

# HEAD START

The latest news from **Headway Suffolk**

Summer 2018



Headway Suffolk supports adults living in Suffolk and south Norfolk who have an acquired brain injury or a neurological condition with an extensive range of rehabilitation, therapy and support services.

In this newsletter you will find out more about these services and how we can help you, a loved one, or someone you support.

These include:

- **Day Service** – rehabilitation, life skills and cognitive skills at our day hubs throughout Suffolk.
- **Homecare** – support in your home with daily living tasks at a time to suit you.
- **Community Support** – support to enjoy leisure activities and socialise in your community.
- **Occupational Therapy** – expert help and ongoing programme with your everyday life.
- **Speech and Language Therapy** – expert help and ongoing programme with your speech.
- **Physiotherapy** – expert help and ongoing programme with your mobility and fitness.
- **Counselling** – expert help and ongoing support for you and family members/friends.
- **Brainy Dogs** – improve your confidence and enjoy companionship from our Brainy Dogs.
- **Preparation for Work** – learn new skills for future work prospects and design products.
- **Respite** – enjoy respite as a carer safe in the knowledge your loved one is in good hands.

# Homecare / Community Support



Our aims are to provide rehabilitation and care for people with an acquired brain injury or a progressive neurological condition, and to offer respite, support and advice to their families, friends or carers.

Our Rehabilitation Assistants are trained to deliver the level of support needed.

Through our Domiciliary Care Support Service, we can help people with daily tasks such as getting out of bed, personal care and getting dressed, as well as help around the home such as preparing and cooking meals, doing the laundry and light housework.

We have also developed an innovative approach to communicating with our clients incorporating a variety of methods. The clients Rehabilitation Assistant will adapt to meet the client's requirements.

We are meticulous in choosing the right Rehabilitation Assistants to join our team. They all go through a series of selection processes and only those who meet the high standards Headway Suffolk set are successful.

All staff are trained to a minimum of level 2 in care but are expected to train to level 3 care. All staff are trained to understand Brain Injuries and Progressive Neurological Conditions.

We provide a reactive and responsive service – we regularly implement tailored care packages within days of receiving an enquiry.

Flexibility – our service is tailored to meet the needs of the individual. Therefore, each package can be adapted to suit their lifestyle or routines including community access and socialisation – from shopping and medical appointments to bowling and swimming.

On-going support to help achieve their recommendations.

Our service is fully regulated by the CQC.

We understand that life after a Brain Injury or the diagnosis of a long term Progressive Neurological Condition can feel challenging and confusing.

Our highly skilled team work towards improving the quality of life of our clients in order to support each individual to reach their full potential. Our fundamental focus is high quality care.

All staff receive monthly supervision and annual appraisals as well as regular spot check inspections.



## Apprentices excel in their studies!



Congratulations to two of our rehabilitation support staff who have been rewarded for excelling in their studies this year.

**Courtney Prior won West Suffolk College's 'Outstanding Social Care Apprentice of the Year' while James Stewart was runner-up in YMCA's Apprentice of the Year'.**

# Counselling



Headway Suffolk has qualified counsellors who are part of a multi-disciplinary team comprising OT, physio and speech & language therapists.

Headway Suffolk offers individual and couple counselling to Headway clients at Ipswich and Bury St Edmunds hubs; also for family members/friends of Headway clients (both at no additional cost).

Members of the community who live with acquired brain injury or neurological condition and/or family carers may access counselling as private fee paying clients (charged at lower end of market rate).

We recognise that a brain injury of any kind or a neurological diagnosis can be life changing for both the person concerned and for those who share their life.

We regularly run courses including our holistic Understanding Brain Injury course comprising input from the whole therapy team and looking at the functional, emotional and physical impact of ABI and neuro; this is a 6 week course with a designated day at the end especially for family carers and friends.

Other specific targeted groups for both clients and family/friends who find themselves in a caring role are run on an as needs basis.

Contact us via our website or phone for further information.



## Neuro Conference - Wednesday 17 October

On Wednesday 17 October we hold our fourth annual Neuro Conference featuring a range of eminent speakers in the field of neurology, brain injury, stroke, dementia and carers.

It takes place at Kesgrave Conference Centre, Twelve Acre Approach, Kesgrave from 10.30am – 4.30pm.

Four keynote speakers have been confirmed so far that will address delegates in their field of expertise:

**Professor Robert Winston** is a renowned scientist and health expert who will present on the human brain.

**Dr Hilda Hayo** is the chief admiral nurse and chief executive of Dementia UK with 38 years' experience.

**Dr Sajid Alam** is a consultant in stroke medicine at Ipswich Hospital and with an interest in TIAs.

**Dr Jane Hawking** is an author, teacher and the former wife and carer of Professor Stephen Hawking.



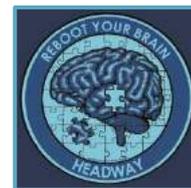
**Tickets are priced at £40 (plus booking fee) and are available from Eventbrite at:**

[www.eventbrite.co.uk/e/headway-suffolk-neuro-conference-2018-tickets-40194431627](http://www.eventbrite.co.uk/e/headway-suffolk-neuro-conference-2018-tickets-40194431627).

**Discounted tickets are available** for Headway Suffolk clients and persons who are registered disabled. Please contact Helen Fairweather on 01473 712225 or email: [helenfairweather@headwaysuffolk.org.uk](mailto:helenfairweather@headwaysuffolk.org.uk).

# Preparation for Work / Social Enterprise

We have a new social enterprise operating from Headway Suffolk, where we can help clients prepare for work, either paid or unpaid.



We have designed and developed a few products that people can purchase from us that are mainly aimed to help rehabilitation.

Products include:

- Puzzle book
- Dementia mitt
- T-shirts
- Gifts
- Jigsaw puzzle
- Jewellery
- Fiddle boards



Through a preparation for work course we can also help clients into paid or unpaid work.

Whether it will help with a CV through to work experience in our social enterprise to gain insight and experience – we can help.

**For more information on either our preparation for work scheme or the products we sell in our social enterprise, contact 01473 712225 to speak to a staff member.**

You can also view our products for sale on Facebook at:

[www.facebook.com/prep4workheadwaysuffolk](http://www.facebook.com/prep4workheadwaysuffolk).

## Suffolk Brain Injury Survivor Stories

As part of Action for Brain Injury Week in May, we shared four inspiring stories of brain injury survivors who are receiving support from Headway Suffolk.



### Dean Osborne

Dean, aged 26 and from Haverhill, sustained a brain injury in a car accident in Cambridgeshire in May 2013. He spoke about his recovery, which included improving his mobility, and how he is now working hard at learning to drive.

Read his story at: [www.headwaysuffolk.org.uk/deans-story](http://www.headwaysuffolk.org.uk/deans-story).



### Emily Millican

Emily, from Diss, sustained a brain injury in a car accident in Suffolk at the age of 17 in January 2010. She spoke about her recovery, including 44 days in Addenbrooke's Hospital, and how volunteering at Headway has helped her.

Read her story at: [www.headwaysuffolk.org.uk/emilys-story](http://www.headwaysuffolk.org.uk/emilys-story).



### Tom Canning

Tom, from Ipswich, suffered a stroke at the age of 31 when he collapsed at home and started to slur his speech in May 2014. He spoke about his recovery and support from Headway, which includes help at the gym, and how he educates university graduates on the effects of a stroke.

Read his story at: [www.headwaysuffolk.org.uk/toms-story](http://www.headwaysuffolk.org.uk/toms-story).



### Michael Anderson

Michael, from Botesdale, sustained a brain injury at the age of 11 in 1975 when a motorbike collided with him while he was walking. He spoke about how the unconditional love of Boss, his corgi obtained through our Brainy Dogs project, helped him leave a dark past behind him.

Read his story at: [www.headwaysuffolk.org.uk/michaels-story](http://www.headwaysuffolk.org.uk/michaels-story).

# Brainy Dogs

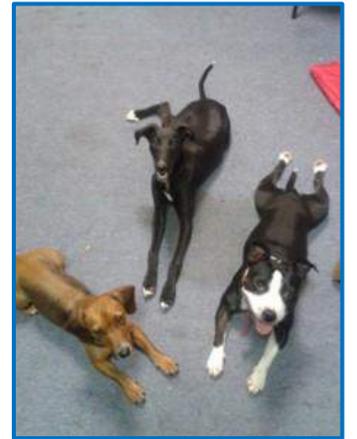
## What does Brainy Dogs offer?

- Suitable dogs are rehomed from local rescue centres
- Prisoners of Hollesley Bay help us train the dogs
- Dogs are rehomed as well as behaved companions to Headway Suffolk clients and others with a neurological condition
- We also help train dogs that clients are struggling with to prevent them having to be rehomed
- We offer dog visits to clients of caring establishments who can't have their own dog
- We have centre dogs for clients/relatives to interact with and for clients to use as a motivational rehab tool



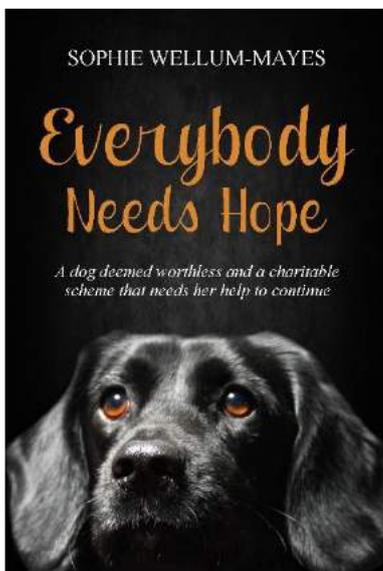
## How do Brainy Dogs help?

- Increased confidence
- Ice breaker
- Social network
- Motivation
- Independence
- Something to love
- Rewarding for prisoners
- Fun and rewarding
- Rehab tool
- Non judgemental
- Work experience
- Reduce reoffending
- Social inclusion
- Reason to get up
- Rehome rescue dogs
- Unconditional love



If you would like any more information on Brainy Dogs and the services we provide then please contact 01473 712225 for more information.

## Everybody Needs Hope - buy now on Amazon



A new book telling the story of Hope – our once unwanted Brainy Dog – has been released to help the project survive.

**Everybody Needs Hope** charts the life so far of five year-old Hope, a black Labrador crossed with a Cocker Spaniel, who provides therapy and rehabilitation to clients at Headway Suffolk to help aid recovery.

Deemed unwanted and 'good for nothing' as a working breed by her owners, Hope was saved by the project's co-ordinator Sophie Wellum-Mayes in 2012.

Hope has been integral to the success of Brainy Dogs, which has gone from strength to strength, but once again she faces an uncertain future with funding due to expire in October.

You can help Hope continue in her invaluable work by buying the book – just search for 'Everybody Needs Hope' for kindle on [Amazon.co.uk](https://www.amazon.co.uk) and in paperback on [Amazon.com](https://www.amazon.com).

# Headway Hubs in Suffolk

**Headway Hubs throughout Suffolk**  
The charity that supports local people with acquired brain injuries and neurological conditions

**Neuro Hubs**  
1. Ipswich Mon-Fri  
2. Bury St Edmunds Mon-Fri

**Satellite Hubs**  
3. Haverhill Wed  
4. Felixstowe Mon  
5. Woodbridge Wed

**Dementia Groups**  
6. Ipswich 2nd Fri  
7. Martlesham 4th Thu

Find out more at: [www.headwaysuffolk.org.uk/neurohubs](http://www.headwaysuffolk.org.uk/neurohubs)

Headway Suffolk operates two main neuro hubs in Ipswich and Bury St Edmunds from Monday to Friday and three satellite hubs in community buildings once a week. We also have two monthly groups for people living with dementia.

Find out more below and on our website at: [www.headwaysuffolk.org.uk/neurohubs](http://www.headwaysuffolk.org.uk/neurohubs).

**Ipswich** (open Monday – Friday)

Epsilon House, West Road, Ipswich IP3 9FJ

**Bury St Edmunds** (open Monday – Friday)

St Georges House, Olding Road, Bury St Edmunds IP32 6TF

**Haverhill** (open Wednesday)

Chalkstone Community Centre, Haverhill CB9 0JB

**Felixstowe** (open Monday)

Felixstowe Community Hospital, Felixstowe IP11 7HJ

**Woodbridge** (open Wednesday)

Woodbridge Community Hall, Woodbridge IP12 4AU

**Dementia Ipswich** (open 2nd Friday)

St Augustine's Church, Bucklesham Road, Ipswich IP3 8TH

**Dementia Martlesham** (open 4th Thursday)

St Michael's Church Centre, The Drift, Martlesham IP5 3PL



We offer a free taster day at any of the hubs so you can enjoy a day with us and find out how our rehabilitation sessions, including arts and crafts, cooking, drama, music, fitness, life skills and cognitive tasks can benefit you before you make any decision on whether to join.

If you or someone you know has a brain injury or a neurological condition and would benefit from attending one of hubs, please get in touch on 01473 712225 or email: [helenfairweather@headwaysuffolk.org.uk](mailto:helenfairweather@headwaysuffolk.org.uk).

## In Other News



**Congratulations go to our two amazing runners Sue Vincent and Jo Fellowes, who completed the hottest London Marathon on record in April.**

Both did incredibly well to finish in the searing heat, which reached 24.1C, with Sue in a time of 5 hours, 14 minutes and 52 seconds, and Jo in a time of 5 hours, 39 minutes and 33 seconds.

The ladies raised approaching a fantastic £5,000 between them, with Jo raising £2,488.33, which goes towards our dementia groups, and Sue raising £2,310.54. Awesome effort ladies – thank you and well done!



Clients have enjoyed trips out in recent months:

Far left – Up and close personal with some of the world's most famous planes at IWM Duxford.

Left – Enjoying lunch at Holywells Park in Ipswich as part of Suffolk Day.



Thank you to all 60 people who took part in our 10th Cycle Ride and Walk, raising over £6,000 - a great effort!

# Update from the CEO



Headway Suffolk is reaching a turning point with some exciting news that will be announced in October, so please keep in touch.

October will be a busy month as we are holding our annual Neuro Conference on Wednesday 17<sup>th</sup> (see page three for full details). Please make sure that you have your tickets.

Lord Winston will be talking on the brain, Hilda Hayo on dementia, Dr Alam on stroke and our patron Jane Hawking on carers' issues.

All Headway departments are busy and working hard to deliver the best possible care to our clients. We will also be launching a major fundraising campaign.

If you can help in anyway please do, every penny will help. We NEED YOUR help so that we can help you.

Helen Fairweather  
Chief Executive

## Walking Football & Hockey



Walking football and hockey are on the menu for clients attending the Ipswich hub to improve fitness, concentration and co-ordination.

The activity takes place at Ipswich Hockey Club in Tuddenham Road.

If you are interested in this or any other outdoor activity, such as swimming or the gym, see a member of the team.

## Contact Us



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<http://virginmoneygiving.com/charities/headwaysuffolk>

**Follow us on YouTube**

[www.youtube.com/channel/UCrswW4yc-5gNPKV0m8KD4Q](http://www.youtube.com/channel/UCrswW4yc-5gNPKV0m8KD4Q)

**Visit our website**

[www.headwaysuffolk.org.uk](http://www.headwaysuffolk.org.uk)

**Call us (Monday – Friday, 8.30am – 4.00pm)**

01473 712225 (Ipswich)

01284 702535 (Bury St Edmunds)

**Email us**

[info@headwaysuffolk.org.uk](mailto:info@headwaysuffolk.org.uk)

**Find us**

Epsilon House, West Road, Ransomes Europark,  
Ipswich IP3 9FJ

St Georges House, Olding Road, Bury St Edmunds  
IP33 3TA