

# HEADWAY OXFORD NEWSLETTER

February, 2005.

Dear All,

**As this is our first letter of the new year may we take this opportunity to wish you all the very best for 2005.**

Although the year is only 7 weeks old, we have seen huge changes at Headway House. After over 17 years of putting Headway Oxford on the map, **our founder Sheila Sargeant has retired.** May we take this opportunity to thank Sheila for all she achieved for Headway and to wish her all health and happiness in her retirement. Here are a few words from Sheila.

"It only registered with me after Christmas that I would be leaving Headway on the 14th January. I realised that I hadn't time to think about retiring because so much was going on around me. It all started to happen in October when I received a letter from Headway UK, saying,

"I am delighted to tell you that you have been chosen to receive a Headway Life-time Achievement Award. The award celebrates the outstanding contribution you have made to Headway over a number of years. You were nominated by Jackie Goodwin.

There will be 25 Life-time Achievement Awards presented, all of whom will receive a trophy at the presentation of the awards at the Dorchester Hotel, London on the 8th December. As well as the awards, you will be able to enjoy a Reception, a four course meal with wine and an auction. You will be joined by a special guest, Rory Bremner."

We had a wonderful day and I am very grateful to Elizabeth, Vivienne, Jill, Jackie, Caroline and Reg who were there to support me. It was a day I shall always cherish. I was in total shock as I knew nothing about this at all. I thought that Headway UK had made some mistake. On speaking with Jackie she told me that Dr Elizabeth Rushworth, Jill Moore, and Chris Huxley had all contributed to the nomination letter. I felt very humbled after I had

read some of the wonderful tributes that were written about me. I thought this is not me they are writing about, it was like reading about another person.

January 14th the day of retirement had arrived, we had a wonderful shared lunch with the members, and I was presented with some lovely plants, and a framed picture with photos spanning over 17 years at Headway, I was very touched and I thank Jill for the thought and work that went into setting this up for me. I would like to thank the members for their lovely gifts and cards, I really was spoiled.

I have had a wonderful 17th years at Headway Oxford Day Centre. It was a joy for me to work with so many wonderful people over the years. I have made many mistakes, but some of the best lessons we ever learn are from our own mistakes and failures. The error of the past is the success and wisdom of the future. I have learned more from my mistakes than from my successes. Someone said to me once, consider a postage stamp. Its usefulness consists in the ability to stick to one thing until it gets there.

This is how it was with me and Headway. Seventeen years have passed and it seems like yesterday, as time has passed so quickly, and that is because we all were enjoying what we were doing. I look back now and think how lucky and grateful I was to have Jill Moore working beside me all these years. I have learned that a good friend is God's gift, for it is a love that has no exchange or payment. I was blessed with having such wonderful members to work with, they have shown such courage in their ongoing rehabilitation, good humour, and friendship to me and to each other. Without the help of all the volunteers at Headway it would not have been possible to have reached my goal in putting Headway Oxford on the map. The Management Committee have supported me throughout all these years, and way before that Dr.Elizabeth Rushworth was my guiding light, with advise, help, and support at Rivermead.

Now as I retire I am very happy to know that we have in place Jackie, our Service Manager, Lorna and Lisa our Support Workers, and Ali the Day Centre Manager. I know they will all keep Headway going from strength to strength. Last but by no means least is Reg. He has worked along side me over the years, when

my workload was overtaking me, and I had no other staff on board. I was grateful for his helpful support and now I feel the time is right for me to give Reg more of my time.

Most of my family and friends are asking, what am I going to do with myself. Well, I shall take it day-by-day, and first put my house in order, after neglecting it over the years. I am delighted to say that I shall be continuing to organize the holidays for this year and hope that we shall have funding to carry on the holidays next year.

My very grateful thanks to all of you for a wonderful 17 years.”

**We welcome Alison Clements as our new Co-ordinator for both Tuesdays and Fridays and we wish her every success in her new position. Ali has a few words for us.**

“My first month with Headway has been a bit of a whirlwind, but it has been one that I've really enjoyed. We have been preparing for "Brain Injury Awareness Week" which is the 14th to 18th of March. The members have been doing self portraits. They were very daunted by the idea when I first suggested it but it has been the cause of much laughter as they've experimented with different mediums. The results are fantastic and will be on display soon. I'm trying to mix the two days activities, Fridays have never had a chance of doing Tai Chi or Brain Gym, Tuesdays never get a chance at Oxrad so over the next few months we will be mixing and matching.

The summer B.B.Q. has been set for July 9th from 2pm. We want to invite as many people from Kennington as possible and we will be asking colleagues from O.C.E. and other agencies that we work with.

We are having a flower sale in May, the members are going to be decorating pots and growing cuttings.

I've really enjoyed meeting everybody here, the members have been very welcoming, the volunteers are wonderful, I'm looking forward to our next month together.”

## UPDATE

Note our new Web site

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

Our thanks to the Goodwin family for all their hard work in setting up our web site.

For **Christmas 2004** we had a break with tradition and went to Christmas Lunch at the Four Pillars Hotel, Abingdon. Over sixty members and friends attended the excellent lunch and generously supported the raffle.

Doctor Elizabeth Rushworth presented Jill Moore with a bouquet of flowers and a certificate from Headway National in recognition of her dedicated voluntary work for Headway Oxford.

**January 22** saw a group of us from Headway at the Kennington Community Centre to see Dick Turpin performed by KADS. We thoroughly enjoyed the pantomime and look forward to one next year.

Our treasurer, Bob Wilson played a leading role in “**Show Time**” at the Hanney Village Hall on the weekend of **5 February**. We all enjoyed a trip down memory lane with the songs from various shows.

## FORTHCOMING EVENTS

**Sheila’s Retirement Lunch** 12 for 12.30 at the Four Pillars Hotel, Abingdon. RSVP to Jackie Goodwin

### **Brain Injury Awareness Week 14 - 18 March**

**Monday 14 March Human Table Football** organized by Marshall and Galpin (Oxford solicitors). Kick off 2pm Venue to be announced.

**Friday 18 March Headway Oxford Open Day 11 – 2pm**  
Headway House Oxford.

**April 7-9 Headway** Oxford Holiday at Park House, Sandringham.  
Ask Sheila Sargeant for details.

**Saturday Maytime Plant Sale** 10 am to noon. Date to be confirmed. Please grow some extra plants for our sale and bring them along on the day.

**Headway Oxford AGM** Date to be decided in June.

**Saturday 9 July Fun Day and BBQ.** 2pm start. Music from Bobby and the Beeb, Brass Band and maybe Morris dancing.

### **Volunteers for our Day Centres**

We urgently need volunteers at our day centres which meet on Tuesdays and Fridays from 9.30am to 3.30pm. If you feel you can spare a few hours please contact Alison Clements on 01865 739373. It would be good to have people interested in Art and Crafts, computer work, learning to drive the mini-bus or training (free) with the Red Cross so that they can offer hand manicure and massage. Do you know anyone who may be interested? Please give them our number.

### **Headway meets at**

**Church of The Good Shepherd, 4 Bagley Wood Road,  
Kennington, OXFORD, OX1 5LY 01865 739373**  
**Come along and join us.**

### **USEFUL PEOPLE TO KNOW**

**C&C Tyres and Exhausts**, Unit 7 & 8 Minister Industrial Park,  
Downs Road, Witney. For new tyres, new exhaust systems and  
batteries. 01993 702066

## **Update**

**Headway UK is 25 years old this year and so various special events are taking place during 2004.**

The first was

**March 15 – 21 BRAIN INJURY AWARENESS WEEK** and we celebrated on **March 20** with a **Silver Party** at Headway House.

### *Silver Party Report by Sheila Carmichael (Roy's wife)*

On 20 March 2004 Headway Oxford celebrated the Silver Jubilee of Headway UK by hosting a gala party in its new premises in Kennington. Present members, their families, volunteers and helpers past and present were invited. The hall was stylishly decorated in a silver and blue theme. Over several weeks the decorations were made by members, ably supported by Sheila and Natasha and the volunteers. A grand buffet supplied by Wyn Scotney with a special jubilee cake completed the picture. Residents from Kennington were brilliant and supported us in many ways - by welcoming us at the door in fancy hats and waistcoats, and generally adding to the jollity of the occasion.

A large group, with many children soon assembled and there was a lot of chat, reminiscing and laughter. The deputy Mayor, Jill Saunders, drove up in the mayoral limousine and was heralded with a trumpet fanfare by Frank Woolff. She was greeted by Michael Berrett, Chairman of Headway and Sheila Sargeant, Senior Co-ordinator and was invited to open the celebrations. The local press were there to record the event. The Kennington three piece silver band then struck up with a lively tune and continued to delight us with their music all afternoon.

Michael Berrett, Chairman of Headway Oxford talked a little about the silver pathway, a fundraising initiative started by the members some weeks back, and invited all present to add to this pathway with silver coins. He then introduced us to Dr.Elizabeth Rushworth (Hon. President) and invited her to address us.

She took us back to the beginning when a few parents whose children had suffered brain injuries themselves got together on a regular basis to meet socially and for much needed mutual support. Within five years the group had organised and expanded and opened Headway Oxford in the grounds of Rivermead Hospital in the Abingdon Road.

Headway UK is now a sophisticated Charity, which offers support, professional advice, respite and most of all rehabilitation. It also promotes public awareness of this devastating and complicated illness. Along the way there is much laughter as well as tears. She reminded us what brain injury is, the hidden illness and the trauma, courage, the skill of the medical staff - the laughter and the group therapy needed for members and their families to come to terms and cope with the situation. There are many success stories.

She thanked Sheila profusely for her excellent work over many years and reminded us that Sheila's hands on experience and her expertise was an incalculable asset to the Group. Sheila and Reg were of course among the original founder members.

Finally members of the Kennington Amateur Dramatic Society presented us with a whopping cheque for £725 for our funds. This was half of all the profits made by the Society from their annual Christmas Pantomime. Michael Berrett gratefully accepted this cheque on behalf of us all and a loud cheer echoed around the hall.

Make a date in your diary to go and see their next performance October 7,8,9 of a Musical style entertainment in the Village Hall at 7.30 pm and 2pm for the Saturday Matinee. Tickets from Kay Card on 01865 739025. They are very good!

On with the party - we then cut the cake. To all those involved in this Silver Jubilee we give our thanks, especially to the volunteers. Congratulations Headway UK and congratulations Headway Oxford.

OUR VERY OWN POET IN RESIDENCE - MICK BEDFORD-  
WROTE A COMMEMORATIVE POEM

*HEADWAY 25<sup>TH</sup> ANNIVERSARY*

Headway is now twenty-five,  
Going nicely cause alive,  
Our physical problems are no good,  
But brains are there, if understood.  
All our accidents left a mess,  
Now we've only physical stress.  
To some people that seems swell.  
But some of us like to gel.  
It takes time from deep within,  
But, again, we have had to begin,  
For us head-injured we need a chance,  
Back to work and so to dance.

**May we invite you to our Annual General Meeting - Friday 25 June at 11 am. Professor Udo Kischka will be our guest Speaker, informing us on Behavioural and Emotional Changes after Brain Injury. A light lunch will be provided after the meeting.**

The Headway 25<sup>th</sup> Anniversary Conference will be held 9 & 10 September at Stratford Moat House Hotel, Stratford upon Avon.

**Staff Changes**

**Jackie Goodwin**

In February we interviewed several excellent candidates for the new Post of Service Manager of Headway Oxford. We are pleased to have appointed Jackie Goodwin to this post and she commenced at her new office at Bagley Wood Rd on 19<sup>th</sup> April.

**Her new TELEPHONE NUMBER IS**

**01865 326263**

**Natasha Woodin**

We were all very saddened by the departure of Natasha Woodin after co-ordinating the Tuesday Group for nearly two years. On Tuesday 11 May the members brought in food for a shared farewell lunch for Natasha's Leaving Party. There was a

commemorative cake and the Group presented Natasha a lovely bouquet, Vouchers from Next and a card signed by us all.

### **Sue Colclough**

A warm welcome back to Sue Colclough who will be running the Tuesday Group until September. Sue is delighted to be back and says that it is lovely to be working in our great new Centre at Kennington which is so light, comfortable and friendly. She is impressed by the facilities and the well used Computer Room. She is happy to see our longstanding members whom she knew from before and also to meet our new members. She looks forward to an exciting summer with Headway.

### **Lorna Green**

Lorna Green will be leaving at the end of June on her Maternity Leave and will be back after Christmas. We wish her a trouble free pregnancy and look forward to welcoming her little one!

**Greenhouse.** Congratulations to Bob and his merry men for getting the Greenhouse up and running ready for the Spring. The Greenhouse is already full of bedding plants, marigolds, tomatoes etc etc and we are looking forward to seeing the fruits of all our green fingered members.

### **STAYING IN THE GARDEN - advice from Dialability**

Gardening is a very rewarding and fulfilling hobby, but when a disability, or advancing age, limits how much you can do, it becomes a very frustrating one.

The Gardening Advise Service, at Dialability, can help you find ways of overcoming the problems you encounter. It may mean using different tools, planting different plants, redesigning areas of your garden to make them more manageable or it may just be a question of sitting down to garden, rather than standing up. Whichever activities you find difficult, talk it over with us before "giving in." There is no need to give up the joy of gardening.

If you have never gardened before, but would like to take it up as a hobby, then we can help with that too. You don't need to have access to a large plot of land. A window box, a patio or a few pots on a window ledge are all enough to set you off as a gardener. No

questions is too silly to ask, and we can find the answers together, so start looking in the gardening catalogues now!

You can contact the Service by telephone, letter or email and asking for the Leisure and Recreation Adviser.

Leisure and Recreation Advice Service Dialability  
Oxford Centre for Enablement  
Windmill Rd  
Oxford OX3 7LD  
Tel 01865 763600  
Email :- [helpline@dialability.org.uk](mailto:helpline@dialability.org.uk)

### **Headway Holiday in Worthing Report by Chris Huxley**

On May 1<sup>st</sup> twenty two members and carers headed south for a weeks holiday in Worthing. We had glorious weather for the weekend, we were all basking in the sunshine on the Sunday. The weather was not so kind to us the rest of the week, but we all managed to avoid getting too wet. We had a very enjoyable time at the local bowling alley, which proved to be the wettest day. For the rest of the week our outings included a trip to Arundel, with its lovely churches and Antique Shops, also a trip to Chicester and Brighton. A visit to Lancing College Chapel, with beautiful views over the Sussex Downs, was very much enjoyed.

All in all a most enjoyable week.

### **Headway Antiques Road Show Tuesday 25 May.**

Sylvia, who writes for the Oxford Times and used to run the Jam Factory (Antiques in Oxford) came to Headway for our very own Antiques Road Show. Members brought in their own precious antiques, lovely china, jewellery, bronze figures etc and Sylvia gave us her opinion of their history and value. We then had a ten item quiz to identify such antique objects as a glove stretcher, a bed warmer, a nut meg grater, etc. Neil's team won the quiz.

### **Miscellany**

We are delighted that our former member Victoria Wykes, who 13 years ago was brain injured, was successful in the Viva for her Doctorate in Neurology at University College London and is now

Doctor Victoria Wykes. We wish her well in her month's placement at NASA in September.

## Forthcoming Events

**May we remind you Headway meets every Tuesday and Friday 9.30 – 3.30 at**

**Church of The Good Shepherd, 4 Bagley Wood Road, Kennington, OXFORD, OX1 5LY 01865 739373**

**Drop in for a cup of coffee.**

**Come along and join us.**

**May we invite you to our Annual General Meeting - Friday 25 June at 11 am. Professor Udo Kischka will be our guest Speaker, informing us on Behavioural and Emotional Changes after Brain Injury. A light lunch will be provided after the meeting.**

**Bob's climbing Mont Blanc for Headway.** Please make a pledge and write to Bob Wilson at Manor Farm, The Green, East Hanney, Wantage, Oxon. OX12 0HQ

Bob writes

On July 12th I will set off for Chamonix with 5 others to try and fulfil an ambition to climb the highest mountain in Europe. By the time we arrive in Chamonix we should all be fairly fit but we will immediately set off into the mountains for 4 days to complete our fitness training, learn some basic climbing skills and familiarise ourselves with snow and ice techniques and climbing with crampons. This will also be an invaluable period in which we can acclimatise ourselves to the high altitude by climbing several peaks over 4000 meters and staying high in mountain huts.

We then return briefly to Chamonix before climbing up to the Hut where we rest for a very brief night. At 3.00 am we will start a very long day which should see us on Mt Blanc's summit and back into the Chamonix Valley late in the evening. Our success will

depend very much on the weather conditions and our preparation and as far as I am concerned a rather healthy respect for heights!

I thought this venture would be an excellent opportunity to raise funds for Headway. Many hill walkers and climbers suffer head injuries; it doesn't take a big fall to cause damage – a fall equivalent to your own height is enough. There is a particularly dangerous traverse on the mountain known as the Couloir where there is great risk from falling rocks and stones where people have been seriously injured or killed.

There is therefore some relevance to Headway and the Brain injury in our climb.

That said don't worry we will be using some excellent guides so we will be in safe hands!!

**All funds donated will go to Headway Oxford.**

If you wish to make a pledge please send me an email to bobwilson300@hotmail.com or write to Bob Wilson Manor Farm, The Green, East Hanney, Wantage Oxon OX12 0HQ

### **BBQ Saturday 17 July**

The parishioners of the Church of the Good Shepherd and the Holy Rosary of Yarnell's Hill have kindly invited Headway members and families to their BBQ on 17 July to be held in the grounds of Headway House, 4 Bagley Wood Rd, Church of the Good Shepherd. Time to be announced. **All welcome.**

**The Headway 25<sup>th</sup> Anniversary Conference** will be held Thursday 9 and Friday 10 September 2004 at Stratford Moat House Hotel, Stratford upon Avon.

### **KADS October 7, 8, 9**

a Musical style entertainment in the Village Hall at 7.30 pm and 2 pm for the Saturday Matinee. Tickets from Kay Card on 01865 739025

## **SOMETHING TO THINK ABOUT: SUPPORTING HEADWAY WITH A LEGACY**

### **YOUR GIFT – THEIR FUTURE**

One carer's story:

“When our son sustained a brain injury in a road accident it turned our lives upside down. We didn't know where to turn to for advice. The hardest thing was trying to understand what was happening and what support he would need. Then we discovered Headway who were there with practical support and advice which saved our sanity! They put us in touch with others in a similar position. Seven years later our son is still recovering with on-going Headway support. Headway has always been there for us.

“That is why we are remembering Headway in our Wills. Of course we will provide for our family, but we have seen how vital this work is and we want to give something back. Writing a Will has given us peace of mind for the future.”

You can request more information about Wills and legacies by calling our national Headway office in confidence on 0115 924 0800 or visit the website at [www.headway.org.uk](http://www.headway.org.uk). Alternatively you can ring Headway Oxford on 01865 739373 or 01865 326263.

## **Volunteers for our Day Centres**

We urgently need volunteers at our day centres which meet on Tuesdays and Fridays from 9.30am to 3.30pm. If you feel you can spare a few hours please contact Sheila on 01865 739373 and evenings on 01865 735146. It would be good to have people interested in Art and Crafts, computer work, learning to drive the mini-bus or training (free) with the Red Cross so that they can offer hand manicure and massage. Do you know anyone who may be interested?

Please give them our number.

## **USEFUL PEOPLE TO KNOW**

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## **BLUE ARROW NURSING CARE**

### **Careers in Care**

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- **A positive, enthusiastic approach to working in Care**

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61 George Street  
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Tel 01865 202770  
Fax 01865 202722

Email: [oxford.care@bluearrow.co.uk](mailto:oxford.care@bluearrow.co.uk)

Our grateful thanks to Charles for driving the Elizabeth Bus and Sheila for organising the day.

### **November 14 Annual Craft Fair/Coffee Morning and Raffle at Headway , Oxford (Good Shepherd Hall, Kennington)**

There was lots of beautiful Craft Work made by our members and some friends of Headway, plants and many other donated goods, and of course our usual spectacular raffle with wonderful prizes, not forgetting the Tombola Table. It was great to see so many friends, present members and local residents there and everybody enjoyed a busy morning - £1445-93p was raised for Headway. Our grateful thanks to Mary and John Hunt who masterminded the Raffle and raised £802, whilst the stalls raised £643.93

Many thanks to all who worked for this beforehand and on the day and to those who kindly donated gifts and prizes and items for the sale - and of course to all our customers.

### **Weekend away Lincoln Christmas Market Report by Jill Moore**

A very atmospheric, if cold, day was enjoyed by 22 Headway members at Lincoln Christmas Market in December. The costumes, music, lights, and crowds all added to the festive spirit. The Cathedral Choir singing was magical and allowed us to thaw out in the confines of the minister.

The previous day we had broken our journey to Nottingham with a visit to "The Space Centre" in Leicester. This museum had won the Year 2002 award for the most innovative new museum. The Mars Show in the special effects theatre was breath taking. The return journey was made via The Dobbies Centre giving us all time to indulge ourselves in a little more Christmas shopping before returning home.

Comments from Ernie and Sandra. We enjoyed the Space Centre and found it very interesting. The weather was very cold so for

internal fortifications, Ernie bought a little bottle of Whisky so several people enjoyed whisky toddies. The supper at Harry Ramsden's was memorable!

### **Christmas Dinner** at Lady Margaret Hall, Wednesday 10 December

Our grateful thanks to Sheila for organising the Annual Dinner at Lady Margaret Hall. The lovely waiters and waitresses looked after us extremely well, and served us a delicious traditional turkey Christmas Dinner. The wines, and especially the special glass of cider vinegar was enjoyed by all.

Elisabeth Rushworth, our Honoury President made a speech thanking Martin Birch for his many years of dedication to Headway Oxford, and for facilitating these Christmas Dinners.

We had a lively raffle and every winning ticket was pink. Thanks to you all for the £150 raised for Headway funds.

### **Headway Christmas Party,** Friday 19 December Report by Sue Duff

Our Christmas party was heralded this year with a visit from Santa Claus aka Frank Wolfe, a delightful Dutchman who has lived in Kennington for many years.

Gifts were dispensed to all at the party, he knew all our names! Santa made us laugh with his jokes and jollity, (his moustache had to be repositioned a few times)

After the present giving we were treated to music from Santa's horn and trumpet, we also joined in singing Christmas carols. This vocal exercise made us ready for the wonderful variety of food that followed – provided by members and helpers at Headway. As we were finishing our feast, Jean Wykes, our Vice-chair, appeared with another sack containing musical instruments – gazoos, maracas, drums and a variety of percussion instruments. We chose what we fancied and enjoyed accompanying ourselves

singing Christmas songs, some of us managed to prance about and dance, when not a drop of alcohol had passed our lips!  
The party was a happy coming together of the Headway group and was a very fitting end to a successful year

### **Members Miscellany**

Congratulations to Sandra Parada who has obtained a placement on the scheme to get people back into employment at Redlands in Banbury starting in January on Monday and Thursday afternoons. We wish her all success!

Congratulations to Karen Shallis, one of our former members who has been working for the last 6 months, as a receptionist at Milton Heights Home Farm, for people with learning difficulties.

We wish our former member Victoria Wykes, who 13 years ago was brain injured, all success in the Viva for her Doctorate in Neurology at University College London.

### **FORTH COMING EVENTS**

**February 5,6,7** Hanney Pantomime – Treasure Island

**March 15 – 21** BRAIN INJURY AWARENESS WEEK

**March 20 Silver Party** at Headway House, Oxford, celebrating 25 years of Headway UK

**April 2** Outing to Solihull Touchwood Centre in the Elizabeth Bus and including Headway North Oxford members.

**May 1 to 8** Holiday in Worthing to include members of Headway North Oxford. Mini-bus plus cars.