



HEADWAY SUFFOLK

NEWSLETTER - SPRING 2023

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

Conference: Living Positively with a Disability - 17 May

Headway Suffolk
CONFERENCE
Living Positively with a Disability

Wednesday 17 May
Kesgrave Community & Conference Centre IP5 1JF

Sponsored by
Ellisons Solicitors help. Slater Gordon

Keynote Speakers

Baroness Murphy
VP, Alzheimer's Society

Dr Tom Adams
Clinical Psychologist

Charlotte Brierley
Neurologist

Amanda Cousins
Oper. Lead, NWABIN

Pepper the Robot
Humanoid

Plus, updates from Helen Fairweather, CEO of Headway Suffolk, and personal stories | Tickets £45

Tel 01473 712225 Email helenmfairweather@headwaysuffolk.org.uk
Website www.headwaysuffolk.org.uk

Keynote speakers will give a range of presentations at Headway Suffolk's Conference - Living Positively with a Disability on 17 May at Kesgrave Conference Centre.

Dr Tom Adams is Neuro Rehab Lead at Sleep Unlimited and he will give a presentation on how to get a good night's sleep. He is also a clinical psychologist with particular interests in neuropsychology.

Dr Charlotte Brierley is a neurologist who runs the neuromuscular clinic at Addenbrooke's Hospital and a consultant neurologist at West Suffolk Hospital. She will give a presentation on 'what is a headache?'

Baroness Murphy is Vice-President of the Alzheimer's Society and will present on the challenges of dementia care and what government and other organisations can do. She received a Lifetime Achievement Award from the Royal College of Psychiatrists.

Amanda Cousins is a freelance consultant in neurological rehabilitation, community therapy and recovery support models. She will present on brain injury rehab.

Pepper The Robot is the first robot with the ability to recognise principal human emotions and adapt his own behaviour. He was used in a study with care home residents, who responded positively to interaction with Pepper.

Delegates will also hear personal stories from clients and families, as well an update on Headway Suffolk. We are very grateful to [Ellisons Solicitors](#), [Hodge Jones & Allen](#) and [Slater & Gordon](#) for supporting the event.

Tickets are £45 and are available by [completing the form on our website](#). Alternatively, contact Helen Fairweather on 01473 712225 or helenmfairweather@headwaysuffolk.org.uk.

Sponsored Cycle Ride & Walk - 14 May

Sponsored Cycle Ride & Walk
Sunday 14 May

30 + 40 mile cycle rides | 10 mile walking route
Routes start & finish at Kesgrave Community Centre (IP5 1JF)

Sponsored by
Fosters Solicitors

Tel 01473 712225 Email michelletomkins@headwaysuffolk.org.uk
www.headwaysuffolk.org.uk/events

A fun-packed day is planned for the return of Headway Suffolk's Sponsored Cycle Ride and Walk on Sunday 14 May in Ipswich and the surrounding areas.

After a hiatus due to the pandemic, the popular fundraiser is back for its 13th staging with 30 and 40 mile cycle routes, which start and finish at Kesgrave Community Centre, along with a 10 mile route for walkers.

The family-friendly event takes place ahead of Headway's national Action for Brain Injury Week (May 15-21), which annually raises awareness of the effects of brain injury to help with more understanding.

The Sponsored Cycle Ride and Walk has attracted a host of businesses and individuals in previous years, helping to raise funds for Headway Suffolk to support their full range of services for people and their families in the county affected by any form of brain injury or neurological condition.

Before and after the ride and walk, participants will also be able to visit Headway Suffolk's Craft and Produce Market, which will be simultaneously taking place at Kesgrave Community Centre between 10am and 4pm.

Up to 35 stalls will be selling a wide variety of crafts and produce, along with providing information on Headway Suffolk and there will also be lunch, refreshments and a grand prize draw available to keep everyone entertained!

This year, the event is being supported by regional law firm, Fosters Solicitors, who the charity wishes to place on record their enormous thanks for their support.

Steve Green, Partner and Head of Personal Injury & Group Actions at Fosters Solicitors, added: "We are delighted to be able to support Headway Suffolk with this wonderful community event, which we hope will not only be very enjoyable for all those taking part, but which will also raise much-needed funds for the work of this very valuable organisation.

"Having worked with Headway Suffolk for a number of years as part of our regular support for those affected by brain injury, we have seen at first hand the hugely important work they do and the many services they provide."

For more information and to sign up for the event [using the form on our website](#). Alternatively, contact fundraiser Michelle Tomkins by emailing michelletomkins@headwaysuffolk.org.uk.

Thank you to Ipswich Round Table



A BIG THANK YOU to Ipswich Round Table, who presented us with a cheque for £7,069.15 as proceeds from their Autumn Ball!

Some of the monies have been spent on exercise equipment, pots, pans and a new cooker.

We really appreciate their support of our charity and thank everyone for making the event such a success and raising an amazing amount for our services.

Board Games Night - 12 April



Do you enjoy playing board games and want an evening of playing against new friends in a friendly and welcoming environment?

Headway Suffolk is hosting a Board Games Night on 12 April from 5-10pm at our Ipswich Hub.

Entry is just £5 and we have a large selection of all your favourite games! Interested? [Click to read more and sign up.](#)

Work for 'Outstanding' rated Headway Suffolk

Headway Suffolk is Recruiting
CQC rated Outstanding
Supporting local adults with brain injury & neurological conditions

Inspected and rated
Outstanding ☆
Care Quality Commission

Community Support Worker

Headway Suffolk is rated Outstanding by the Care Quality Commission and we are looking for Community Support Workers to join our team and enhance the lives of our clients.

We are a bespoke service. You are given time to give quality care, support and to assist clients with their independence through developing and improving daily living skills.

You will have use of a pool car for business travel.

Join us to make a difference to local people's lives in this rewarding Support Worker role.

Contact Helen on 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?



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.

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