



HEADWAY SUFFOLK

Newsletter ♦ Autumn 2014

Headway Suffolk is a registered charity (No 1075338) and company limited by guarantee (No 3731392) in England that supports people with acquired brain injuries and neurological conditions and those who care for them

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YOUNG PERSONS' GROUP

Headway Suffolk now offers support, care and rehabilitation to young persons under the age of 25 with an acquired neurological condition.

It takes place at The Mid Suffolk Leisure Centre in Stowmarket on Fridays from 5.30 - 7pm.



This gives opportunity to share experiences and enjoy leisure activities, such as swimming or gym.

Headway staff are trained in care and neurological conditions.

Please contact Sue Tate on 01284 702535 or Helen Fairweather on 01473 712225.

EMPLOYMENT GROUP

Headway Suffolk also now offers support, care and rehabilitation to people in employment with an acquired neurological condition.

It takes place at The Mid Suffolk Leisure Centre in Stowmarket on Fridays from 6 - 8pm.

This gives opportunity to share experiences on employment strategies and enjoy leisure activities, such as swimming or gym.



Headway staff are trained in care and neurological conditions.

Please contact Sue or Helen using the contact details above.

WORKSHOP FOR EMPLOYERS

SOS-HR, in partnership with Headway Suffolk and Gotelee Solicitors, are running a **FREE** breakfast seminar on November 27 to look at the responsibilities and requirements of an employer if an employee is diagnosed with a brain injury or neurological condition.

Supporting employees so they can remain or return to work benefits your business as well as restoring normality, social contact and income for the employee.

The workshop will hear how to manage employees who have, or who are caring for someone, with a neurological condition.

It will look at what resources are available to employers, employees and carers and the legal aspect of any employment decisions made.

It takes place at SOS-HR Ltd, Epsilon House, West Road, Ransomes Europark, Ipswich, IP3 9FJ, with registration at 7.45am for 8.00 - 10.00am. To book your place contact Kayleigh on 01473 276170 or email: kayleigh.mason@sos-hr.co.uk.



QUIZ NIGHT

Ryan Insurance Group hold their annual Quiz Night on Wednesday 24 September at 7pm at Gresham Sports Club in Ipswich. Maximum of 6 per team at £2.50 per person.

Please contact Kayleigh on 01473 343312.

SNOWDON CLIMB

Friends from Silver Lining Estate Planning climb Snowdon (the highest mountain in Wales) on the weekend of October 3.

They hope to raise £10,000 for Headway Suffolk - can you help them to achieve this target?



ALPHA COURSE

Alpha course is a course which seeks to introduce the basics of the Christian faith, described by its organisers as “an opportunity to explore the meaning of life.”



After a brain injury or diagnosis of a neurological condition some people question their faith while others start to believe there is a God.

To help people with this Headway Suffolk and St Augustine Church are holding an Alpha course.

This is an 8 week course starting on October 1 on a Wednesday from 10.30am - 1.30pm and will include lunch.

A donation of £3.50 is asked to cover the cost of lunch and it takes place at Headway's base in West Road, Ipswich.

Please contact Julie or Helen on 01473 712225 if you are interested.

CEO COLUMN

It is now 5 months since Headway Ipswich and East Suffolk and West Suffolk Headway merged to become Headway Suffolk.



The rationale for this was to make us a stronger and more efficient organisation. We are already seeing the benefits of this.

During this time we have started the satellite at Haverhill - the first of many satellites we hope to open in the coming years.

We held a very successful

launch event at Haughley Barns which many of you attended.

We continue to run 2 excellent neuro hubs, at Ipswich and Bury St Edmunds where clients can take part in a range of activities that will help with their recovery or slow down their condition.

As well as having rehabilitation we hope clients will make new friends and have fun. It also gives family carers respite.

Our community support across the county is growing rapidly. We offer a service that the clients themselves design.

It could be helping with personal care or taking part in an activity of their choice.

We offer a 24-7 service. All of our staff are trained to understand neurological conditions and to give the support and care our clients need and deserve.

Our Brainy dog scheme is going well. We train dogs to become well trained pets and friends to people with a neurological condition. We are also able to visit people in their homes with a Brainy dog.

We continue to offer physiotherapy, occupational therapy, speech and language therapy and counselling at the Ipswich hub. The counsellor can also see family members. We are trying to secure funding to offer therapy from the Bury St Edmunds hub too.

Our very popular understanding Brain injury course is being held again in September. We are taking bookings for people to attend in 2015.

Helen Fairweather

CEO - Headway Suffolk

OUTREACH IN HAVERHILL

Our satellite service in Haverhill will expand to a full day every Wednesday from September 3.

We opened half a day a week from June in the Burton Centre in Camps Road after forming a partnership with St Nicholas Hospice.

Haverhill was urgently identified as a priority as clients struggled with fatigue or transport cost of the 40 mile round trip to our hub in Bury St Edmunds.

Clients are engaged in rehabilitation activities to improve their independence and confidence.

Contact Sue on 01284 702535 to find out more or make a referral.

