



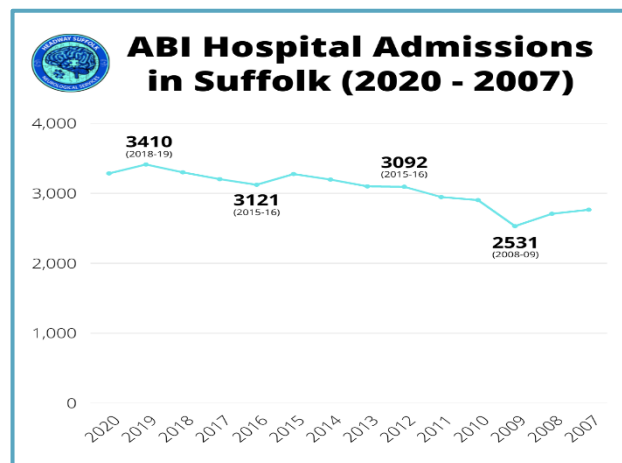
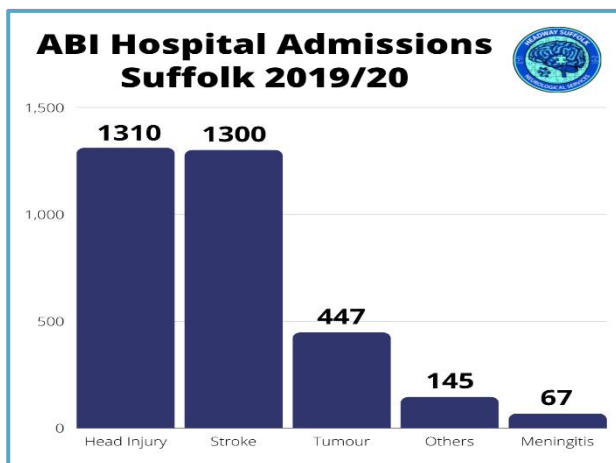
HEADWAY SUFFOLK

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.

9 a day sustain brain injury in Suffolk



Nine people every day are being admitted to hospital in Suffolk with an acquired brain injury, new hospital admission statistics from Headway reveals.

Data shows that 3,283 people were admitted to hospital in Suffolk in 2019-20, with males accounting for 51.42%. Head injuries (39.9%) and strokes (39.6%) continue to be the most prevalent causes of acquired brain injury in the county, which mirrors the UK picture.

There has been a 13% increase in all ABI admissions in Suffolk in the last ten years, when there were 2,902 admissions to hospital in 2009-10.

Headway has updated its hospital admission statistics, revealing a concerning ongoing trend in the incidence of acquired brain injury in the UK, where there is still one admission to hospital for brain injury every 90 seconds, one head injury every three minutes and one stroke every four minutes.

The increase in hospital admissions for brain injuries provides an up-to-date picture of the scale of the problem and further reinforces a continuing need for appropriate support services. Many of those admitted to hospital with a brain injury related primary diagnosis will experience long-term difficulties and require some form of rehabilitation and support.

These figures are a vital resource for those involved in developing the UK government's ABI strategy, to which Headway is contributing. The statistics also provide accurate data with which to approach commissioners and evidence the need for sustain.

“I will never be the same Alec but I am grateful”



Alec was 26 when his life changed in an instant when an epileptic seizure caused him to fall and fracture his skull, which resulted in two blood clots and a bleed on the brain.

An emergency operation was a success, but he was only just about to start his long road to recovery.

Today, Alec is thankful he can share his story and he did just that at our Neuro Conference in May with a powerful and emotive speech. Here is some of what he said:

"It has been a long road since my brain injury. I know I will never be the same Alec I used to be, but I am so grateful to be where I am today.

"I used to take things for granted but now I don't. I am grateful for each day. I enjoy the little things in life. After all, I am lucky to be here to tell my story."

Difficulty with speech and language was Alec's biggest struggle following his brain injury.

But therapy sessions and a change of mindset has helped to improve it.

"My speech and language has improved hugely after many therapy sessions, but I still struggle," said Alec.

"I often say the wrong word or can't get the word out at all.

"I used to get so embarrassed and angry about this and felt it was so silly. It really knocked my confidence but over time, I have learnt to laugh about it."

Alec, from Ipswich, is a client at Headway Suffolk and a trustee, helping to shape the charity's objectives and future plans.

Dawn Astle welcomes under 12 heading ban



Dawn Astle has welcomed the Football Association's decision to trial banning players heading a football in matches at under 12 level, following research suggesting former footballers are more likely to die from brain disease than other people.

Dawn was a keynote speaker at Headway Suffolk's Neuro Conference last year, speaking about her experiences as safety campaigner after her father Jeff Astle died with a degenerative brain disease caused by heading.

She said: "I think this is a really important step forward to protecting our children from both concussion and CTE, which is the neurodegenerative disease my dad died of and has been found in footballers' brains and is entirely preventable."

Summer Trips

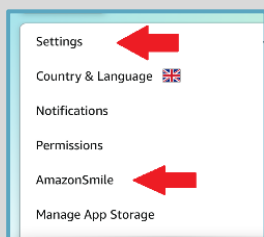


Clients have been making the most of the wonderful summer weather with group outings to IWM Duxford in Cambridgeshire and the Abbey Gardens and St Edmundsbury Cathedral in Bury St Edmunds.

With nearly 200 aircraft, military vehicles, artillery and minor naval vessels on display at Duxford, the group immersed themselves as they got up close to over a century of aviation in Europe's largest air museum.

In the Abbey Gardens, clients enjoyed taking a stroll, taking in the beauty, tranquility and history of the award-winning gardens, along with a picnic, and also had a guided tour of the stunning St Edmundsbury Cathedral.

£397 raised by you shopping on Amazon - thank you!



Thank you to everyone who has raised £397 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.

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.

Ipswich Round Table Autumn Ball - 22 October



The Ipswich Round Table are holding an Autumn Ball at The Hangar at Milsoms Kesgrave Hall on Saturday 22 October, with proceeds going to Headway Suffolk.

Black tie. Starts at 6.30pm, bar closes at midnight. Carriages at 12.15am.

Tickets £75. (Tables of 12, price includes 4 bottles of wine per table). Contact Ipswich Round Table to book.

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 social 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.

For Sale - 3 x Renault Master Minibuses



Headway Suffolk has three Renault Master Minibuses for sale. If you are interested, please contact us on 01473 712225.

Reg plate	LX08HHD	RY54EVC	BV16WXH
Colour	White	White	White
First registered	Jul 2008	Feb 2005	Jul 2016
Seats	8 seats	5 seats	13 seats
Wheelchair access	Yes	Yes	Yes
Hydraulic ramp	Yes	Yes	Yes
Mileage	174427 km	179345 miles	117307 miles
MOT	Jul 2022	Dec 2022	Jun 2023
Price	£8,000	£6,000	£10,000

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Call us
01473 712225 (Ipswich)
01284 702535 (Bury St Edmunds)

Email us
info@headwaysuffolk.org.uk

Find us
Epsilon House
West Road
Ipswich IP3 9FJ

St Georges House
Olding Road
Bury St Edmunds IP33 3TA

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No 1075338