



the brain injury association

HEADWAY OXFORD NEWSLETTER

Issue 10
January 2008

Dear All

I hope you enjoy our Headway Quarterly Website Newsletter, which appears on www.headwayoxford.org.uk

Thanks to all of you who contributed to this newsletter. If you would like to write something for the newsletter, please send it to jeanwykes@gmail.com or give it to Jackie Goodwin for our next Newsletter.

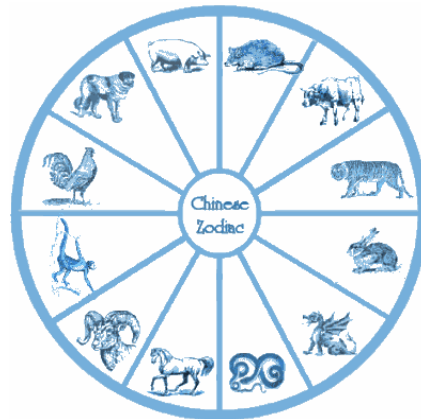
Remember our newsletter is only as good as your contributions make it, so please keep your contributions coming in.

HAPPY NEW YEAR

May we take this opportunity to wish all our readers a Happy New Year.

This is 2008 and on 7 February the Chinese New Year brings us the Year of the Rat.

People born under the rat sign are supposed to be courageous and enterprising, taking care of themselves and others, smart, protective and calculating.



UPDATE

Members

We are delighted to welcome new members John Tysoe, Jamie Strover and Kate Pierpont.

Volunteers

Volunteers are essential to the smooth running of Headway. We

would like to warmly welcome some Oxford Brookes student volunteers, who have recently joined us at Headway and thank all our volunteers for their kindness and support.

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 01865 739373.

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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.

FAREWELL TO LISA!!

Report by Jackie Goodwin

Some called her a traitor, some didn't speak to her at all, and some pretended it wasn't really happening. But happen it did. Lisa left Headway on 30 November.

She worked first as a Support Worker, doing maternity cover for Lorna Nathaniel, and then became Headway's Case Worker. Her work was varied and she always gave 100% to her clients. She worked with other professionals such as Care Managers, Occupational Therapists, Nurses and Consultants and her time with us was peppered with hairy stories.

Such as the occasion she and a Care Manager were making a joint visit to a client in Oxford. They knew he was expecting them but could not make him aware that they were outside his gate. So the intrepid pair helped each other over his barbed wire-lined wall in order to pay him a home visit. Was he grateful? Possibly, but had been hoping for some vodka as well.

Then there was the time a client in Simon House had been offered a flat in Banbury. This offer was only open for a very short period and he needed to get himself and his possessions up there. Not able to use public transport due to his disabilities, and there being no other means forthcoming, Lisa picked him and his

bin liner of possessions up in her car. They were again accompanied by a Care Manager who sat in the front. The client, who had had a rough night, and was rather nervous about the move, was sick copiously on the back seat. He was very apologetic and Lisa took it in amazingly good heart.



Needless to say we have tightened up on some policies and procedures over the course of our work in the community.

Everyone who worked with Lisa will miss her but we are very fortunate to have Jan Marshall who is acting as Locum Case Manager until we can make a permanent appointment. Jan has worked for South and Vale Carers' Centre and most recently for the Child Brain Injury Trust. She has a wealth of relevant experience which we are already benefiting from.

Thinking of Moving in Together?
Let us help you take the next step

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HELLO TO JAN MARSHALL

Hello! I'm Jan Marshall, may I introduce myself as the new Case-Worker at Headway Oxford, taking over from Lisa Gibbard.



Many of you will already know that Lisa was leaving Headway and

has gone to a different field of work. Fortunately we had a couple of days handover which was helpful and now I am here in post for 3 days/week.

My background and previous work experience in related charities should stand me in good stead here but there is, of course, still a lot to learn.

I am aware that Lisa will be a hard act to follow and trust that you will bear with me while I get to know who is who and how everything fits together.

I look forward to meeting/talking/working with some of you in due course.

Anne Brownson

We were delighted that Anne was shortlisted for the Ameer Meredith Carer of the Year Award at the Headway Annual Awards Luncheon at the Dorchester Hotel, London on Thursday 13 December.

Here she is with her son Jonathon and her award at the Dorchester.




A Recipe for Welsh Cakes

1lb self raising flour
6 oz margarine
6 oz white sugar
6 oz currants
2 large eggs
A drop of milk

Mix until the right consistency to roll out. Cut out individual scone

shapes, 1 finger depth thick and cook on a greased griddle until light brown. Serve with butter and jam. ENJOY

If you have a favourite recipe send it for inclusion in our next publication.



DONATIONS

We are very grateful to various people for their kind donations to Headway:

Leo Bowles, Oxford Masons,
Caroline Singh, Stevenson Choir.

Many thanks to Lionel Branker who nominated Headway Oxford to be the benefactors of the Charity Christmas Concert. Lionel is pictured in full voice. Our Vice chair, Jean Wykes went along to represent Headway giving an informative speech.

Frank Woolf has again been active on our behalf and presented us with a generous cheque at the

Headway Christmas luncheon where he also entertained us with carols on his trumpet.



XMAS LUNCH

Over 80 members, committee members and friends of Headway enjoyed a very festive Xmas Lunch at the Hawkwell House Hotel on 19 December. The food was delicious, and the Lucky Dip was full of surprises.

Many thanks to Alison Bartlett, Sheila Sargeant, Vivienne Taylor and Jean Wykes who supplied the presents. The raffle was also good fun, thanks to all who donated a prize.

We were delighted to welcome local girl Claire Urwin from Kennington and colleague John from Martin and Co who are generously sponsoring this newsletter publication in colour.

Here they are enjoying themselves at the Luncheon.



Thinking of letting?
By choosing a professional managing agent you will benefit from years of local knowledge and experience in the lettings market and save yourself time and expense.

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SAILING FOR THE DISABLED (SAILABILITY)

Report by Alison Bartlett

In August last year Neil Bartlett took part in his first sailing competition at Grafham Water near Cambridge. It was a weekend of sailing with other disabled sailors.

Four sailors, including Neil, went from Farmoor Reservoir to take part.

Neil competed in the Bronze Class as it was his first competition and he also needed a buddy (someone to sit along side the sailor on the boat to assist if necessary).

Neil came second in his class and was the only member of the team to come home with a trophy.

Also during the summer Neil helped with a fund raising campaign to raise money for the Farmoor Pontoon Project to enable Farmoor Reservoir Sailing Club to build a pontoon to help disabled sailors and their helpers easier access to the boats.

In November the Pontoon Project became a finalist in the National Lottery People's Millions run in conjunction with ITV. Neil appeared on TV in the campaign urging viewers to vote for the project. He also appeared in a video along with his daughter Jane who goes along as a volunteer.

They won the viewers vote and were awarded a cheque for £80,000 which meant along with the £120,000 which had already been raised they could go ahead with the whole project

including a lift to get wheelchair users and their helpers onto the pontoon and into the boats. Neil was there to receive the cheque along with other sailors from the club.



They were up against the 22nd Oxford Sea Scouts who found themselves the highest runner-up and also won on the last day.

Neil has made many friends at sailing and has really enjoyed helping with the fund raising this summer.

It is available to everyone whatever their disability or age. Also volunteers are always welcome.

They meet every Tuesday evening from 5.00pm between April and October (weather permitting).

If you would like more information either about sailing or being a volunteer please contact Alison Bartlett on 01235 210060 (evenings only).

A banner for Martin & Co. On the left, it says 'Try us...' with a picture of a partially eaten apple and the text 'You won't be disappointed'. In the center, the company name 'MARTIN & CO' is written in large white letters on a blue background. Below the name is the phone number '01865 812110' and the address '31 Woodin's Way, Paradise Street, Oxford'. To the right of the address is a 'The National Approved Letting Scheme' logo. On the far right, it says 'the UK's N°1 letting agent'.

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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Pantomime

17-19 January and 24-26 January

KADS Kennington Amateur Dramatics will be presenting Sinbad and the Voyage of the Seven Souls. Come along and enjoy the show .. Oh yes I will..
Tickets and info Kay Card 01865 739025

7-9 February at 7.30 pm

Bob Wilson informs us that the **Hanney Panto** will be “Cinderella, The Beanstalk and Dick Whittington” - An Extravaganza of Pantomime, Laughs and Song.
It's a show not to miss!
Tickets Available from 5 January Tel 01235 868780 to reserve and pay for your tickets.

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Portacabin

We have it on good authority that the Portacabin will be arriving early in the New Year... We look forward to amazing activities in the new extra space.

Tom Morley, an ex member, now back at his old job in Audio Visuals, has donated via his company a state of the art projection equipment and he will be over to install it in the New Year. Many thanks to Tom and his company, and congratulations being back at work.

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31 March – 6 April - Brain Injury Awareness Week

Keep this week free in your diaries. There will be the Human Table Football, sponsored by Marshall and Gilpin, the Celebration of 20 years of Headway Oxford, the Annual Raffle, a bring and share lunch ... watch this space for further details.

Remember

Headway Oxford opened its first Day Centre on 29 January 1988, Plans for a 20th Anniversary Celebration are in the pipeline

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USEFUL PEOPLE and THINGS TO KNOW

Check out our web site 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



SILVER (formerly known as 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
All proceeds from the sale of cards donated to Headway Oxford.

CHILD BRAIN INJURY TRUST 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.

GARDEN CLEARANCE. Need some help clearing up the garden? Contact June Carpenter's nephew Keith Carpenter 01865 761722

MESSAGE AND OSTEOPATHY with Oxford Osteopaths, Cowley Road. 01865 790235

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

CRANIOSACRAL THERAPY contact Sue at Candlewell Clinic, Well Cottage, High Wycombe, Bucks. HP14 3PT Tel 01494 883970

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RESTORE www.restore.org.uk offers support to people with mental health problems in Oxford and Didcot 5 days a week. Phone 01865 241434 or 01235 817215 for more information.

MIND www.oxfordshire-mind.org.uk is a mental health service offering courses in such areas as improving self esteem. Coping with Anxiety, Challenging Depression. Further info 01865 511702

DIALABILITY offers confidential advice and information to help disabled people lead an easier life. Email helpline@dialability.org.uk tel 01865 763600

CARERS CENTRES There are 3 Carers Centres in Oxfordshire where you can meet up with others and exchange your experiences:-

Oxford City 01865 205192

South 01235 510212

Banbury 01295 264545

Valuable resource for carers. Carers Forum based in Witney: 01993 706543.

Headway Members and Carers can talk to any member of staff, we aim to do our best for you. Lorna Nathaniel, Community Support Worker, Headway Oxford 01865 326263 headway.supportworker@virgin.net

AFFORDABLE HOLIDAY?

Holiday Chalet Reserved for wheel-chair users and severely disabled persons £200 weekly rental or £250 for parties of 4-6 people.

Iris Goodacre of Old Marston Tel 01865 250864 has a **2 bed Chalet** situated in a Holiday Village at New Milton, Hampshire between Bournemouth and Christ Church, near the New Forest. The 5 star holiday village has excellent amenities including a shop, restaurant bar, launderette, hairdresser, heated indoor and outdoor pools, and an entertainer for the children. The Chalet has a ramp, rails, sliding doors, etc. Ring Iris for further information on 01865 250864

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 11.00 am to 2.30 pm. 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 Tel: 01865 739373 ***Come along and join us.***



Considering **BUY-TO-LET**
If you are looking for an accurate appraisal of the local lettings market and what the rental value of your property may be, talk to us

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