



the brain injury association

# HEADWAY OXFORD NEWSLETTER

Issue 5  
November 2006



As this will be our last edition before Christmas, may we begin by wishing everyone a Very Merry Christmas and a Happy New Year

## ANNUAL GENERAL MEETING 2006

On Friday 29 September, 2006 we were delighted to welcome around fifty members and friends, our president Dr Elizabeth Rushworth and our vice presidents Sheila and Reg Sargeant to our Annual General Meeting.

This year Jackie Goodwin our Service Manager had collated the information into a very attractive Report, which Charles Lucas and Marshall Solicitors generously sponsored.



Michael Berret (Chair) & Dr Elizabeth Rushworth

Dr Rushworth reminded us that Headway Oxford was started by three families with head injured members coming together regularly to support each other. From these simple origins Headway Oxford has grown and under Jackie Goodwin's Service Providers' expertise and Ali Clements as Day Centre Co-ordinator now offers 12 places on Tuesdays and Fridays.

On Wednesdays Vicki Townsend, Apricot Hulse and Lottie Allen offer six places to people who need more support. At present all three days run at full capacity, helped enormously by the generous support of our invaluable volunteers.

Headway's Community Support has grown considerably as we now have Lorna Nathaniel as Brain Injury Support Worker and Lisa Gibbard as Brain Injury Case Worker.

We were able to offer three Headway Holidays in 2005/06 where members and carers enjoyed themselves. We were delighted to hear from our Chair via the Treasurer that Headway finances are in good heart and that we have a healthy reserve to meet any liabilities.

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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At the AGM the Committee was re-elected to serve you for another year.

**Officers**

Chair	Michael Berrett
Vice Chair	Jean Wykes
Secretary	Vivienne Taylor
Treasurer	Bob Wilson

**Members**

Alison Bartlett  
Anne Brownson  
Neal Denton  
Prof Udo Kischka

**Ex Officio**

Jackie Goodwin, Service Manager

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**THE PROBLEM OF PISMONUNCIATION  
A TRIBUTE TO RONNIE BARKER**

*By Bob Wilson*

Also at the AGM Bob our Treasurer gave us an amusing Tribute to Ronnie Barker.



Good evening. I am the President of the loyal society for the relief of sufferers from pismunciation, for people who cannot say their worms properly. Or who use the wrong worms entirely, so that other people cannot underhand a bird they are spraying. Its just that you open your mouse and the worms come turbling out in a wuk a say that you dick knock you're thugging a bing, and its very distressing.

I'm always looing it and it makes me feel most umbumfterkooke , especially when going about one's diddly tasks – slopping in the sloopermarket for inkstands. Only last wonk I approached the chuckout point and showed the ghoul behind the crash desk the contents of my trillely and she said "Alright granddad shout 'em out!"

Well of course that's fine for the ordinary man in the stoat who has no dribble with his warts but for someone like myself it's worse than a kick in the jackstrop. Sometimes you get stuck on one letter such as wubbleyou and I said "I've got a tin of whoop, a woocumber two packets of wees and a wallyflower". She tried to make fun of me and said – "That will be woo pounds and wifty wee pence."

So you see how dickyfelt it is. But help is at hand. A Society has been formed by our mumblers to help each other in ex cream ices. It is balled "Pismouncers Unanimous" and anyone can ball them up on the smellyphone any tight of day or gnome, 24 flowers a spray, 7stays a creak and they will come round and get you drunk. For foreigners there will be interpreters who will all squeak many sandwiches such as Swedish, Turkish, Burkish, Jewish,

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Gibberish and Rubbish. Membranes will be able to attend tight stool for heaving grasses, to learn how to grope with the many kerplinkities of daily loaf.

Which brings me to the drain reason for squawking to you tonight. The Society's first function as a body was a Grand garden freight , and we hope to have more bodily functions in the future. The Garden Plate was held in the grounds of Blenheim Paliasse Woodstick and the guest of horror was the great American pip-singer ,Manny Borrowload. The Fete was opened by the Bleeder of the Proposition Mr Neil Pillock, who gave us a few very well frozen worms in praise of the Society's jerk and said that in the creaks and stunts that lie ahead we must all do our nut roast to ensure it sucks weeds.

Then everyone visited the various stalls and abruisements, the rudabouts, thingboats and dodgers, and of course the old favourites such as cocoshy nuts, stry your length, guess the weight of the cook and tinning the pail on the wonkey. The occasional was great fun and in short I think it can safely be said that all the men present and thoroughly good women were had all the time.

So please join our Society. Write to me Doctor Small Pith (Dr. Paul Smith), The Spanner, Poke Moses (The Manor Stoke Poges) and I will send you some brieflets to browse through and a brass badge to wear in your loop-hole. And a very pud night to you all.

If you would like to see Bob in action, he will be appearing in the Pantomime "Little Red Riding Hood" on 8, 9, 10 February 2007 at East Hanney Village Hall.

Nearer to home here in Kennington, KADS will be presenting the Pantomime "Ali Baba" on 18, 19, 20, and 25, 26, 27 January 2007, 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.

Lionel Branker, a visiting member of Kennington Choir, said he enjoyed the AGM because it was informative and not boring and long winded, as AGMs usually are. The luncheon gave him the opportunity to talk to the members, who were very welcoming and friendly towards him. He wishes he had more free time to become a volunteer to help with such a friendly group.

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## **NEW VOCATIONAL SUPPORT WORKER**

We are very pleased that Apricot Hulse is now working for Headway an extra day a week. (Apricot is our Deputy Co-ordinator on a Wednesday and has been a much valued volunteer on other days for nearly a year).

Apricot's new role will be to work closely with staff at Oxford Centre for Enablement (OCE). She will support a small number of clients who have completed the Cognitive Rehabilitation

Course at OCE and are now ready to consider a return to work.

This will involve Apricot contacting potential and previous employers and helping to prepare her clients for work. Steps along the way may include college or university courses or voluntary work. Apricot may also support clients with brain injury who are already in work.

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## VOLUNTEER ADMIN HELP

At last we have some help to hack our way through the paper jungle! Helen Anderson will come on Tuesdays and attempt to impose order. We are very grateful to her for taking this on and wish her well.

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## MEMBERS UPDATE

Volunteer Jill Moore's cousin Michael Munsey who captains Worthing's bowls Association, had a benefit day and raised £250 for Headway. Many thanks.

Member Sandra Parada still enjoys working as a volunteer activities helper at the Leonard Cheshire Home at Adderbury. They are busy making Arts and Crafts for the Christmas sale. Sandra has been a volunteer since December 2005.

Member Keith Quelch has been busy over the last two years doing different computer courses. His next course will be Internet access starting in February 2007.

Volunteer Jill Moore was happy and surprised to receive a Christmas card early on her birthday in October. I wonder what kind of card she will get for Christmas, wait and see!!

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## UPDATE LETTER FROM SHEILA SARGEANT

I would like to say a big **Thank You** to all at Headway, and those who visited me during the seven weeks I was in hospital, and after my discharge home. I really appreciated the lovely flowers, cards, gifts, and the visitors all made the days pass more quickly and helped my recovery,

I am having physio once a week now, progressing slowly. I have been told that it's going to take a long time to complete my recovery.

We are very happy that the weather is so good this year as we enjoy spending a lot of time in the garden with family and friends. The roses and flowers have been spectacular, so I have to count my blessings.



I would like to take this opportunity of thanking Jean, Alison and Vivienne, who give of their free time in continuing to do the newsletter, it is a great source of information of what's going on in Headway. It also keeps everyone outside of Headway up to date with the members and who is who.

*Best wishes to all.  
Sheila Sargeant.*

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## HEADWAY HOLIDAY AT LITTLECOTE HOUSE HOTEL

*By Wendy Barker Friday Group*

As a fairly new member of Headway it is my pleasure to write a report of my first holiday with Headway.

We left Kennington on time in a very smart coach driven by Charles Hatton – thank you. We arrived at Littlecote House just in time for lunch, then as the weather was mild and sunny, some of us enjoyed a very pleasant walk with company to match, to see a recently discovered excellent mosaic floor, a bit different from our laminate flooring of today's trend! Back in time for our welcome meeting from the staff at Littlecote. It was then time to get changed for dinner - yes it was all go!



We all sat together in a large alcove off the dining hall. The meal was very good with lots of choices, then it was time for entertainment from the resident staff. Bingo ... Jokes from lime green clad Barry & his yellow clad assistant. Line Dancing, Barn Dancing, Disco Dancing, Chris's scene as he's a good mover he was surrounded by ladies most of the time.

Next thing I knew it was 12.30 am so off I went to bed trying not to disturb Laura, who had gone earlier. Thanks again Laura for sharing rooms. The bedrooms were very nice, some people even had their own flock of ducks to feed in the morning. We just had Chris and Keith in the next room.



Tuesday morning breakfast 8.30am the pottery demonstration, after that we were off to paint our own ... I TOLD YOU IT WAS ALL GO!

Lunch then a walk on the Wildside with Maurice, an activity arranged by the hotel – there were plenty of others, archery, shooting, swimming, gym, beauty therapies, learn to line dance to name but a few. Everyone was well catered for. Anyway back to Maurice - we had to make a quick exit as Maurice was not our cup of tea. We did have a good laugh though, didn't we ladies - you know who you are!

Next was Quiz time at 5.30pm. We had 3 teams Viv headed one team and won the cup - Yes I was in Viv's team. Time to change for dinner and then Bingo, Entertainment ... but I was tired so didn't stay up.

I forgot to mention we had a look round the old Littlecote House. Not everyone could do this as there were a lot of rickety stairs which was a pity. In the house was a haunted bedroom in which a father had killed his baby son. Also the last Cromwellian chapel in the middle of the house Amazing!

My thanks to Headway. Ali and her merry band of helpers for a superb holiday. Also thank you to my companions Pauline, Anna and Keith who made my first holiday very enjoyable. When's the next one?

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## OBITUARY FOR MOLLY PEARCE

*By her daughter Carol Pearce*

Mum & Dad (Molly & Lawrence Pearce) celebrated 62 years of marriage till Dad passed away 5 years ago. They had 8 children, twenty four grandchildren, twenty eight great grandchildren. Molly knew everyone's birthday and would sit at the beginning of every month to write birthday cards, never forgetting anyone, posting the ones to Australia and New Zealand in plenty of time to make sure they got them in time for their birthdays.

Mum worked at the Mulberry Bush School cooking for 36 children and probably the same number of adults, for 20 years, I have her contract to say that she earned 4s. 6d an hour. She was loved there. I had a letter from one of the old staff members, he said "she was like a second Mum", it was a lovely letter. Mum & Dad worked hard all their lives, as well as looking after my two brothers who in turn had terrible accidents one causing brain damage, and the other to lose his arm and leg injuries, but they just carried on, never complaining.

When Tim had his head injury that's when Headway helped so much, thank you. Mum was very happy helping with selling 50 books of raffle tickets, knitting throughout the year for the Christmas Bazaar. Mum & Dad never missed the monthly meetings at Rivermead. Mum felt so grateful to Headway, especially when Dad was ill and home visits started.

Mum & Dad were known as Aunty Bubbles & Uncle Laddie to nieces and nephews, and Bubbles to her brothers. Mum was an only girl with 6 brothers, her older brother used to rock her in the pram and sing I'm Forever Blowing Bubbles. I think that the song must have come out about then, that's how the name began. I've had cards and letters from old friends from way back saying how welcoming Mum was, when they came to call on us, she would always make an extra place at meal times no matter how busy she was. Our family has so many different wonderful memories of a wonderful Mum. Thank you once again.

## Headway Name Search Made by Apricot Hulse

Find the SURNAMES of all those people listed below. There are 48 surnames to find. They might be hidden diagonally, vertically, horizontally or back to front. Have fun!

Anna ALDRIDGE	Richard CHIPPERFIELD	Paul GRIFFIN	Sandra PARADA
Lottie ALLEN	Ali CLEMENTS	Apricot HULSE	Keith QUELCH
Patricia BAAKER	Sue COLCLOUGH	Nigel JACKSON	Laura RIDEOUT
Wendy BARKER	Chris DALE	David JARVIS	Terri ROGERS
Lesley BARRETT	Terry DALEY	Mary KING	Tony SINGH
Neil BARTLETT	Chris DEASY	Sandy LEACH	Diana TAYLOR
Michael BERRETT	John DENNIS	Paul MACKAY	Vivienne TAYLOR
Martin BIRCH	Pauline DENTON	Fran MANSFIELD	Vicky TOWNSEND
Clive BLACKMAN	Alexandra ELGIN	Viv MARTYN	Brian WEBB
Una BROWN	Michelle EDWARDS	Jill MOORE	John WILKINSON
Derek BROWNSON	Lisa GIBBARD	Marilyn MORRIS	Bob WILSON
June CARPENTER	Jackie GOODWIN	Lorna NATHANIEL	Jean WYKES

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

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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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Reminder - **The POUND challenge** to ALL MEMBERS ..... keep at it.  
Dates for all money to be handed in are Tuesday 2 January 2007 and Friday 5 January 2007. Please give money collected to Ali/Lesley. Thank you ALL for the hard work you are doing.

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Wednesday 13 December 2006 - **Christmas Lunch**. Meeting at 12 noon, for 12.30 Hawkswell House Hotel, Church Way, Iffley OX4 4DZ, Tel 01865 749988 (just before The Tree Hotel on the same side of the road)

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**Carers Right's Day** - 8 December - See information at your local Health Centre.

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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:

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.

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**Christmas Closure** - Friday 22 December 2006 last day.

**January Reopening** - Tuesday 2 January 2007 centre reopens.

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## **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.***

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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. Tel: 01993 702066

**Bobby and the Beeb** - Live Music for your Party. Tel: 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 07976 311378 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.

### **Info Exchange – Help with Benefit Advice**

Disability Benefit Helpline 0800 882200

Other useful contact – Dialability 01865 763600

### **Carers Support Centres in Oxfordshire:**

Oxford City – 01865 205192

Banbury – 01295 264545

Didcot – 01235 510212

Witney - 01993 706543

### **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**