



the brain injury association

# HEADWAY OXFORD NEWSLETTER

Issue 6  
January 2007

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*Happy New Year Everyone*



**This is 2007 and on 18 February the Chinese New Year brings us the Year of the Boar, the male pig.**

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## WELCOME TO NEW VOLUNTEERS

Volunteers are essential to the smooth running of Headway. We would like to warmly welcome some volunteers, who have recently joined us at Headway and thank all our volunteers for their kindness and support.

**Laura Williams**, a speech and language therapist is coming to us on Tuesdays and Fridays. Laura is a general volunteer who has started some speech work with several members

**Vaughan Evans** is training to be an adult literacy teacher and is coming in on Tuesdays to do work improving members' reading and writing skills.

**Emily Gunner**, a psychology student coming once a week.

**Sal Hodder and Kate Shirley** are both physiotherapists, who, having recently qualified, can't find any work and so will come to us for the time being and do exercises and hand/arm massages for people who need them.

**Helen Anderson**, recently retired from the NHS is a much appreciated Admin volunteer.

**We always need more volunteers so if you know someone who has a few spare hours please ask them to get in touch with Ali on 01865 739373.**

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*We hope you enjoy our Headway Quarterly Website Newsletter, which appears on [www.headwayoxford.org.uk](http://www.headwayoxford.org.uk). If you would like to write something for the newsletter please send it to [jeanwykes@gmail.com](mailto:jeanwykes@gmail.com) or give it to Jackie Goodwin for our next Newsletter. Thanks to all of you who contributed to this newsletter.*

**The information in this newsletter is as far as we know accurate. Headway, however, cannot accept responsibility for the quality of information, services or items provided by other people or organisations.**

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# APPRECIATION OF LESLEY BARRETT

*Report by Alison Clements*

Life in the day centre is always hectic. Twelve or more members, up to ten volunteers, numerous carers, visitors and five or more staff mean that the kettle is never off and someone always needs something or another.



The smooth running of the centre falls to me but the reality of it is, with all the work I have to get done in the office, many of the day to day things fall to my fantastic assistant Leslie Barrett.

Leslie's job covers so many aspects of the centre that it is hard to quantify it in many ways. We are really only reminded of how much she does when someone else has to cover her for her holidays.

She deals with all the practical things that we need, from clean tea towels to tea and coffee, from birthdays cards and presents to loo paper and even sorting our recycling and rubbish.

Leslie knows how everyone likes their tea and coffee, who gets on with whom, and who doesn't. She always makes time for everyone.

I have been with Headway for two years now and I do not know how I would have coped with my job if it wasn't for Leslie's knowledge and support. I would like to thank her here for all that she does and has done for all of us over the years.

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## REQUESTS

### **New Live-In Carer**

Clive Blackwell is looking for a new live-in carer. Martin, Clive's present carer lives in a flat above Clive but his growing family means he needs more space. Clive needs morning and night care but is pretty independent in the day. If anyone knows of any carers looking for work get them to call the day centre on 01865 739373 and we will pass on your details to Clive.

### **New Kitten**

Tuesday member Laura Rideout has had a sad week. Her cat, who had been with her for 18 years died last week. She is very keen to get a new kitten so if anyone knows of any kittens ready for new homes please let us know, telephone 01865 739373.

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## CHRISTMAS LUNCH AT HAWKWELL HOUSE 2006

*First Report by Lionel Branker*

The moment I walked into the Reception bar area, I felt a warm welcoming atmosphere enveloping myself and Mr Trevor Cowlett (leader of Kennington United Choirs). Everyone seemed to be talking animatedly to each other and when summoned to the dining room we had to delve into the Lucky Dip for a Xmas present. It was all good fun, some presents were appropriate and others were not!!



The animated chatter continued as we seated ourselves in the dining room, which was beautifully decorated with father Christmas hats, reindeer antlers, crackers, streamers, party poppers, a Christmas tree and streamers, all making a very festive atmosphere. The friendly staff served us a delicious three course meal of melon, turkey and all the trims and of course Christmas pud. Mr Frank Woolf led us carol singing with his trumpet. Bob Wilson entertained us again with his Ronny Barker sketch.

Trevor and I felt humbled by the attitude of those present, who had experienced trauma and yet exuded happiness and cheerfulness.

An accolade must be given to the carers, helpers, staff and volunteers of Headway who support them throughout the year. Special thanks to Alison Clements who organised the Christmas lunch and provided us all with such a lovely start to the Festive season.

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*Second Report by Alison Clements*

A great success, with seventy-two of us sitting down to a splendid lunch. It was lovely to see so many friends together. It was good to see Dr Elizabeth Rushworth, who commented on how rapidly Headway Oxford has grown in the last couple of years.

We were joined by Frank Woolf and Lisa, it is always great to see them but especially when Frank brings his cornet for carols and another big fat cheque from his very generous bingo playing friends. This is the third cheque this year and we are very grateful to Frank for all his hard work and for his continuing support of Headway Oxford.



We were also joined by Tony Singh and his daughter Caroline. We want to say a big thank you to Caroline who raised over £200 for Headway Oxford when she participated in the Hydro Challenge Sponsored Marathon in Hyde

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Park which Jo Brand and Paula Radcliffe also took part in. She said she would be participating again in 2007, so get your sponsorship ready.

It was lovely to see Norah Richards, our ex-cleaning lady, looking so well. We presented Norah with a bouquet of flowers and wished her all the very best in her retirement.



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## DAVE WILSON'S SOUTH AMERICAN SPONSORED CYCLE RIDE

*Report by Bob Wilson*

My son David successfully completed his London Beijing Cycle a mere 10,000 miles!

He has managed to secure a good job but this does not start until next September – so what to do?



He has decided to carry on with his cycling career with a journey from Tierra del Fuego to the Caribbean. He is going with a friend and they will fly down to Ushuaia the most southerly city in the world at the end of January.

Their route will take them through Patagonia, Chile, Bolivia, Peru and beyond. The trail may change depending on how progress is going. The map indicates a ride of 6600 miles but it could be considerably more.

The good news is that he is raising money for Headway Oxford. He will be very busy actually doing the hard work and will not have a great deal of time to concentrate on fundraising so I have agreed to coordinate that side of things.

This will be an excellent opportunity to raise money for the Centre. Everyone can get involved so if you want to help contact me with your ideas.

We found that the best way to raise money for Chinacycle was a direct approach to friends, family and companies.

So if you know someone who might donate towards this great endeavour and Headway start making a list of names and addresses.

The Chinacycle raised over £26,000!! I don't expect to raise anything like that BUT WE CAN TRY

If you want to learn more look at the website:

[www.southamericacycle.co.uk](http://www.southamericacycle.co.uk)

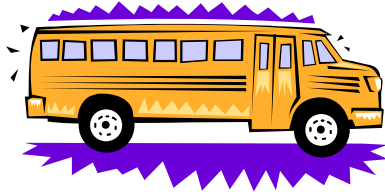
Bob Wilson 01235 868389 email: [bobwilson300@hotmail.com](mailto:bobwilson300@hotmail.com)

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## THE DEMISE OF THE MINI BUS!

*Report by Alison Clements*

Sadly, as we have just had it mended for the umpteenth time! I have to report the end of the minibus.



The committee felt that it is a constant drain on resources and that with the insurance coming in at well over a £1000 it is no longer a viable asset.

We will still have some outings but they will either be in a convoy of cars or we will hire a bus for the day.

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## IN MEMORIUM

Our Sympathies go to Margaret Long, whose husband Geoff died in spring 2006.

Our Sympathies also go to Anita Manning, a long time helper at Headway, whose husband Geoff, died just before Christmas.

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## Forthcoming Events

On the **first Friday of the month** except January and December, we go to Oxrad in Marston where we enjoy uni-hoc, table tennis, pool, etc.

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### **18,19,20, & 25,26,27 January - Pantomime "Ali Baba"**

KADS will be presenting the Pantomime "Ali Baba" on January 18,19,20, and 25, 26,27 January, at 7.30pm. Tickets are £7 for adults and £5 for concessions. There is a Matinee at 2.00pm on Saturdays 19 and 26 January. All tickets on 18 January will be £5.

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### **8,9,10 February at 7.30pm in East Hanney Village Hall - Pantomime "Little Red Riding Hood"**

If you would like to see Bob Wilson in action, he will be appearing in the Pantomime "Little Red Riding Hood" on 8,9,10 February, at East Hanney Village Hall. Tickets 01235 868780.

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### **5-7 March - Headway Holiday**

The next Headway Holiday is booked for 5-7 March.

We are going back to Littlecote House for a three day two night break. The holiday is for both Tuesday and Friday people we will probably number 32ish!

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### **12-16 March - Brain Injury Awareness Week**

Marshall Gilpin will again be hosting Human Table Football. Human table football has been organised by Marshall & Galpin solicitors for the past three years to raise money and awareness for Headway. Each team pays £100 to enter and Headway gets all the money.

We are looking for five fit and strong people to make up a team from Headway and we are also looking for someone to sponsor us for the £100 entrance fee.

The event will be held in Brain Injury Awareness week at the Four Pillars Hotel Abingdon Rd. Whether you are in a team or not it would be lovely to see supporters there.

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### **16 March - Open Day**

We will be having an Open Day on Friday 16 March and holding our Annual Raffle. Pauline Denton is busy collecting raffle prizes. Bob Wilson has kindly donated 4 tickets to see Lionel Ritchie performing at the new Wembley Arena, on Sunday 13 May. We also have a wonderful Easter cake made by Janet Minns. Jean Wykes has donated a massage or osteopathy treatment from Kelston Chorley at Oxford Osteopaths on the Cowley Road.

Any prizes for this Raffle gratefully received at the Day Centre, or contact Vivienne Taylor 01993 878157.

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# FUNDRAISING

## Results of the POUND challenge

The members and volunteers did the pound challenge again. Many creative and tasty ways to make money were thought of. In the space of four months they managed to raise £398.95. This is a great achievement and we would like to say thank you for all your hard work.

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## Magnolia Park Golf Club

Liz Yardly is the lady captain of the Magnolia Park Golf Club and she chose Headway Oxford as her charity for the year. Alison Clements went out and gave them a talk in the summer and the response was great. Her colleagues all worked very hard for us and at the end of the year Jean Wykes went to collect a cheque for three thousand pounds. We would like to say a big thank you to Liz and all her friends and hope that she stays in touch as a friend of Headway.

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## Kennington & District United Church Choirs

Trevor Cowlett is the Conductor of Kennington & District United Church Choirs. If you are interested in singing and would like to join his choir please come along to Kennington Methodist Church Fridays at 7.45 pm. Trevor will teach you to sing, no auditions are necessary to enter the choir. Phone him on 01865 735885 for more information.

If you just like listening, the Choir will be performing Handel's "Samson" at the Holywell Music Rooms in Oxford 25 March at 3.00 pm.

All proceeds are for Headway, so do come along to support it. You do not need a ticket, just a donation of what you can afford.

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

We urgently need volunteers at our day centres which meet on Tuesdays and Fridays from 10.00am to 3.00pm and Wednesdays 11.00am to 2.30pm. 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.

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## USEFUL PEOPLE and THINGS TO KNOW

Check our Web site [www.headwayoxford.org.uk](http://www.headwayoxford.org.uk)

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

**Bobby and the Beeb** - Live Music for your Party 01865 730692

### **GREETING CARDS MADE TO ORDER**

"Sweet Pea Designs" - Award winning Card maker.

Quality hand made cards to order for all occasions.

To discuss your requirements, please call Pauline on 07976311378 or email [sweetpeadesigns@hotmail.co.uk](mailto:sweetpeadesigns@hotmail.co.uk)

All proceeds from the sale of cards donated to Headway Oxford.

### **Child Brain Injury Trust [www.cbituk.org](http://www.cbituk.org)**

**Who are we?** The Child Brain Injury Trust (CBIT) is a UK-wide charity offering support and information on acquired brain injury in children.

#### **Stress-busting massage sessions with Sue Colclough.**

Headway would like to offer you, as a carer, the chance to try a taster relaxing massage session with Sue, followed by up to five more sessions, all free to you thanks to a grant from our funders in Social & Community Services.

Sessions will take place at 264 Marlborough Road, Oxford which is near the Abingdon Road – map available if needed.

Phone Jackie Goodwin on **01865 739373**

#### **Headway meets at:**

Church of the Good Shepherd,  
4 Bagley Wood Road,  
Kennington,  
OXFORD, OX1 5LY  
Tel: 01865 739373

***Come along and join us.***