



the brain injury association

HEADWAY OXFORD NEWSLETTER

Issue 4
July 2006

Dear All

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

If you would like to write something for the Newsletter, please sent it to jeanwykes@gmail.com or give it to Jackie Goodwin by 15 October 2006 for our next Newsletter. Thanks to all of you who contributed to this Newsletter and especially to Alison Bartlett, who is responsible for the new format.

Here at Headway we have a number of developments since our last newsletter. We would like to welcome Christopher Dale, Wendy Barker and Alex Elgen.

NEW VOLUNTEERS NEEDED

We would like to thank all the students from Oxford Brookes who have helped us this last academic year. We wish them well in their future careers. We would welcome some new volunteers at our Day Centre

which meets Tuesdays, Wednesdays and Fridays. If you have some free time and would like to do something worthwhile and usually enjoyable please give Ali or Jackie a ring on 01865 736319.

WE WOULD LIKE TO OFFER CONGRATULATIONS TO.....

Anna Aldridge who lives in Thame has developed more self confidence and is now able to independently use public transport, to visit her niece who lives in Aylesbury.

Lorna went with her on the bus a few times until she felt ready to go alone.

Congratulations to Anna at this step forward.



Pauline Denton and Anna Aldridge

Pauline Denton is also feeling more confident and able to give her Tuesday place to someone else. She's still a Friday member as everything goes step by step.

Her hand made cards and Headway have helped this growing self confidence, not forgetting her wonderful work collecting Raffle prizes. We wish her well with her designer cards.

Do get in touch with her for your original designed card: sweetpeadesigns@fsmail.net.



Congratulations to Neil Bartlett, who started on a 2 days a week "work step preparation placement" at B&H Industries, now known as County Print Finishers, for 4 weeks. This has now been extended to 3 days a week until September.

Congratulations Neil and Good Luck with your future job applications.

Congratulations to Keith Quelch who has just finished another Computer Course at Didcot College. This must be good for his self confidence.

Congratulations Laura Ridout, who in June when Headway held a World Cup Sweepstake, picked out Italy and won £32. Members paid £1 to pick out the winning team



Congratulations to Jackie Goodwin our Service Manager, who successfully masterminded our bid to Our Awards for All (a smaller fast track Lottery fund.)

They are giving us £4,962 (limit was £5,000).

Congratulations also to Apricot who has just graduated from Oxford Brookes with a degree in Psychology.

Ali is following an Assessors training so Vicky and Apricot can be assessed for their NVQs in Care. Good Luck to all 3 of them.

CONGRATULATIONS TO CHRIS DEASEY WHO TOOK TO THE AIR

Report by Bob Wilson

A couple of months ago I received a call from Lorna to say that Chris Deasey was going to be flying in a Tiger Moth from a little airstrip near East Hanney, could I pop down and take some photographs. I was delighted to hear this news as Chris had often talked to me about his flying ambitions.



I arrived to find Chris ready to go. His friend Chris Kent had organised a flight in a Tiger Moth, which was being prepared and fuelled up

There was a curious diversion in that an army helicopter was sitting on the grass nearby. We went over to see what was going on to learn that they had been hit by a buzzard and HQ control at Benson had ordered an immediate landing to ensure the helicopter was undamaged. Apart from a nasty dent on the "nose" all was well. Chris had an interesting time chatting to the aircrew and waved them off as they returned to base.

Now it was Chris's turn. We helped him up into the front of the Tiger (the Pilot sits in the back!). He looked pleased as punch as he pulled his flying helmet on and checks were made that the intercom was working and he was properly strapped in.

The pilot did some pre flight checks the engine surged and they were off into the blue yonder. They were very soon nothing more than a speck.

We scanned the sky for their return. Soon we could see them. They skimmed over our heads with dipping wings. One more circuit and down they came in a perfect textbook landing.

Chris pulled off his helmet to reveal a smile which split his face from ear to ear.



I had to leave early but when I came home at 4 pm I could see the Tiger Moth doing loops and barrel rolls - I wondered if it was Chris who had stayed for more!!!!!!!!!!!!!!.

HEADWAY DAY CENTRE – JUNE REPORT

Report by Ali Clements

May was a good month for the Day Centre. The members have finished their Egyptian project and the freeze is now in place above the community office.

Wendy Barker has now started with us after several weeks of poor health. She has settled in well, helped by the fact that she knows Alex Elgen from hospital.

Pauline Denton has taken a huge leap forward and said that she would like to give up Headway on Tuesdays to concentrate on her cards. Her last official Tuesday is the 27 June 2006. I've told her that I won't fill the place until after that date so she has a chance to change her mind. We are all really pleased for her that she feels confident enough to take this step.

Jan Chipperfield did a parachute jump on Saturday 3 June 2006. Most of the Friday group went out to support her. She jumped for The Young

Peoples Stroke club but she and us all wore the Headway tee shirts.



We returned to Peggy North for an outing. It was great fun and she kindly offered us use of her kiln if we would like to do some clay work.

We hosted a regional meeting to discuss standards. Mandy and Pam came from HW UK. We are working towards completing them within a four year period. We are well on the way to this as a lot of them are already in place.

HEADWAY DAY CENTRE – JULY REPORT

This month we welcome a new Tuesday member Christopher Dale and also a new member of staff Helen Pringle. Helen is our new cleaner, she lives in Kennington with her family and we are very happy to have her on board. I would like to thank Lottie for helping us out over the last few months.

The summer outing to Beaulieu on the 18th was a huge success. The heat was unbelievable but we all drank loads of water and sort out shade whenever possible.



Charles Hatton who sponsors our coach was an absolute star.

The bus actually broke down as we arrived at Beaulieu, without worrying anyone else Charles spent the whole boiling hot day fixing it.

It may be that the coach has had her last outing but Charles will be able to sort out alternative transport for us

in the future. We all send him big thanks.

I have had a week's holiday this month and Lesley, Lorna, Lisa and the wonderful volunteers did a great job of running the centre. Thanks to them all.

HOLIDAY AT JANE HODGE HOTEL IN APRIL

Report by Jill Moore

Lovely weather, lovely hotel, lovely company, pretty much sums up our Jane Hodge weekend at the end of April.



This year Ali divided the 26 of us into three competing teams for the weekend. Much cheating ensued during the bowls tournament and with the help of other hotel guests Jill's team managed third place in the Quiz although they had access to the answers.

Ali presented a silver trophy to the winners - Terry and her team at an impressive ceremony on Sunday morning, Jill's and Ernie's teams accepting defeat gracefully although unanimously agreeing they should

have had extra bonus points as they were much better looking.

Dave Claire and his music entertained us on Saturday night and Patricia, although well rehearsed decided not to perform her pole dance, no matter. Chris Deasey's "strip" certainly brought the evening to an exciting conclusion.



We will not mention incidents about pieces falling off the mini-bus on the motorway or the out of date Disabled badge or people forgetting to pack certain clothes, let's focus on a fun filled weekend with friends.

Thank you to everyone.

HEADWAY WORDSEARCH

Thanks to Apricot for this Wordsearch.

Brain
Computers
Comfort
Smiles
Singing
Outings
Good Shepherd
Dominoes

Headway
Laughter
Outings
Tea
Recovery
Kennington
Welcome
Head Injury

Brain gym
Promises
Coffee
Encouragement
Fun
Day centre
Enthusiasm
Understanding

Art
Friendship
Tai chi
Survivor
Games
Paintings
Support

Scrabble
Bingo
Sharing
Chat
Quiz
Memory
Positive

E	N	C	O	U	R	A	G	E	M	E	N	T	T	C	A	E	T	B	L
P	O	H	U	Q	D	A	Y	C	E	N	T	R	E	S	Y	P	A	N	U
O	T	A	T	S	F	Z	L	O	B	M	F	A	G	T	E	V	H	D	S
B	G	N	I	D	N	A	T	S	R	E	D	N	U	H	J	M	C	I	F
J	N	H	N	O	O	C	R	B	A	Q	I	H	E	A	D	W	A	Y	F
S	I	N	G	I	N	G	D	X	I	T	L	P	P	M	A	Z	E	G	R
A	N	K	S	V	R	B	B	O	N	N	D	J	U	P	C	K	T	X	I
B	N	W	E	S	H	A	R	I	N	G	G	P	S	C	O	F	F	E	E
R	E	A	K	G	N	J	A	Q	U	P	E	O	Y	A	M	D	R	K	N
E	K	T	T	F	I	P	S	G	O	O	D	S	H	E	P	H	E	R	D
C	M	Y	R	U	J	N	I	D	A	E	H	I	G	B	U	Z	L	A	S
O	O	K	W	N	Z	L	C	S	E	L	P	T	S	K	T	I	T	B	H
V	Y	M	A	B	R	A	I	N	G	Y	M	I	E	C	E	K	O	G	I
E	E	G	F	L	K	U	S	U	R	V	I	V	O	R	R	B	E	X	P
R	L	E	N	O	A	G	F	K	F	A	B	E	N	U	S	V	M	R	E
Y	B	I	S	X	R	H	W	A	S	A	Q	U	I	Z	A	H	O	I	P
N	B	T	H	H	V	T	D	F	K	M	O	A	M	Z	E	M	C	B	Y
Q	A	Y	L	C	M	E	M	O	R	Y	I	W	O	U	I	T	L	G	F
F	R	R	O	G	I	R	P	P	G	K	A	L	D	S	V	B	E	R	Z
B	C	W	A	M	S	A	I	S	U	H	T	N	E	P	D	D	W	J	U
X	S	U	P	P	O	R	T	H	I	L	L	S	N	S	K	O	C	P	E

Forthcoming Events

August 2006

Wednesday Group goes on Jane Hodge Holiday

Friday 29 September 2006

Headway AGM followed by BBQ

16-18 October 2006

Tuesday and Friday Group goes on Holiday to Littlecote House.

Wednesday 13 December 2006

Xmas Lunch at Hawkswell House Hotel, Iffley.

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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 various excellent concerts and all proceeds are shared between various local charities (including Headway).

Forthcoming Concerts

Sunday 15 October 2006

Handel's Messiah Sing along 3pm at Holywell Music Rooms

Pirates of Penzance at 7.30 pm:-

Friday 1 December - Ormerod School

Friday 8 December - Witney Congregational Church

Saturday 9 December - OXRAD

Friday 15 & Saturday 16 December - Kennington Methodist Church

For these concerts tickets are not necessary. Just come along, enjoy the music. Support the Choir (wave at your friends, you'd be surprised who sings) and make a donation.

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.

USEFUL PEOPLE and THINGS TO KNOW

Check 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

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@fsmail.net. 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.

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.