

HEAD START

The latest news from **Headway Suffolk**

Autumn 2018

New Rehabilitation Hub and Housing Plans Announced

Headway Suffolk has launched ambitious and exciting plans to build a new rehabilitation hub and housing for clients in Ipswich – with the centre to be named after renowned physicist Professor Stephen Hawking.

The Stephen Hawking Neuro Centre will be built on the edge of Ipswich, on Ravenswood Estate, and will include facilities for rehabilitation and support for clients with brain injuries and other neurological conditions.



It will replace the current hub at Epsilon House on Ransomes Europark, which will be sold to support the new project.

The new centre will also include 24 homes where Headway Suffolk clients will have the opportunity to live as independently as they are able to.



Helen Fairweather, Chief Executive of Headway Suffolk, explained its essential need: "Life after brain injury is difficult for the person and their family. The change of personality and loss of function means many partnerships end.

"It is usually Headway clients who have to move out of the family home and become homeless, or end up in inappropriate provision, such as mental health or older people's services. This leads to depression and prevents rehab. Headway has, for some time, been looking at how to solve this problem, and now we have a very exciting solution."

To discuss further, contact Helen Fairweather on 01473 712225 or email: helenfairweather@headwaysuffolk.org.uk.

To find out more, go to: www.headwaysuffolk.org.uk/housing.

Public meeting



We are holding a public meeting on **Wednesday 3 October from 6.30 - 8.30pm** for local residents to view the plans and speak to staff and clients.

It takes place at Ravenswood Community Children's Centre, 103 Hening Avenue in Ipswich.

Everyone is welcome to come along and find out more..

Get involved!



You can get involved in supporting this hugely exciting project by purchasing bricks for just 50p each!

It's a perfect way for individuals, groups, schools and local businesses to help us build the centre.

For a donation of £66,000 you can have a room named after your company.

Home Care rated 'Good' by Care Quality Commission

We were very pleased to receive a 'good' rating for our homecare and community support services from the Care Quality Commission following their inspection on 14 June 2018.

Helen Fairweather said: "We are delighted to once again be rated as 'good'. This is down to the hard work and dedication of our staff team, seniors and management.

"We will now spend the next few months looking at how we can achieve 'outstanding'."

Belinda Twinn-Lee, Registered Manager for Headway Suffolk's homecare provision, said: "We are delighted with the CQC report findings as being 'good' in all areas. The whole staff team within homecare for Headway Suffolk have worked incredibly hard over the past months to ensure we obtained good in all areas. The determination to provide the very best care for our clients is reflected in the positive comments made in the report.



"At Headway Suffolk we are always striving to improve in all areas for both our clients and colleagues, and will continue to work towards outstanding in the future. Our challenge is to ensure that we can consistently deliver and evidence that we are achieving the highest standards. The team at Headway Suffolk homecare are committed to every aspect of the care we provide being at a consistently high-quality level.

"The CQC report stated that **'the service was well-led; the registered manager is organised and knowledgeable about the people being supported and was well supported by the providers of the service.'**

"It was a pleasure to read that clients, their relatives and the staff told the CQC that they felt I am open, supportive and have good management skills. We were thrilled that the CQC inspector recognised that the management team and staff are a strong team and work well together to ensure that people received consistent person-centred care.



"The CQC inspector wrote that they **'saw examples of positive and caring interaction between the staff and clients supported by the service; clients were treated with kindness and respect; people were able to express their views and staff listened to what they said, respected their views and took action to ensure their decisions were acted on; staff protected people's privacy and dignity; clients and their relatives told us that they were confident they were safe using this service'**.

"The inspector also reported that all of the people they spoke with, their relatives and staff made positive comments about the registered manager and the management of the service.

"One person said **'the manager doesn't only look after us, she looks after the staff, which makes them better carers'**. One person's relative said that **'I can honestly say that Headway have been an absolute Godsend to my (relative). The manager and her team have all been absolutely brilliant – all giving that little extra bit to (my relative's) wellbeing'**."

To view the report, published on 13 September 2018, go to: www.cqc.org.uk/location/1-3229962839.

Sophie's big surprise on Saturday prime-time TV



Our Brainy Dogs co-ordinator, Sophie Wellum-Mayes, was given a big surprise when she turned up at Snape Mailings in Ipswich to judge what she thought was an art competition by local school children.

Instead, she was met with a stunning gallery of all the people and dogs she has helped over the last seven years – and then they appeared themselves!

The whole occasion was secretly filmed by the National Lottery and was broadcast on Saturday evening prime-time TV during the X-Factor.

To view the video, go to: www.youtube.com/watch?v=LhG4Raw3spc.

Brainy Dogs boosted by £350,000 Lottery grant

We are thrilled to have been awarded £350,000 of National Lottery funding to train rescue dogs to provide life-changing support to adults living with neurological conditions.

The project will also help ex-offenders and young people who struggle at school to gain new skills by training the dogs.

Living with neurological conditions can leave people feeling isolated from their friends and families. The 'Brainy Dogs' project gives people the chance to take home a furry four-legged friend who can offer companionship, helping to support their rehabilitation.

The project is also helping teenagers and adults whose lives have been affected by mental ill-health, exclusion from education and criminal behaviour to gain work experience and learn new skills by training these rescue dogs.



The funding from the Big Lottery Fund, the largest funder of community activity across the UK, will enable the project to increase the number of people who train the dogs. With the aim of providing rehabilitation activities to meet individual needs, the project's ambition is to improve people's quality of life and provide a sustainable, growing and flexible service.

We will expand the service by working with a number of organisations to encourage social engagement within communities. Raedwald Trust – an education provider for teenagers who have been excluded from mainstream education – carried out a pilot and are now keen to join the scheme longer term.

Organisations which support individuals on probation, those living with mental health issues, young people who struggle at school and veterans will be supported through the programme and could significantly benefit from training the dogs.



Brainy Dogs will not only enable individuals to gain work experience and transferrable skills which can be used when seeking employment, but it will also increase people's confidence. In addition to this, individuals living with a neurological condition often struggle to communicate and lack motivation. Therefore, they are generally reluctant to engage in other activities but in fact are extremely keen to interact with the dogs.

To find out more, contact Sophie Wellum-Mayes on 01473 712225 or email: brainydogs@hotmail.co.uk. Visit the website at: www.headwaysuffolk.org.uk/brainydogs.

Awards Dinner - Thursday 22 November



Join us for an evening of celebrating the achievements of local brain injury survivors over a delightful 3-course dinner at Shelley's Restaurant, Suffolk New College in Ipswich on Thursday 22 November from 6.30pm.

There's prize giving to those who have made big strides in their recovery, a raffle and an excellent dinner, which includes the option of a traditional Christmas dinner. This makes it an ideal event for businesses to treat their staff early before the festivities and support a worthwhile cause.

Tickets are £50 each and available from Helen Fairweather on 01473 712225 or email: helenfairweather@headwaysuffolk.org.uk.

You can view the menu at: www.headwaysuffolk.org.uk/events.

A NOTE OF THANKS

Thank you to the **Haverhill South People's Forum** for a grant of £1,000 for cookery equipment at our Haverhill hub.

A NOTE OF THANKS

Thank you to **Ansaback**, an Outsourced Customer Service Specialist in Ipswich, for their kind donation of £312.37.

Neuro Conference - Wednesday 17 October

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| Prof Robert Winston | Dr Hilda Hayo | Dr Sajid Alam | Dr Jane Hawking | Dr Charlotte Brierley | Andrew Pearson |
|  |  |  |  |  |  |
| World-renowned health expert & scientist | Chief Admiral Nurse & CEO at Dementia UK | Stroke consultant at Ipswich Hospital | Author, teacher & former carer | Consultant neurologist | Brain injury survivor |

On **Wednesday 17 October** we hold our **fourth annual Neuro Conference** at **Kesgrave Conference Centre, Twelve Acre Approach, Kesgrave from 10.30am – 4.30pm**, featuring six keynote speakers:

- **Professor Robert Winston**, a renowned scientist and health expert, will present on how we learn - the child brain.
- **Dr Hilda Hayo**, the chief admiral nurse and CEO of Dementia UK, will present on early-onset dementia.
- **Dr Sajid Alam**, a consultant in stroke medicine at Ipswich Hospital, will present on stroke prevention.
- **Dr Jane Hawking**, an author, teacher and former carer, will present on attitudes to disability - then and now.
- **Dr Charlotte Brierley**, a consultant neurologist at West Suffolk Hospital, will present on headaches and migraines.
- **Andrew Pearson**, a brain injury survivor from Suffolk, will talk about his successful recovery in the last 10 years.

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.

Discounted tickets are available for **Headway clients and disabled persons** by contacting **Helen Fairweather** on: helenfairweather@headwaysuffolk.org.uk.

High Sheriff visit



We were delighted to welcome the High Sherriff of Suffolk to our Ipswich hub on 13 September and provide him with an insight into our work.

He commented: "Headway do an outstanding job providing dedicated long-term help to so many.

"A humbling meeting."

Team work overcomes obstacles!



Nine brave souls from Headway Suffolk tackled 25 obstacles over a 1km outdoor assault course as part of AJW Distribution Ltd's first network charity fundraising event.

It was all about team work as everyone helped each other get safely round the course!

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