day on February 2nd, when the team came in to Headway Oxford to give us a talk on what they do, and how they can support us! Our thanks to the Team.



BOB TO CYCLE LANDS END TO JOHN O'GROATS FOR HEADWAY!



It's a long way - somewhere between 900—1000 miles depending on which route you take!



Our Treasurer Bob Wilson is going to find out!

On 4th June 2010 Bob sets off with two friends to attempt the feat in just 14 days. They will have as little kit as possible, and no back up crew.

This is the first long distance bike challenge that Bob has undertaken, and at 62 he says he will need all the help that he can muster! Please support this great adventure by donating to Headway now.

Telephone/e-mail Bob with your pledge or send a cheque directly to him, payable to Headway Oxford.

Bob Wilson, Manor Farm, The Green, East Hanney, Wantage, Oxon. OX12 0HQ Tel: 01235 868389

E-mail: bobwilson300@hotmail.com





**JOIN US FOR THE OXFORD FUN RUN ON
SATURDAY MAY 8TH!
10AM OXFORD UNIVERSITY PARKS**

Its that time of year again, to get your running (or walking) shoes out, dust them down, and have a go at raising money for Headway!!

The Oxford fun run is great fun for all, and this year, our sponsors—The RAF Falcons Parachute Display Team are 'dropping in' and running with us—so come and join us on Saturday May 8th.

For sponsor form and further details, call
01865 739373

CHANGES AHEAD...

We live in very challenging times, as both the Transforming Adult Social Care (TASC) agenda and Health Care cuts continue to impact on support services for ALL across the county.

In the midst of these changes Headway Oxford continues to strive to support those affected by acquired brain injury. We have developed an infrastructure to support the needs of the individual, consistent with the positive attributes of the "personalisation agenda" and fully support the notion of personal choice and empowering the individual.

However, we must all be aware, that without investment in the voluntary sector, choice will be all but eradicated, as there will be NO services from which to choose. At this time, most present service providers are finding themselves under threat of losing existing funding through local government or health care contracts. This combined with an economy that is less able to support charitable causes has left many organisations under serious threat. I would ask our readers, members and supporters to familiarise themselves with the reality of these changes in Social and Health Care and to be vocal in their support of the services that they not only want but NEED!

Jamie Miller

FARHANA'S STORY

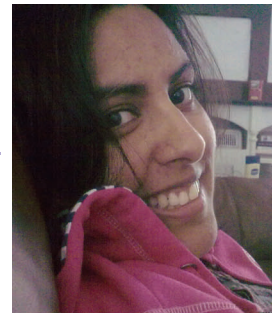
Farhana acquired a head injury as a result of a car accident in 2009. She suffered some cognitive impairments and some small changes in personality.

Farhana is a community client with Headway Oxford, and has made a remarkable recovery so far.

She is now coming to Headway to offer mosaic workshops to small groups, and her long term goal is to return to her teaching profession.

Poem by Farhana Haque

I woke up,
It's a blessing.
With the mind of a child
In the body of an old lady.
Haunted by tales of the
Old me.
Hate her
Seems like a dragon
But a very clever one.



HATS FOR HEADWAY

Action for Brain Injury week 2010 takes place from
17th — 23rd May.

Hats for Headway on Friday 21st May is a great way to help just by wearing your hat and making a donation to Headway Oxford.

Why not get your workplace/school involved too?

For more information call 01865 736319

Headway
the brain injury association

Friday 21st May 2010
HATS FOR HEADWAY DAY!

Wear your Hat for Headway, make a donation and help improve life after brain injury

ACTION FOR BRAIN INJURY WEEK 2010 17-23 MAY

For further details:
4 Bagley Wood Road
Kennington.
01865 326263

Please make donations payable to 'Headway Oxford'

HEADWAY OXFORD AWARENESS DAY JUNE 17TH 2010

As many of our members will already be aware, the Headway Oxford team have been busily developing new approaches and services for the coming years. Alongside the physical development of the Centre at Kennington and the addition of new services, the team are instituting a raft of new practices and procedures in support of the "personalisation agenda", of which any interested parties will be invited to view for themselves at our Awareness Day on 17th June 2010. An agenda for the event has yet to be finalised but it is promising to be an informative and enjoyable day, that will celebrate all that is Headway Oxford. Invitations will be sent out shortly to all our existing supporters and professional colleagues. If you would like to learn more about what we do and have not yet received an invitation, please get in touch for more information.

BREAKS FOR CARERS SCHEME AUGUST 2009—MARCH 2010

The consultation regarding Headway Oxford's Breaks for Carers' funding, led to a new way of working for us. This new way of working provided opportunities for our carers to take individual personalised breaks. After offering the scheme to carers currently supported by Headway Oxford, we saw 39 carers take up the offer! Carers have enjoyed a variety of breaks including a relaxing spa day, a theatre trip, a shopping trip, a meal out with a friend, a break on the coast, a cycle ride and many more!

'...The spa treatments were incredibly relaxing too - the staff were so friendly and welcoming - and we really enjoyed being pampered and having a chance to just relax and not worry about anything. Thank you so much for organising this for us, we really appreciated it so much - and please extend our thanks to Headway. We both left after the 2 days feeling rested, invigorated and feeling a lot more positive about everything.'

(A quote from a daughter of a lady who acquired a brain injury last year)

We hope that the scheme has enabled carers to do something for themselves, and most importantly make the time to take a break! We do hope that being given the opportunity to take a break will make our carers realise that yes, you can do it, and it is ok, and enjoyable! Our only wish is that our carers will continue to make time for themselves!
Clair Johnson

SIMON'S STORY (Part 1)

I'm a guy called Simon Head. I was unfortunate enough to acquire a brain injury in March 2006. I used to work at McLaren F1 where I was a Design Engineer. I lived for cars and motorbikes and working with McLaren was a lifetime ambition. Being able to drive is really important to me.



I acquired this injury, by falling off my KTM 450 motorbike in a race in North Africa called the Tuareg Rally. I fell off whilst attempting a jump. Apparently I am lucky to still be alive!

When I was injured I was initially taken to a Spanish hospital, Virgen de Rocío in Seville, as the hospitals in Africa didn't have the facilities needed. After 5 weeks I was air lifted to England and taken to the John Radcliffe Hospital in Oxford. In June 2006 I was transferred to the Oxford Centre for Enablement.

This brain injury doesn't effect my intelligence, which is still as it was before, but it has caused the muscles on the right side of my body to be reduced in size and strength and they are more difficult for me to control.

My balance and speech were also badly affected though my speech is getting better all the time. The bicep in my right arm works all the time, this is called spasticity by medical experts, and it makes working on other muscles like triceps difficult.



This is a picture of my crash helmet. As you can see, it really doesn't look damaged at all. Nobody saw the accident, so we're not really sure what happened.

All of the damage was inside the helmet, in my head.

My Rehabilitation

I'm very slowly getting muscle control back in my right side, but I am not yet able to drive. The first thing I did to learn to drive again was to go karting at Karting Oxford. I thought it would help me to practice the control needed to use both the accelerator and the steering wheel. I found karting really difficult. Find out how I have been overcoming these and other problems in the next issue of the Headway newsletter.
Simon Head

HEADWAY CARERS' GROUP

A group set up for carers of an adult with an acquired brain injury

The group is specific to carers of a relative, friend, or neighbour with an acquired brain injury. The aim is for the time to be used to drink tea and coffee, eat chocolate biscuits and talk with others who have some understanding of what you have been through.

We will be gathering at **7.30pm** until **9pm** on the second Wednesday of each month.

2010 Dates

May	June	July
12th	9th	14th

The informal meeting is held at the Headway Oxford centre:

4 Bagley Wood Road, Kennington, Oxford, OX1 5PL

If you would like any further information please contact me on 01865 736 354 or

communitysupport@headway-oxford.org.uk

If you will require a paid carer for the evening please contact me to discuss the possibility of Headway Oxford helping towards this cost.

We look forward to seeing you there,

Clair Johnson

(Community Worker)

Please come along to chat and share stories with others who have been through a similar experience to you.

"We specialise in representing clients who have suffered a brain injury as a result of an accident.."



For more information please contact

Michael Berrett
michael.berrett@clmlaw.co.uk
or 01235 771234

www.clmlaw.co.uk

**CHARLES
LUCAS
MARSHALL**
solicitors

Newbury Hungerford Swindon Wantage

HEADWAY CARER'S SUMMER BBQ



Wednesday 9th June 2010

5:30pm—8pm

All members and carers welcome!

Tickets are available at £3 each

Closing date for purchase 12th May

For further information, please contact

Clair Johnson—01865 736354