



# HEADWAY SUFFOLK

## SPRING/SUMMER NEWSLETTER 2022

### 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.

### Recognising staff with Covid Awards



We were delighted to reward our staff team for their hard work and dedication in helping Headway Suffolk through the pandemic at a celebratory afternoon at Kesgrave Community Centre.

41 staff members were rewarded with a specially-engraved glass trophy and certificate, which was presented by Lady Euston, the Lord-Lieutenant of Suffolk; Mr Edward Creasy, the High Sherriff of Suffolk; and Dr Jane Hawking, patron of Headway Suffolk.

Our CEO Helen Fairweather told the Ipswich Star: "I felt staff had worked extremely hard in really difficult circumstances and I didn't want to just acknowledge that with a pat on the back.

"Quite often homecare gets forgotten about in the keyworker praise, but our staff were working extra hours going into people's homes to ensure they could come home from hospital, taking risks going into houses when they didn't know if all or any precautions were being taken.

"And at our hubs we changed the way we worked to keep people safe. But staff went the extra mile too – organising foodbanks, cleaning beyond their normal duties, undertaking extra tasks and pressures.

"I just felt they deserved a reward, and their families too, because families feel it when a member is taking on more stress. In a few decades time it'll be something to show the grandkids when they ask what we did in the pandemic. It was for everyone who helped to keep the charity going through those hard times."

**Read the Ipswich Star story:**

[www.ipswichstar.co.uk/news/health/headway-suffolk-awards-all-staff-for-pandemic-working-8774682](http://www.ipswichstar.co.uk/news/health/headway-suffolk-awards-all-staff-for-pandemic-working-8774682)

# Neuro Conference - 11 May | Attend or Online



Headway Suffolk's seventh annual Neuro Conference takes place on Wednesday 11 May from 10am – 5pm and you can either attend in person at Wherstead Park, near Ipswich, or watch the stream online.

We have a fascinating line-up of keynote speakers addressing a number of topics:

## **Brain injury and crime**

Tim Passmore – Suffolk Police Crime Commissioner  
Chief Inspector Nick Paling – Head of Custody in Norfolk and Suffolk  
His Honour Judge Martyn Levett – resident judge, Ipswich Crown Court  
Huw Williams – Associate Professor of Clinical Neuropsychology

## **Mobile stroke unit**

Professor Silke Walter – Neurology consultant, East of England Ambulance Service

## **Brain injury rehab**

Amanda Cousins – Chief Operating Officer, United Kingdom Acquired Brain Injury Forum (UKABIF)

## **Personal stories**

Gordon Watling, brain injury survivor – Headway client to CEO and firefighter  
Alec Charnley, brain injury survivor – Headway client to director  
Carole Almond, carer – looking after a loved one living with dementia

Delegates will also hear from Helen Fairweather (CEO) and Sam Jangum (Mental Health Nurse) at Headway Suffolk, David Hilton (CFG Law) on Court of Protection, and other presentations from sponsors.

## **We are very grateful to our sponsors for generously supporting our Neuro Conference**

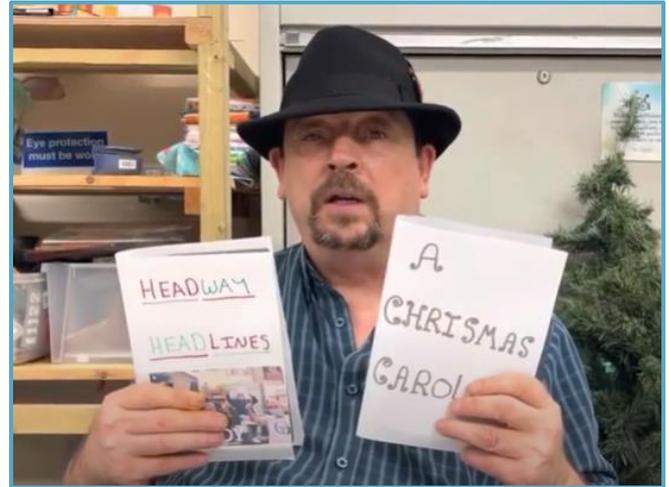
Ashtons Legal, CFG Law, East of England Co-Op, Hodge Jones & Allen, Irwin Mitchell, Slater and Gordon.

## **Ticket details**

Attendance at Wherstead Park - £45  
Online Stream - £25

**Book your tickets by calling 01473 712225  
or emailing [helenmfairweather@headwaysuffolk.org.uk](mailto:helenmfairweather@headwaysuffolk.org.uk)**

## Watch our Drama group videos



If you haven't seen our drama group's productions, then head to our [YouTube drama group playlist](#) where you can find 5 videos featuring Gary, PJ, Danny, Simon S, Shawn and Simon C getting up to all sorts!

There's a 7 minute Headway Headlines Live news broadcast and their unmissable 8 minute version of A Christmas Carol.

You'll also find their appeal for a smartphone to produce the productions and, following the success of that appeal with CFG Law generously donating a phone, a thanks to them and to Bryan for donating a tablet.

Head to our [YouTube channel](#) to watch them and lots more.

## £360 raised by you shopping on Amazon - thank you!



Thank you to everyone who have raised £360 so far simply by shopping on Amazon!

All you have to do is set Headway Suffolk as your chosen charity once in your Amazon app and they donate 0.5% of every eligible purchase you make at no cost to you!

Open your app -- go to 'settings' -- then 'Amazon Smile' -- type in 'Headway Suffolk' and select, and that's it!

## Raise money for Headway Suffolk by shopping online



You can raise free donations for Headway Suffolk with your everyday online shopping simply by using the Easy Fundraising website or app.

Whether you're booking a holiday, buying groceries, ordering a takeaway, organising household bills or buying for business, you can use all the big retailers, such as Expedia, Tesco, Just Eat, Go Compare, Viking, Dunelm, Wilko, Argos, Millets and 6,000+ more!

Get started at [www.easyfundraising.org.uk/causes/headwaysuffolk](http://www.easyfundraising.org.uk/causes/headwaysuffolk).

## Recycle your ink, reduce landfill & raise money



By recycling your ink cartridges through Recycle 4 Charity you can raise up to £2 per cartridge for Headway Suffolk and save them from landfill.

Over £430 has been raised for us and 128kg saved going to landfill.

Either print a freepost label to send your cartridges in or order a box to collect bulk cartridges. Get started at [www.recycle4charity.co.uk/Register/C378](http://www.recycle4charity.co.uk/Register/C378).

# Dementia Social Support Groups



**Every 2nd Friday**  
St Augustine's  
Church Hall **Ipswich**

**Every 4th Thursday**  
St Michael's Church  
Centre **Martlesham**

**Every 4th Friday**  
United Reformed  
Church **Castle Hill**

If you have a loved one living with dementia, we run monthly support groups in Ipswich, Martlesham and Castle Hill.

The groups provide a range of stimulating and engaging activities, such as indoor games, cognitive exercises, discussions and social interaction. It costs just £7.50, which includes lunch.

See to the left for dates. Contact Maureen Howes on 01473 712225 or email [maureenhowes@headwaysuffolk.org.uk](mailto:maureenhowes@headwaysuffolk.org.uk).

## Brainy Dogs



Our Brainy Dogs Bee and Wren have been busy recently supporting clients out and about.

They proudly wore their winter coats on a walk with a client; students at the New Skills Centre in Ipswich helped improve Wren's confidence by going through a tunnel; and Wren worked with a student at St Alban's Catholic High School.

## Sponsored Cycle Ride & Walk - Saturday 3 September



**Cycle Ride & Walk**  
Saturday 4 September

2.7 mile cycle ride & walk from Ipswich Hub to Orwell Country Park followed by free burgers\* & refreshments & outside games

All welcome at Orwell Country Park | Burger van & refreshments available  
\*Burgers free to riders & walkers only

Tel 01473 712225 Email [helenmfairweather@headwaysuffolk.org.uk](mailto:helenmfairweather@headwaysuffolk.org.uk)  
[www.headwaysuffolk.org.uk/events](http://www.headwaysuffolk.org.uk/events)

Our sponsored Cycle Ride and Walk returns on Saturday 3 September... with a difference!

The route is a much more family-friendly route under 3 miles from our Ipswich Hub on West Road to the Orwell Country Park.

At the 470-acre park, all cyclists and walkers will be rewarded with a free burger and refreshments, followed by outside games!

Everyone is invited to join us to make it a special day, with burgers and refreshments available to buy.

## Contact Us

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