



## MESSAGE FROM A VOLUNTEER

Hello from everyone at Headway, we hope you have all had a great summer and are now looking forward to a colourful autumn before winter begins. I started volunteering for Headway because I like having fun with art and enjoy being creative and hope that I can help others develop their creative sides - anyone can be creative. Brain injury is an issue close to my heart having had an operation on my brain many years ago - luckily I was not left with any permanent damage but it has made me want to help others who have been left with difficulties

Rachel Cox  
Day opportunities volunteer



## Charity Shop News

**We officially relaunched our charity shop in Lowesmoor on 5th September. Staff, clients and volunteers were on hand to welcome customers into the store as the shop opened its doors.**

The launch was attended by Warrior and ex-England Captain **Pat Sanderson** who posed for a photo-shoot and met some clients. The revamped shop will raise funds to support the work we do.

Alan Puchon, Director of Headway Worcester said: "We are delighted to be trading in our new premises and I am extremely thankful to all our hard working staff and volunteers who have rallied round to get the new shop up and running. "Special thanks should be given to the Worcester College Summer School Team, who donated their time to completely repaint the shop."

"I would urge local people, staff and clients to pop in to our fantastic new shop, meet the team and have a look through some of our high quality items. Every purchase or item donated to the shop will help fund the invaluable work we do in the community."



## Face Painting Event at Headway Charity Shop

**Friday 28th October 2011, 10am -2pm.**

Looking for something to do with the kids over half-term? Why not come and get your face painted at the charity shop (maybe you could go for a ghoulish Halloween themed face?) for **just £2.00.**



## UPCOMING Fundraising & Events

**Stuart's Step sister Jane is once again putting on her running shoes to help raise funds for Headway Worcester.**

Jane has already run the Loch Ness Marathon raising loads of money and despite problems with her knees Jane is running the Chester Marathon on October the 9th, but has also enlisted her friend Zoe to run as well. On September the 12th Jane and Zoe and their friend Susan spent the day with Headway, they visited the Bungalow and Dickinson Court before having lunch in the day centre followed by a few games of pool. They said they had a fantastic day and they thought Headway was "inspiring" so much so that Susan is now considering doing a parachute jump for us next year! The girls are also going to be doing another of their famous cake bakes at their office in Cheshire. Jane and Zoe have been out pounding the streets in all weathers training for the big day so I'm sure you will join us in giving Jane and Zoe a huge thank you and good luck for the day. We will let you know how they get on. GOOD LUCK GIRLS.

### Pictured:

Jane Stuart and Zoe (Jane and Zoe are wearing their fluorescent "Diva" shirts that Alan Puchon got printed for them)



### If you would like to sponsor

**Jane and Zoe** there is a sponsor form at the day centre or you can go online to Headway's just giving page and log in to Jane and Zoe's page, you can also donate by text on your mobile phone.

## Calendar

**Thursday 13th October**  
Client Involvement Meeting  
10 am @ Day Ops

**Friday 28th October**  
Face Painting Event at  
Headway Charity Shop  
10am -2pm

**Sunday 30th October**  
British Summer Time ends,  
don't forget to put you  
clocks back by one hour!

**Monday 31st October**  
Halloween

**Saturday 5th November**  
Guy Fawkes Night

**Thursday 10th November**  
Client Involvement Meeting  
10 am @ Day Ops

**Sunday 13th November**  
Remembrance Sunday

**21st - 27th November**  
Road Safety Week

## News From Malvern Outreach

The Malvern team would like to welcome back **Lenny** after being on maternity leave. Great to have you back. **Linda Davies** has been to Disney Land Florida with her family and had a great time, so much so she did not want to come back! **Ray Kirkland** had his sister come to visit from Glasgow, this was really special for Ray as it was his 49th Birthday and Ray has not seen his sister for 15 years. They both had a great time and Ray was very sad to see her leave, hopefully she will be returning next year for Ray's 50th when Ray hopes he will be walking again.

**Marc Davies** had a holiday with his family and had a great time, seeing his new nephew.

**Heidi Williams** successfully completed her **skydive for Headway**. She has raised in the region of £600 for Headway. Heidi has featured in the local paper before and after the dive took place. Heidi said that she was really calm throughout the whole experience. She was 2.5 miles up and free-fell for 1.5 miles before the parachute was released, at a speed of 120 miles per hour, she would really like to do it again! Well done Heidi this is an absolutely amazing achievement and Headway is delighted with the additional awareness you have raised for our cause

**Evette and the team**

## Worcester Outreach

Worcester Outreach Team bid a sad farewell to **Claire Amphlett** who left to move on to pastures new, but Claire has enjoyed working for Headway and will remain on as a valued member of the bank staff team. Worcester Outreach also give a warm welcome to new team members **Ann Lewis and Steve Jones**.

A considerable number of clients at Dickinson Court are having their flats painted in preparation for the Nexus inspection, which is giving clients the opportunity for a good clear out while the weather is still on our side. Volunteers from **Worcester University** recently came to Dickinson Court to rub down and varnish the communal garden furniture so Headway extends a big thank you to them.

Outreach clients have been busy filling in Volunteer applications for the New and Vibrant Charity Shop which will begin taking on client volunteers in November.

Lyn and the team are still appealing for some assistance with items for the ongoing **Dickinson Court in Bloom** project. So if anyone knows anyone we can persuade to donate a couple of bags of Cotswold Stone or any plants, please get in touch.

Worcester Outreach have had new servers installed, which have been gratefully appreciated by all and should make administration more efficient.

**Best Wishes Lyn and Team X**

## News from Brickfields Bungalow

We are pleased to welcome a new tenant, **Alf Higgins** to the bungalow, Alf will be going to the day centre so many of you will have the opportunity to meet him and perhaps have a game of pool or dominoes, we believe he is quite good at both.

**Emma and Stuart** have both returned to college, Emma is doing a new course with computers, best of luck Emma. Stuart is doing an extra day this term; he has decided to give the outdoor life a go and now goes to Top Barn Farm as well as continuing with his art. We have suggested to Stuart that he gives his wellies a designer look by painting pigs and chickens on them, we will have to wait and see!

Both **Jean and Stuart** have volunteered to work in the Headway charity shop and are really looking forward to being able to help out, Jean has also donated some of her drawings to the shop to boost the funds, thank you Jean.

**Irene Tenants and the team**

## News from Evesham Outreach

Welcoming **Emily Papirnik** back to the team. Wayne Philbrick has organised a **Bingo Evening** to take place on **30th Sept** at the Evesham Rowing Club to raise funds in aid of Evesham ABI College.

## Day Opportunities

All the day centre clients went on the annual **Rotary Club Boat Trip** which they enjoyed. They got a little cold!!! But there was cake so everyone was happy.



Welcome to all the new clients at the centre **Zanita Ludze, Phillip Willoughby, David Bick, Terry Wyatt, Alf Higgins, Angela Lloyd** and also welcome back **John Merriman**. Well done to **Claire Tindall** who is steaming through her NVO and doing a really good job of it. **Computer courses** have finally started thanks to Vicky, Chris and Pauline. **Reflexology** has been really successful with a lot of clients benefiting from it so thanks to Maria. Please ask your carers if they want to try reflexology please get in touch with Helen at the centre.

**Helen and the team**

## Messages...

New Volunteer – **Cheryl Cooper** will be helping with promoting Headway with **press and PR stories**. Please feel free to email her with any stories or events that she can promote on [cooc1\\_09@worc.ac.uk](mailto:cooc1_09@worc.ac.uk)



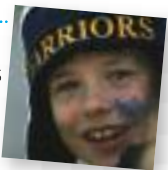
If clients would like advice on how to stay safe and deter **'trick or treaters'** please go to West Mercia Police web site or go to your local police station where you can ask for a copy of this poster to display in your window

**Window Stickers have arrived** by popular demand – we have Headway Window Stickers on sale for £1 to display in your car or house windows. The stickers will help promote Headway and the work we do and make more people aware that we are out there and ready to support adults with brain injuries. The money raised will cover the cost of producing the stickers. Please ask your support worker if you would like to purchase one.

**Reflexologist Maria raised £46.00** for the centre as part of reflexology week – by providing reflexology for clients and staff for a day – thank you Maria!

## Facepainting at Warriors

Headway staff and volunteers organised and completed the **Open Day event at Sixways** for the Warriors on 27th August with Mo, Rachel and Sally doing the face painting. If any staff or volunteers would like to learn how to face paint for Headway events, please contact Rachel who would be happy to organise some training.



## Freshers Fair event

Claire attended the University of Worcester, Student's Union **Fresher's Fair on 19th September 2011** with the aim of recruiting some keen volunteers – There was a lot of interest generated with students volunteering to do a range of roles, including web design and social networking. So far 25 volunteers have given their contact details to us!



## Charity Shop

Besides selling amazing quality second hand goods, the charity shop also has a **top notch café facility** with yummy hot-chocolates, a range of teas and caffeine fuelled coffees and cappuccinos! Also remember to **keep those good quality donations coming in** – give your wardrobe and house an autumn clearout and bring your unwanted items to the charity shop!



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