



HEADWAY SUFFOLK

AUTUMN/WINTER NEWSLETTER 2022/23

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 | www.headwaysuffolk.org.uk/mission

Headway Suffolk rated Outstanding by CQC



Headway Suffolk was very proud to be rated 'Outstanding' overall by the Care Quality Commission in September, having previously been rated 'Good' in 2018.

Our CEO Helen Fairweather said: "We are extremely proud of being rated as outstanding, especially after a pandemic. The inspector took the time to look at the whole charity and not just regulated to service. She realised the impact that our minibus drivers, Brainy Dogs scheme, free shop and hubs have on our clients."

Inspectors noted 'It was evident that a culture that put people first was at the heart of the service. People were truly respected and valued as individuals; and empowered partners in their care in an exceptional service.'

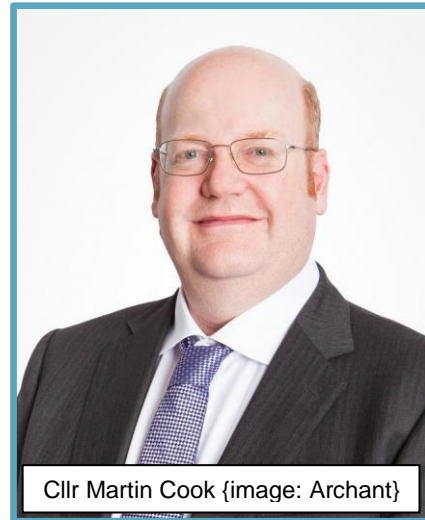
One user said: "I wouldn't be here without Headway Suffolk, I really wouldn't. It [life] can all get a bit too much sometimes. But they are a constant in my life and everything to me. I would not have the strength and determination to keep going without them."

Louise Broddle, CQC head of adult social care inspection, said: "The care provided by Headway Suffolk was tailored to people's wishes and staff regularly went above and beyond to meet people's needs and ensure they felt respected and valued.

"This was all underpinned by a dynamic leadership team, who worked collaboratively with staff, the people they cared for, relatives and other professionals to deliver high quality, person-centred care.

"Headway Suffolk is clearly an important part of the community and other services can look to it as an example of how to deliver outstanding care and support."

Ipswich Borough Council to help with Neuro Centre



Cllr Martin Cook {image: Archant}

Headway Suffolk is being supported by Ipswich Borough Council to develop the Professor Stephen Hawking Neuro Centre at Mansbrook Boulevard, Ravenswood in Ipswich.

The centre will provide a new rehabilitation hub for people with brain injuries and neurological conditions, as well as 24 homes in two bungalows, for clients to live as independently as possible, with level two neuro rehab. It is hoped to open the new centre in 2025.

Councillor Martin Cook, Ipswich Borough Council's Portfolio Holder for Resources, said: "Ipswich Borough Council is supporting Headway Suffolk in taking the next big step towards delivering the long-planned Stephen Hawking Neuro Centre. We're looking for suitably qualified property development consultants to help turn Headway Suffolk's vision into a reality."

Helen Fairweather, CEO at Headway Suffolk, said: "Headway Suffolk is grateful for the support of the Council in moving this forward.

"Working with Ipswich Borough Council to appoint a lead consultant will bring this much needed centre to fruition, so that care and rehabilitation can be delivered in Suffolk, saving people having to move out of county for care."

Dr Hawking, first wife to Stephen and patron of Headway Suffolk, said: "I am sure Stephen would be as delighted as I am that the new hub for Headway Suffolk is to be named the Stephen Hawking building. I am confident that this carefully planned complex will bring much comfort and relief to victims of brain injury and neurological conditions, and to their families."

Join in Headway's 12 Miles of Christmas



Get into the festive mood by being part of **Headway's 12 Miles of Christmas** fundraiser.

Starting on 1 December, you have until Christmas Day to complete your 12 miles in any number of creative and festive-themed ways, whilst raising vital funds for Headway Suffolk!

You can get the 12 Miles of Christmas done by wearing a Christmas jumper, getting out for a walk, delivering cards, or even shopping for last-minute presents. Complete the challenge individually, or with a group of friends, family members or colleagues, and either tackle the 12 miles in one go or break it down over the duration of the event.

Sign up and we'll send you lots of ideas on how you can get your miles done, in as Christmassy a way as possible! Sign up here: givepenny.com/campaign/headway-12moc.

Conference 2023 | Living Positively with a Disability



Next year's **Headway Suffolk annual Conference**, titled 'Living Positively with a Disability', takes place on Wednesday 17 May 2023 at Kesgrave Community and Conference Centre.

Our first keynote speaker has been announced: **Baroness Murphy of Aldgate**, who trained as a psychiatrist and went on to become the Foundation Professor of Old Age Psychiatry at the University of London. In November 2020, she received a Lifetime Achievement Award from the Royal College of Psychiatrists.

Baroness Murphy has been a politically independent peer in the House of Lords since 2004, where she has a special interest in mental health and social care. She is Vice-President at the Alzheimer's Society and will give a presentation on dementia.

Baroness Murphy said: "Dementia is the commonest of the devastating neurological conditions that people have to cope with and there is no magic bullet in sight to offer a cure. In my talk, I will explore some of the challenges and what can be done by government and other organisations to improve the lives of individuals and their families."

For sponsorship opportunities, contact Helen Fairweather - helenmfairweather@headwaysuffolk.org.uk.

Visit to Nancy Oldfield Trust | Norfolk Broads



Headway Suffolk is organising a trip to The Nancy Oldfield Trust, which provides accessible boating and accommodation on the Norfolk Broads, from 24-28 April 2023.

It will include canoeing, sailing, motor cruising, fishing, BBQ and trips to local tourist attractions. Price on application. To book a place, please call 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk.

Support us by shopping & recycling!



Did you know you can raise funds for Headway Suffolk simply by shopping online?

Over £432 has been raised by supporters shopping using their Amazon account. In your app, go to 'settings', then 'Amazon Smile' and search Headway Suffolk as charity.



You can raise free donations with your everyday online shopping from over 6,000 retailers through Easy Fundraising. Start at www.easyfundraising.co.uk/causes/headwaysuffolk.



Do you have a home printer? You can recycle ink cartridges up to £2 each for Headway Suffolk and save them from landfill. Go to www.recycle4charity.co.uk/Register/C378.

Support us to support family carers



Headway Suffolk's Support for Family Carers programme takes in the needs of family carers who live with us in the community.

Family carers find that their lives change in an instance as a brain injury and stroke can happen without warning.

They will have to give up employment and hobbies in order to care for their love one. They will lose their friends as they will not understand the changes in their partner and may even find this frightening.

Their role changes to that of a carer without any training. The person's personality changes so they are not the person that they were.

Headway Suffolk wishes to support families so that they stay together. This will be through: access to our Mental Health Nurse, courses explaining what a brain injury is and what to expect; day respite so that carers can rest; carers support groups.

Support us to support our family carers | www.avivacommunityfund.co.uk/p/support-for-family-carers

Fundraising Events 2022/23



Christmas Dog Walk

Saturday 3 December at 10am | Playford Village Hall, Ipswich

It's approximately a 2.5 mile circular route. £5 per person, with prizes for best fancy dress and refreshments afterwards.



Christmas Craft and Gift Market

Saturday 10 December, 10am – 3pm

Woodbridge Community Hall

For further details, contact michelletomkins@headwaysuffolk.org.uk.



Headway Suffolk Awards Dinner

Wednesday 29 March 2023 | Suffolk New College

Sponsored by Fosters Solicitors, join us for an evening of presentations and awards to our clients over dinner. Tickets £50 per person. Contact: helenmfairweather@headwaysuffolk.org.uk.

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