

HEAD START

The latest news from **Headway Suffolk**

Spring 2019

Buy a Brick to Help Build our Stephen Hawking Neuro Centre

Help us build our new Stephen Hawking Neuro Centre

BRICK APPEAL

Get involved. Buy a brick for just 50p each!

Headway Suffolk
the brain injury charity

5 YEARS

www.headwaysuffolk.org.uk/housing

Progress continues to be made on the building of our new **Professor Stephen Hawking Neuro Centre** for people with acquired brain injuries and neurological conditions in Ipswich, which is set to open next year.

Plans have recently been submitted to Ipswich Borough Council and you can see the latest architect's image on the right.

The new build will consist of a rehabilitation hub and 24 homes in two bungalows on Ravenswood Estate, on the edge of Ipswich.



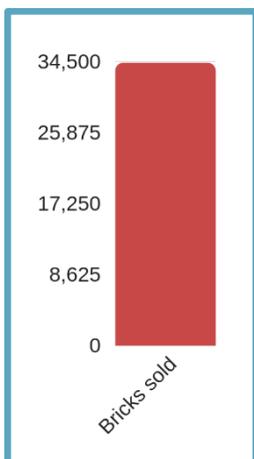
It will replace our current hub on Ransomes Europark and cost in the region of £5 million.

We are excited to offer opportunities for everyone to get involved in this by buying bricks for just 50p each. It's a perfect way of being part of this ambitious project for individuals, groups, schools and local businesses. Your contribution will be forever commemorated at the centre.

If you want to forge a strong partnership with us, your company can have a room named after it for a donation of £66,000. This will promote your brand to the community of Suffolk and to the UK as a whole as we will be the first Headway group of over 130 across the country to provide housing provision for those with a brain injury or a neurological condition.

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

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



NEW BURY ST EDMUNDS HUB PLANS

Our Board of Trustees are considering the terms and conditions to be involved in plans for a new public services building that would be our new hub in Bury St Edmunds in 2023.

SHOP ON AMAZON & RAISE US MONEY!



If you shop on Amazon, go to www.smile.amazon.org.uk and choose us your charity and we will receive 0.5% of your purchase price.

Please Support our Fundraising Events in 2019

As Headway Suffolk celebrates its fifth anniversary since East and West Suffolk merged, we are ramping up our fundraising events in 2019 to help us improve our services for local adults with acquired brain injuries and neurological conditions and their families.

And to make it a success, **we need all of you to get involved and help us!** So please take a look at what is coming up and encourage your family and friends to take part!

Or you could arrange your own event for our cause – whether it's running, baking or giving up smoking – get your loved ones to sponsor you and let us know so we can spread the word! You can set up your sponsorship page via www.headwaysuffolk.org.uk/fundraising.



Are you passionate about fundraising for a worthy cause with time on your hands? Then you could be just what we're looking for as we are seeking a voluntary fundraiser with a few hours spare to help us! Please get in touch with David on 01284 702535 or email: davidcrane@headwaysuffolk.org.uk.

Follow us online to stay up to date with the latest news



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virginmoneygiving.com/charities/headwaysuffolk

Quiz Night - Thursday 11 April



Are you and your family and friends budding quizzers and a dab hand when it comes to general knowledge? Then this evening is for you!

We are holding a **Quiz Night on Thursday 11 April** at 7.00pm at our Bury St Edmunds hub at St Georges House in Olding Road, near Asda. It will be a perfect opportunity for a friendly social gathering of clients, volunteers, staff, families and friends.

It costs £10 per person, with teams of up to 4. This includes a cold buffet and refreshments. To book your place, contact David on 01284 702535 or email davidcrane@headwaysuffolk.org.uk.

Cycle Ride & Walk - Saturday 27 April



Our annual **Sponsored Cycle Ride and Walk** is back for its 11th year on **Saturday 27 April** with 30, 40 and 50-mile cycle routes through Ipswich, Leavenheath, Felixstowe and Martlesham, plus a new 10-mile route for walkers.

Over £50,000 has been raised from this event over the last ten years, and help us raise funds for our new Professor Stephen Hawking Neuro Centre in Ipswich. It is open to everyone and is an ideal team-building exercise for companies to compete for the Headway Shield!

Head to www.headwaysuffolk.org.uk/events for all the information you need to take part.

Board Games Night - Tuesday 21 & Thursday 23 May



Would you and your family and friends be interested in a **Board Games Night** at our Ipswich hub on **Tuesday 21 May** and at our Bury St Edmunds hub on **Thursday 23 May**?

Board games are not only fun but they are great for improving cognition, concentration and memory, so not only will these two nights be fun social evenings for everyone to join in, but they'll also be good for the brain! Cost is £10 per person, which includes supper.

Please complete the return slip or contact us on 01473 712225 or 01284 702535.

JOBS

We are looking for passionate staff to join our dedicated team to help us improve people's lives. If you are enthusiastic as we are, then please take a look at the opportunities available at www.headwaysuffolk/recruitment and www.facebook.com/headwaysuffolk/jobs.

Neuro Conference - Wednesday 16 October

We are delighted to announce that **television and radio broadcaster Chris Tarrant** will be a keynote speaker at our fifth annual **Neuro Conference on Wednesday 16 October** at Wherstead Park in Ipswich.

Chris is known for hosting the world's most successful quiz show *Who Wants to be a Millionaire?* on ITV from 1998-2014, as well as presenting on Capital Radio's early-morning show from 1984-2004.

His most recent work has seen him travel the world filming *Chris Tarrant: Extreme Railways* since 2012, and it was whilst travelling back from Bangkok in March 2012 when **Chris suffered a stroke** and lost the use of his arms and legs, as he feared he was going to die.

A blood clot was removed from Chris's left leg, which had caused a temporary loss of blood to his brain, and he has since made a good recovery after regaining his speech and movement.

The 72-year-old, who was awarded an OBE from the Queen in 2004 for services to broadcasting and charity, will talk to delegates about his experience of being a stroke survivor and the adjustments he has made in his life and his new-found outlook.

Other speakers will be announced in due course. **Tickets are priced at £40 each** and are available through Eventbrite at www.eventbrite.co.uk/e/headway-suffolk-neuro-conference-2019-tickets-55527680788.

If you and your organisation would like to be involved with sponsorship for the event or with a trade stand, please contact Helen Fairweather on 01473 712225 or email helenfairweather@headwaysuffolk.org.uk.



Stella & Bill Jackaman



We were saddened to learn of the recent passing of both Stella and Bill Jackaman, co-founders of Headway in West Suffolk.

They dedicated 30 years of selfless service to helping people.

"They were an icon for those of us who carry on their work," said our CEO Helen Fairweather.

Achievements Recognised



Amy, Mary and Ruby were recognised for their achievements after brain injury at our Awards Dinner in November.

We celebrated each of their personal milestones, with Amy expanding her skillset in textiles; Mary improving her presentation and engagement; and Ruby for making good progress with the catering group.

Do you know about our Dementia groups?



Did you know we provide two very popular monthly groups in Ipswich and Martlesham for people suffering with dementia?

The service is social support groups with stimulating and engaging activities (such as indoor curling – see left), as well as a fish and chips lunch and refreshments.

We meet on the **second Friday of the month (12 April)** at **St Augustine's Church in Bucklesham Road, Ipswich**, and on the **fourth Thursday of the month (25 April)** at **St Michael's Church Centre in The Drift, Martlesham**.

Both open from 11.45am – 3.15pm. It costs just £6 and the person with dementia must be accompanied by a carer.

We are always in need of volunteers to help in the kitchen, with preparation, tidying away and engaging with clients in discussion and activities.

To find out more either pop in, visit www.headwaysuffolk.org.uk/neurohubs or email Maureen on maureenhowes@headwaysuffolk.org.uk.

Our Services in pictures



Cooking in our hubs and at home

Cooking is the one the most important basic skills in life and we support clients to prepare, plan and make meals and snacks in sessions at our hubs and in people's homes.



Support with fitness

Fitness helps improve stamina, low mood and counteract fatigue. We support clients with fitness programmes in the hubs, attend gyms and have physiotherapy.



Gardening in the community

Tending to a garden is very therapeutic and helps boost mental wellbeing. We support clients with their own garden, at an allotment and planting up pots in the hub.

A NOTE OF THANKS

Thank you to **Charlotte, Lloyd and Jackie** for raising over **£2,500** by running marathons throughout 2018.

Thank you to **AJW Distribution Ltd** for raising over **£1,600** from their assault course fundraising event.

Thank you to everyone who helped raise **£850** at a quiz night in Belstead, in particular **Maureen and Marilyn**.

Our free **Understanding Brain Injury courses** in Ipswich and Bury St Edmunds at the start of this year have proved popular once again, with another starting on **18 March**.

If you, your loved one or someone you know would benefit from future courses, please contact us on as below.

SUPPORT THOSE WHO SUPPORT US

Thank you to these companies for their support in 2019:

IPRS Group, based in Ipswich, provide a range of clinical products and services. They are supporting ourselves and Headway UK throughout 2019 - <https://bit.ly/2GXr8g4>.

Travel Stop, an award-winning Suffolk travel agency, are competing in the Travel Trade Crusade in aid of ourselves.

Thomas Gainsborough School, based in Gt Cornard, are fundraising for us throughout the year and in March we presented to 200 students about brain injury and Headway.

Lockdales are an auction house based in Martlesham and they are holding walk-in valuation days on **12 and 13 April**.



During **Action for Brain Injury Week** from **20-26 May**, we will be sharing inspiration stories of local brain injury survivors and how our range of support services are a lifeline to them and their families. Keep an eye on our website and social media channels (links below) for updates.

Contact Us

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www.headwaysuffolk.org.uk

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Follow us on YouTube

www.youtube.com/channel/UCrswW4yc_-5gNPKV0m8KD4Q

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