



HEADWAY SUFFOLK WINTER NEWSLETTER 2021

Our Mission Statement

To provide a full range of services to people and their families affected by any form of brain injury or neurological condition, enabling them to reach their full potential.

Aims and Objectives

The services offered will assist in recovery and rehabilitation where appropriate and dignity and care to all.

Aims of the service

To provide an environment where individuals can learn, relearn and practice skills in the company of others with peer support and understanding of their needs.

To provide varied participative rehabilitation activities and services geared to the individuals' needs, enabling them to reach their full potential.

To improve general quality of life.

To provide respite for the relatives or carers of people with a brain injury or condition.

To improve their understanding of brain injuries and conditions.

To reduce the development of higher level dependency or deterioration in the health of service users.

To provide innovative and flexible services.

Vision

To provide a sustainable, growing, flexible and innovative service to meet the individual needs.

How we meet these aims

We have two main hubs in Ipswich and Bury St Edmunds. Clients visit us on a daily basis to engage in activities to help with social integration and rehabilitation. From time to time we set up satellite hubs in various market towns as demand dictates.

We are registered with the Care Quality Commission to deliver home care in people's own homes. We are currently rated as good and working towards gaining outstanding.

We give support to people in their local communities.

We employ physio, occupational therapies and a mental health nurse to help people with their recovery.

We also have a companion dog scheme which acts as a rehabilitation tool.

She gave Hope and joy to all she met



"She changed for the person she was working with to meet their needs, which goes far beyond any training I could give her.

"She will be sorely missed by not just me but everyone who had the privilege to know her."

Those are the heartfelt words of Sophie Wellum-Mayes, Brainy Dogs co-co-ordinator, as she paid tribute to beloved Hope, the Cocker Spaniel-Labrador cross who sadly died at the age of nine in early November.

Hope became the flagship face of Headway's Suffolk's Brainy Dogs scheme shortly after it launched ten years ago and wowed clients and visitors with her clever skills and interactive personality.

As well as providing rehab for clients with walks, grooming and playing games, Hope also visited care homes and attended many events. Sophie described her as "bomb proof" as she could trust Hope with any client and any situation without fail.

After Sophie was told the devastating news in August that Hope had cancer and only had a few months to live, she decided to introduce a new puppy, Wren, a Springer-Labrador cross, so she could begin training and learning from Hope as well as Bee.



As you can see, she's learned from the best and is a great asset to the Brainy Dogs project as she is coming on leaps and bounds in her early development!

Hope was honoured at the Naturo SuperDog Awards ceremony where she had been nominated as a finalist in the worker category.

"Hope was truly the most amazing friend anyone could want. She lifted me up when I was down and pushed me to better myself. I have her to thank for the success of this scheme."

Neuro Conference - Wednesday 11 May 2022



**BRAIN INJURY
& CRIME**



Wednesday 11 May 2022

Our seventh annual Neuro Conference takes place on Wednesday 11 May 2022 at Wherstead Park, near Ipswich, and it will also be streamed online.

The theme of the conference will be on Brain Injury and Crime. Details of the line-up of speakers will be confirmed in the New Year.

Tickets for attendance at Wherstead Park cost £45 and tickets for the virtual stream viewing cost £25. Trade stands are available for £100. For further information, contact Helen Fairweather on 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk.

Merry Christmas from us all at Headway Suffolk!

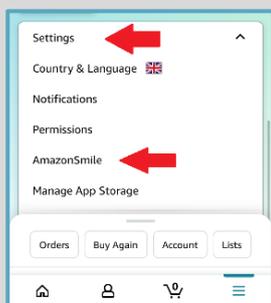


As we enter the festive period after another difficult year with Covid, Headway Suffolk would like to take this opportunity to thank everyone for their support and wish you a Merry Christmas and a very happy New Year.

We could not have got through 2021 without the generosity and goodwill of all our supporters.

Our clients have been busy making a very special Christmas video for you all, with a bit of help from Wren and Bee (above)! So please take a look on our [YouTube channel](#) or via our social media pages.

Shop on Amazon and raise money for Headway Suffolk!



Are you an Amazon shopper? It's now easy to choose Headway Suffolk as your charity and Amazon will donate 0.5% of eligible purchase prices to us without you doing a thing!

Just open your app, go to 'settings' and then 'Amazon Smile'.

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

You can now 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.

Turn your everyday online shopping into free donations



Turn your everyday online shopping into free donations for Headway Suffolk by using Easy Fundraising.

Shop over 6,000 retailers (eg M&S, Argos, Tesco, Just Eat, Booking.com) and they will make a free donation to us every time you shop!

Easy Fundraising also has an app to use! Just go to www.easyfundraising.co.uk/causes/headwaysuffolk to sign up and get started.

UPDATE ON NEW BUILD AND HUBS

Plans for our new build in Ipswich continue but have inevitably been delayed due to Covid. We are still working with Ipswich Borough Council and the new development will now solely be a smaller 20-bed residential care unit. Our Ipswich Hub will remain where it is at Epsilon House.

We also continue to look for improved premises for our Bury St Edmunds Hub but there are no immediate options available and therefore remain at St Georges House.

Dementia Social Support Groups

Social support group for persons living with dementia in the Ipswich area*
*the person with dementia must be supported by a carer
£7.50 per person, includes fish & chips lunch and activities

Every 2nd Friday
St Augustine's Church
Ipswich

Every 4th Thursday
St Michael's Church Centre
Martlesham

Every 4th Friday
United Reformed Church
Castle Hill



Our three monthly Social Support Groups for People Living with Dementia in Ipswich, Martlesham and Castle Hill continue to grow and see new referrals.

The groups provide a range of stimulating and engaging activities, such as indoor games, cognitive exercises, discussions and social interaction.

See the above image for dates and price. To get in touch, call Maureen Howes on 01473 712225 or email maureenhowes@headwaysuffolk.org.uk.



Hub Christmas Opening Days

		Ipswich	Bury
DEC	Friday 24th	OPEN	OPEN
	Monday 27th	Closed	Closed
	Tuesday 28th	Closed	Closed
DEC	Wednesday 29th	OPEN	Closed
	Thursday 30th	OPEN	OPEN
	Friday 31st	OPEN	OPEN
JAN	Monday 3rd	Closed	Closed
	Tuesday 4th	OPEN	OPEN

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