



the brain injury association

HEADWAY OXFORD NEWSLETTER

Issue 9
October 2007

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.

Update

DAY CENTRE NEWS

Report by Alison Clements

We had such a busy summer in the day centre.

The holidays to Bournemouth and the Isle of Wight were both great.



We had lots of fun and new talents were discovered. It was great for me and the other staff and volunteers to see so many people having fun.

We won't know until April 2008 if we will get funding for more holidays

next year, so keep your fingers crossed.

The dance was also a huge success with over 100 friends and supporters attending and raising more than a thousand pounds.

Our A.G.M. went very well last week. We were very happy that all the committee signed up for another year. They do a fine job and we would be lost without them so I'd like to say a big THANK YOU to the Committee on behalf of everyone in the daycentre.

All of the above take many hours of preparation and although I enjoy the challenges, it takes me away from the job that I really love, which is working with the members.

We now have a clear run up to Christmas. Our new Portacabin will be arriving soon so we will have more space for Line Dancing and other new activities.

THE SUMMER DANCE AND BBQ – 17 AUGUST 2007

Report by Terry Rodgers

What a fantastic evening we all enjoyed. A night not to be forgotten, due to the generosity of the Chipperfield family, who provided a grand Marquee with drapery, grand chandeliers and a dance floor.

We had a magnificent venue for Silver, previously known as Bobbie and the Beeb, to entertain us with their unique style of 60's music.

We all enjoyed East Hanney's Dews Meadow Butchers' delicious home made sausages and burgers together with donated yummy salads and deserts.

The Auction, ably managed by our multi-tasking Treasurer Bob Wilson, raised the amazing sum of £1000. We had some wonderful donated items, including the very eye catching depiction of the Church of the Good Shepherd Hall, kindly painted by Alison Clements. There was a lively contest between Father Paul King and Ron Bakker for this picture, which Ron eventually won by outbidding Father King. Ron generously donated the painting to Headway.

The dancing took off after the auction with everybody joining in for the last few dances. Wheel chair dancing came into its own!



Many thanks to Alison Clements for organizing this magnificent event.

WELCOME TO SARAH BERRILL VOCATIONAL SUPPORT WORKER

We would like to welcome our newest member of staff, Sarah Berrill. This is what she writes about herself.

Hi, my name is Sarah Berrill and I am the new Vocational Support Worker. I will be working 7 hours a week; supporting people get back into work. Firstly everyone always wants to know how an American came to be in Oxford! I was born and raised on Long Island, NY and during University completed an exchange programme with Somerville College at Oxford University. During that time I met my

husband and the rest they say, is history! I have worked and lived in the area for over 10 years. I spent many years working with the homeless in Oxford. This diverse client group allowed me to work with people with many different needs. I then completed my MBA and went to work for the Vale of White Horse District Council as the Access Officer, working on a wide range of disability issues. I left to stay at home and raise my two young children (James, 4 and Olivia, 2) during which I continued to provide training to the Council and local

businesses on disability equality and awareness as well as the Disability Discrimination Act.

I enjoy spending time with my friends and family. This often involves a lot of travelling! I like to keep fit and like to go to the gym and ride my bicycle. I also volunteer at the village

youth group and have a great time trying to keep up with them!

Everyone at Headway has been so warm and welcoming during my start. Working at Headway is providing me with a wonderful opportunity to work at something that is interesting, varied and worthwhile and I look forward to working with you and getting to know you all.

UPDATE ON VOLUNTEERS AND MEMBERS

We would like to thank volunteers Ed, Julie, Ash and Birgit for all their help. We would like to thank Sue and Marilyn our Arty Crafty helpers. The leather bags are an inspiration. We are delighted Sue is able to attend regularly again.

We would like to welcome Steve Williams on Tuesdays; he says "I enjoy Headway. It's a good laugh. People are very friendly, helpful and encouraging

TERRY RODGERS

Terry has been a Tuesday volunteer since March 2003. Due to domestic circumstances she's taking a back seat for a while. We wish her well, and hope to have her back soon. Terry has thoroughly enjoyed her time at Headway and has made many friends.

Here she is on the Isle of Wight Holiday disappointed that her wood (bowl) did not quite hit the jack to prevent Ernie from winning yet again!



GARDEN UPDATE

Report by June Carpenter

Gardening Award

Kennington Parish Council awarded Headway as a Finalist in the Best Kept Business Garden Competition 2007 Best Business Premises.

Congratulations to all our green fingered members.

Our grateful thanks to Martin Taylor for kindly looking after the geraniums for the winter.

ISLE OF WIGHT HOLIDAY

Report by Jill Moore

We had an excellent time at Bembridge, Isle of Wight, at the Elvis Tribute Weekend, where the weather was wonderful. Thanks very much to Charles Hatton who provided the coach for the holiday and took us shopping to Sandown in it.



Various members really got into the spirit of the Elvis Weekend. Here is Keith Quelch in his Elvis wig, enjoying a chat with his wife.



The quizzes were highly contested by the three teams and much brain teasing was had by all. The champion indoor bowling green gave much pleasure to the competing teams on Sunday afternoon.

A big thank you to Alison Clements who organised the holiday and to all the volunteers who came to help.



Our Elvis impersonator John Wilkinson brought the house down in Karaoke with his rendition of an Elvis song.

Everyone danced including Chris.... See below



Chris Deasey says "I would like to thank all the helpers, carers, staff and Committee of Headway for a great holiday. I would like to especially thank all my dancing partners, Alison Clements, Jan Chipperfield and Jean Wykes for dancing with me and encouraging me to stand up and dance like I did 12 years ago. It's been a long 12 years since I stood up and danced and it was very special for me. IT FELT ABSOLUTELY FANTASTIC TO STAND UP AND DANCE AGAIN. I did jiving and the twist. I have been pushing my wheelchair around my flat and am

determined to use what I have before I loose it.

I would like to thank Richard Chipperfield with whom I shared a room, as he was so supportive and encouraging to me to walk and regain my confidence and independence. A

big thank you to Ali for arranging the holiday and helping us all to have such a good time

Chris wants to raise money for Headway so any suggestions as to how? Wing walking? abseiling? sponsored?

WEDDING BELLS

Report by Sheila Sargeant

Many congratulations to Sally Pinniger and Patrick O'Connell who were married on the 14 September, at the Cherwell Edge Golf Club, Chacombe, Banbury.

Sally's sister Sam was matron of honour, the bridesmaids were Ciara, Tamzin and Tia Keown, Sally's neices. Patrick's brother Edmund was best man.



Sally looked stunning in a beautiful full-length white satin dress and bolero with sequins She wore a

tiara head-dress, a pendent, earrings, bracelet and watch, in sparkling jewels to match. The matron of honour and the bridesmaids wore full-length dresses in burgundy and white satin, they all looked magnificent.

Fifty guests joined the wedding party for a sit-down meal, with forty more arriving in the evening to enjoy dancing, music, and a lovely buffet supper.

Sally was a member of Headway Oxford for many years before going to live independently at Summers Close, Banbury. Sally joined the Headway group at Green Hill Day Centre when it opened three years ago.

Reg and myself were delighted to be part of Sally's special day. It was great to meet up and chat with so many of Sally's family again, along with members and staff of the Leonard Cheshire Home.

Sally and Patrick had a wonderful day, and left to honeymoon in Southampton, 15 September.

AWAY DAY – 1 OCTOBER 2007

Monday 1 October Vivienne Taylor kindly hosted the Staff and Committee for a brainstorming "Away

Day." Many thanks to Vivienne for cooking the most delicious Shepherd's Pie and hosting this day.

VOLUNTEER OF THE YEAR

Report by Sheila Sargeant

Volunteer, Jem Kennedy has been given the high accolade of Senior Volunteer of the year for her work at the George Steven Centre in Scotland. The ceremony, held annually to mark Volunteer Week, which this year ran from 4 - 9 June, is hosted by The Volunteer Centre, North Ayrshire.

Jem was a volunteer at Headway Oxford for eight years before leaving to go to Scotland. Jem's smile and chat while doing hand care for our members, helped them to relax, this work was invaluable. She also cooked wonderful cakes, for the cake stall at the annual Christmas bazaar, and for the many birthday parties we had. She came on outings and holidays, and was a great support to Headway.



ANNUAL GENERAL MEETING 2007 5 OCTOBER 2007

Report by Jackie Goodwin

The sun shone on our AGM at our centre in Kennington.

Approximately 50 friends, "family" and colleagues gathered for a short business meeting to receive the annual report and accounts and to elect the management Committee for the subsequent 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

Following this we had an illustrated talk from Dr Rachel Tams, Consultant, Clinical Psychologist at Oxford Centre for Enablement. She spoke on the work she is involved in in supporting children who have a parent who has a brain injury. This was a topic of great relevance and interest to everyone present.

As has become traditional, the occasion concluded with lunch.

TRAINING DAY IN LONDON

The Community team at Headway, Lisa, Fiona and Lorna attended a Brain Injury seminar.

The theme was 'Practical approaches to working with children and families of adults with Neurological disabilities'.

We found the day to be very interesting and varied with the different speakers involved.

Overall we all found the experience promoted Awareness relating to Brain Injury.

DONATIONS

Thanks to Tony Singh's daughter Caroline, who ran the Hydro Challenge in Hyde Park and so far has collected over £200.

Thank you Caroline.



In 1967 Jack King was best man to Trevor and Diane, who've just celebrated their Ruby Wedding. Instead of presents it was donations to Headway and the Diabetic Clinic.

Thank you Trevor and Diane for their generous donation of £150.



THE END OF THE SOUTH AMERICAN CYCLE

Report by Bob Wilson

Dave and Gary's great adventure is over. They returned to England having finally reached the Caribbean on the North Coast of Columbia at Cartegena. They returned home 15 August to an emotional reception at Heathrow Airport. Their ride took them from Tierra del Fuego criss crossing the chain of the Andes throughout its whole length.

Dave visited the Day Centre on 31 August and gave a photographic

aided talk recounting just some of his many adventures to an enthusiastic audience. He has now started work at GlaxoSmithKline in London and in spite of his nomadic life over the last 2 years reports that he is thoroughly enjoying being back in England.

The boys have raised over £12,500 through their efforts for Headway. Very many thanks to all of you who have made donations and for supporting the cycle ride.

Forthcoming Events

Saturday 15th December

Steventon Choral Society is performing a Christmas Concert, in aid of Headway, on Saturday 15th December at 7.30pm. The venue is Steventon Village Hall and the tickets are £7. The music we will be performing is Christmas songs and carols - light music. Tickets will be available from Caroline Miller on (01235) 834015.

We are always pleased to welcome new singers so if you are interested please telephone Helen Pearce on (01635) 281570 or look at our website www.steventonchoral.org.uk

We meet for practice on Thursday evenings 7.30pm - 9.30pm.

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Wednesday 19 December – Christmas Lunch



Remember the delightful time we had last year. By popular request we are returning to: Hawkwell House Hotel, Church Way Iffley, Oxon OX4 4DZ, Tel: (01865) 749988

Please reserve Wednesday 19 December for Headway's Christmas Lunch. Meet at 12 noon for 12.30. Price £12 per person. Please phone Alison Clements on (01865) 739373 before 30 November to book your lunch.

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Xmas Day Centre Closures

The day Centre will close after the meeting on Friday 21 December and reopen on Friday 4 January 2008

May we take this opportunity of wishing you all a very Happy Xmas and all the best for 2008.

Stop Press...Stop Press...Stop Press...Stop Press...Stop Press

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

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

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.

Children affected with a Brain Injury - useful link CBIT Child Brain Injury Trust, a UK-wide charity offering support and information on acquired brain injury in children, based in Bicester. Telephone Helpline: 0845 601 075 www.cbituk.org

Thanks to Mrs Carol Quelch (Lofty's wife) who works for Vale of White Horse District Council and kindly forwarded this info:-

The Changes:

From Monday 15 October, Vale residents who are free bus pass holders will no longer be able to use their bus pass for journeys within Oxford City or for the Park and Ride. The only exceptions to this are:-

Oxford Bus Company

Route 13	Boarding - Rail Station	Destination JR Hospital
Route X13	Boarding - Abingdon	Destination JR Hospital
Route 15	Boarding - Oxford City	Destination Nuffield, Warneford & Churchill Hospitals
Route 8?9	Boarding - Oxford City	Destination JR (Headington entrance)
Route 400	Boarding - Seacourt/Thornhill	Destination JR (Headington entrance)

Stagecoach Oxford

Route 7C	Boarding - City Centre	Destination The Manor, Nuffield & JR Hospitals
Route 10	Boarding - City Centre	Destination Nuffield & JR Hospitals
Route 14/14A	Boarding - Rail Station	Destination JR Hospital
Route 17A/17C	Boarding - Rail Stn/Jericho	Destination JR Hospital
Route U1	Boarding - City Centre	Destination The Manor, Nuffield & JR Hospitals
Route U5	Boarding - City Centre	Destination Nuffield, Churchill, Warneford and JR Hospitals
Route U10	Boarding - City Centre	Destination Nuffield & JR (Headington Entrance) Hospitals

Residents can still use their passes to travel within the Vale, to and from Oxford and to other designated towns outside the Vale border, as well as to hospitals in Oxford and Swindon. The other designated towns are Didcot, Swindon, Newbury and Witney.

The scheme covers journeys made after 9am and up to 11pm on weekdays, and anytime on a Saturday, Sunday or English Bank Holidays.

For more information, please contact 0845 300 6129 or visit www.whitehorsedc.gov.uk

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

CRANIOSACRAL THERAPY contact Jenny Baker at Oxford Natural Health Centre, 3 Church Cowley Rd (01865) 715615

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**

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

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.