

HEAD START

The latest news and updates from **Headway Suffolk**

Winter 2020-21

Services **OPEN** throughout November lockdown



We are OPEN



- ✓ Ipswich Hub (Mon - Fri)
- ✓ Homecare
- ✓ Bury St Edmunds Hub (Wed - Fri)
- ✓ Community Support
- ✓ Clinical Therapies
- ✓ Food/essentials deliveries
- ✓ Brainy Dogs

Headway Suffolk's services remain OPEN throughout the new lockdown restrictions in effect to 2 December.

This means that clients and their families can be assured that their vital rehabilitation services remain unaffected during the new rules and they can continue receiving the care and support that is a lifeline to those isolated. Our Ipswich hub is open Monday to Friday and our Bury St Edmunds hub is currently open Wednesday to Friday.

We continue to implement strict procedures on infection control, social distancing, temperature checks and personal protective equipment to keep everyone safe.

Earlier in the year, we had to close most of our face-to-face services, such as our hubs, therapies, community support and Brainy Dogs due to the coronavirus outbreak.

But we adapted by supporting our clients in new virtual ways, with hub activities, counselling and Brainy Dogs on Zoom, as well as having a helpline, providing homecare and delivering fresh meals and food parcels.

As we gradually phased a return back to some normality over the summer and adapted to the new normal, we opened fully and to new referrals in September.



One of the changes to activities with Covid-19 restrictions meant the indoor gyms were now not accessible for our clients.

So we adapted and enabled clients to use the outdoor gym facilities at Augustine's Green in Ipswich, so they could continue with their fitness to build strength and counter fatigue and mobility difficulties.

This proved very popular and useful, with good space available for group activities and other facilities such as a basketball court.

Sadly use of outdoor gyms is not allowed during the current restrictions but we hope to return to some gym access when rules and safety allows.

Due to lost funding from social care and cancellation of fundraising events, we estimate we face a shortfall of £100,000 in funding. Support our **Coronavirus Appeal** with a donation at www.headwaysuffolk.org.uk/coronavirus.

Cyclists and Walkers raise a fantastic £5,000!



Passionate cyclists and walkers responded to Headway Suffolk's call for support by taking part in our Cycle Ride and Walk in September and raising a fantastic £5,000!

As well as individual supporters, a number of businesses took part in the 12th hosting of the event, including Timberwolf, Glemham Underwriting Ltd, Barnes Construction and Seven Group.

Jackie Dunnett, group director at Seven, took part in the walk after her husband Roy Dunnett suffered a stroke.

Jackie said: "The five-mile walk from Headway to the quay was really nice with great weather and we stopped for coffee at Isaacs. But the walk back was much more difficult! Headway were fantastic with Roy, so it's good to give some support back."

Suffolk mum of three Anna Leggett sustained a mild brain injury in a road accident four years ago and completed the walk to conclude a personal challenge to walk a marathon distance over five weeks.

Anna said: "I didn't think I'd do the 10 miles as I haven't walked to that extent for about 12 years, so it's fantastic to realise you can do it. It's a massive sense of achievement. I felt quite emotional going back to Headway for the first time after three years when I was in a bad way during my rehab and realising how far I've come. I really am thankful to Headway for their support when I needed it."

Headway Suffolk's chief executive, Helen Fairweather, said: "It was a really good turnout and we very much appreciate everyone making the effort and coming out to support us."

Neuro Conference - Wednesday 12 May 2021



Our annual Neuro Conference will go ahead on Wednesday 12 May 2021 at Wherstead Park after being cancelled this year due to Covid.

Keynote speaker Dawn Astle is daughter of former England striker Jeff Astle and campaigner for better safety in football after Jeff died due to the effects of heading. The link between dementia and football has come to prominence recently with Sir Bobby Charlton being the fifth of England's 1966 World Cup winning team diagnosed with the disease, which includes Nobby Stiles and Jack Charlton, who have passed away in recent months.

Suffolk speedway rider **Sam Norris**, with mum Claire, will discuss his remarkable recovery from a severe brain injury sustained in a crash in 2019.

They will be joined by **Dr Michael Grey**, University of East Anglia neuroscientist, and **Dr Sajid Alam**, stroke lead at Ipswich Hospital.

Tickets cost £40. Buy from Eventbrite: <https://bit.ly/38C9j4b>
Or email helenmfairweather@headwaysuffolk.org.uk.

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Type in 'Headway Suffolk' and select us, and that's it!

You can now happily do your Christmas shopping knowing you're also doing a bit of fundraising for Headway Suffolk and helping us to improve the lives of local brain injury survivors.

Peter shares his story to highlight memory problems



Memory problems after a brain injury can be life changing and are very different from the usual, everyday memory frustrations many of us experience. They can make a survivor feel alone, angry and confused and can impact every aspect of their life.

A study by Headway UK, released during Action for Brain Injury Week in September, found that 72% of brain injury survivors feel that the people in their life don't understand their memory problems, with 81% reporting that their life would be improved if people had a better understanding of this complex condition.

Peter Brown, 62, from Bury St Edmunds, is one of those people battling severe memory loss following a brain injury.

He shared his story as part of Headway Suffolk's **Memory Loss: A campaign to remember** to raise awareness and increase understanding of life after brain injury.

Peter was a hard-working family man with two daughters when he suffered a life-changing stroke in March 2012 at the age of 54. The lasting effects on Peter's short-term memory meant the end of his working life.

He said: "I had to give up work. When you're filling in job forms and say you have had a stroke and have memory problems, at this age, they go 'next. Give us a young man we can mould.' And then my marriage ended. It felt like my world had fallen apart."

After six years in the RAF and working on the railways, Peter has adjusted to his new life with regular visits from Headway Suffolk's community staff to support him to live independently at home.

Staff use prompting techniques and Peter uses his diary to remind himself of daily tasks, such as what shopping he needs, when to Hoover, which meals to eat, etc.

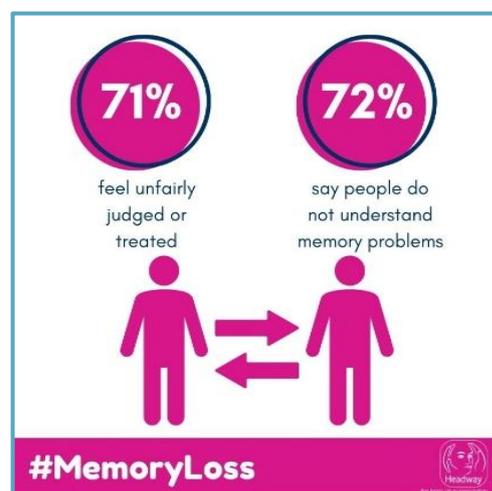
He added: "I keep a diary and the notes and reminders are really helpful. I really appreciate what Headway do. It's not until you have an injury or a problem that you realise there is support like Headway out there.

"You've always got to have a positive outlook and do your best. I've still got my mobility, which could have gone if I had had my stroke in the wrong place or it had gone on for longer."

Helen Faiweather, Chief Executive of Headway Suffolk, said: "It's clear that there is a lack of understanding about the challenges memory loss can present for brain injury survivors and their loved ones.

"It is a matter of real concern that so many brain injury survivors have told us that memory problems have had a profound and negative impact on their lives.

"These findings highlight the vital importance of raising awareness of this often-hidden effect of brain injury, with which many survivors continue to struggle with long after the initial injury."



Headway Suffolk teams up with Lidl to tackle hunger



Headway Suffolk has teamed up with **Lidl's Ipswich Ravenswood store** as part of Neighbourly Foundation's 'Teaming up to Tackle Hunger' campaign.

From now until 9 December, customers at the store will be encouraged to pick up a flyer and donate selected food for Headway Suffolk's vulnerable clients. This will be then matched by Lidl and donated to us in the New Year.

If you cannot make it to the store, you can still help by making a donation by texting FOOD to 70007 to give £3. All donations will be distributed by Neighbourly to local good causes, including Headway Suffolk, who are tackling hunger.

Can your company or community group support us in 2021?



Working with local companies and community groups is a key part of raising awareness of Headway Suffolk's services and how we support local people.

We are very grateful to **Seven Group**, **Ashtons Legal**, **East of England Co-Op**, **Irwin Mitchell**, **Slater and Gordon** and **Fosters Solicitors** for their continued and valued support in a variety of ways.

And we have been delighted to receive the amazing support of the following local businesses with their fundraising through the tough year of 2020.

Timberwolf is the UK's leading wood chipper manufacturer and are based in Stowmarket. They adopted us as their charity of the year and adapted their fundraising challenges after Covid-19. They have so far raised a fantastic £1,779!

IPRS Group is a UK-wide company that is based in Ipswich and provides a range of clinical products/services. Their team took on a variety of challenges in 2019 and kindly extended their fundraising into 2020. They've so far raised an amazing £2,515!

Inspired by war veteran Sir Capt. Tom, members of **Woodbridge Rotary Club** completed lots of fundraising challenges on 26 July and all with a 26 theme, such as potting plants to sell and playing double tennis. They raised a brilliant £2,000!



If your organisation, community group or school would like to support Headway Suffolk, call us on 01473 712225 or email davidcrane@headwaysuffolk.org.uk.

Go virtual this Christmas and support Headway Suffolk



Christmas is nearly here and you can support us this festive season.

With office parties a no-go, why not do, like most things in 2020, go virtual and **hold an office party on Zoom?**

Everyone could dress up in their fanciest style, share their pets and families with each other and support Headway Suffolk with a donation - virginmoneygiving.com/charities/headwaysuffolk.

Most Christmas cards end up in landfill as they can't be recycled.

Go digital with Headway Suffolk Christmas E-Cards and save on cards and stamps and reduce landfill waste in return for a donation.

To have your logo included, email davidcrane@headwaysuffolk.org.uk. Or visit our page: uk.virginmoneygiving.com/headwaysuffolxxmascards.

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