



HEADWAY SUFFOLK NEWSLETTER - SUMMER 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

Plans for new Satellite Hubs across Suffolk



Headway Suffolk is planning to open 9 brain injury satellite hubs across Suffolk and we are seeking to hear from individuals and family carers who would benefit from the new outreach groups.

The satellites are set to be in Aldeburgh, Eye, Framlingham, Hadleigh, Haverhill, Leiston, Newmarket, Stowmarket and Sudbury.

They will be suitable for adults living with brain injury or neurological conditions who want to meet with others in a safe and stimulating environment, supported by the charity's qualified and dedicated staff and include a range of activities designed to help each individual with their rehabilitation needs.

The groups will also provide peace of mind for family carers who can leave their loved ones in safe care while they gain some valuable respite.

Our CEO Helen Fairweather says: *"We had successful satellite hubs, which were small groups of 8-10, and they really helped people to progress and we were sad we had to close them because of Covid. Now is the right time to reopen them to look at what else we can do to help people."*

"We want to prevent people having to travel to us in our main hubs in Ipswich and Bury St Edmunds because that's problematic for people as they can lose their driving licence after a brain injury and can't get to us, so we want to go to them."

"We want to start off by offering an Understanding Brain Injury course in those locations, which will look at what the brain does, what happens when it goes wrong and how to make a recovery. After that course we are hoping to open them up as a day hub so we can help them with their rehabilitation and their care and support."

"The most important thing now is for people to come forward if they need our help or would like to find out more about these hubs or know anyone else who might benefit from them, so we'd like to hear from people living with brain injury, stroke and neurological conditions or family carers."

Anyone interested in these groups, or any companies wishing to provide sponsorship, please contact Helen on 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk.

AGM + Client Prize Giving - 18 September



Join us for Headway Suffolk's Annual General Meeting on Monday 18 September at 12pm when we will celebrate our clients' achievements.

Each client will be recognised for their rehab and progress over the past year with prize giving, so all clients, family and carers are warmly invited to join us in the celebrations!

As well as showcasing clients, the AGM will carry out its usual and formal process of the charity's business and voting of Trustees.

If you are interested in attending, please let Helen know on 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk.

F1 presenter to talk about stroke at Conference



After the success of our eighth Conference in May, plans are already being made for our next year's event and we are delighted BBC F1 presenter Jennie Gow will be a keynote speaker on 15 May 2024.

Jennie is one of the most recognisable faces in F1 and an integral part in the BBC coverage. The broadcaster also featured heavily in the production of season 3 of Netflix's hit F1 documentary Drive to Survive and played a big role in its success.

In early January the journalist revealed she had suffered a serious stroke at the age of 45 and has spent the months since learning to walk and, more significantly, to talk again.

Jennie recalls: *"Up until December my life was travelling the world as a sports presenter and journalist but then my life changed dramatically. I felt that I was instantaneously drunk and my husband Jamie found me collapsed in the bathroom. I had no warning. Even now, doctors say if somebody had looked at me half an hour before I had my stroke they wouldn't have known."*

"It's hard to get the words out sometimes, which is annoying for someone who never normally got lost for words. I've done so many hours of work with speech and language therapy because of how much I want to speak again properly."

"I still feel numb down my right side. My sense of taste has gone and I get very tired but my voice is getting better."

"I am training my brain to read and write again. My daughter (Isabel, six) is probably ahead of me with that. There's a lot that goes into rehab and it takes hours every day. I'm lucky I'm able to walk and move around perfectly well but it's just my brain and my speech I have to work on."

Jennie is already using her platform to raise awareness of strokes by sharing her story and she is keen to do that to our audience in Suffolk next year.

She added: *"I am determined to come back as strong as ever and I want to share my experiences to try and shine a light on stroke survivors."*

Thank you to everyone who attended our Conference in May this year and our sponsors Ellisons Solicitors, Hodge Jones & Allen and Slater and Gordon Lawyers. [Click to find a selection of photos on our website.](#)

Headway is here to Help



If you are living with a brain injury, stroke or neurological condition, Headway Suffolk is here to help.

Following a successful recruitment drive, we now have capacity to accept new referrals from privately-funded clients.

- **Day support**
- **Community support**
- **Homecare (CQC-rated outstanding)**
- **Rehab skills**
- **Life skills**
- **Clinical therapies**

To make a referral, contact us on 01473 712225 or email helenmfairweather@headwaysuffolk.org.uk.

Understanding Brain Injury Programme

Understanding Brain Injury Programme
Led by Headway Suffolk's Therapy Team

For adults living with brain injury and neurological conditions
The aim of the programme is to help you understand and manage the effects of your injury or condition on your daily routines

Mondays 10.30am - 12pm for 6 weeks from 18 September - 23 October
£60 for the full programme or free to existing Headway clients
Headway Suffolk, Epsilon House, West Road, Ipswich IP3 9FJ

For more information, please contact:
Tel 01473 712225 or email andreacook@headwaysuffolk.org.uk
www.headwaysuffolk.org.uk/courses

Headway Suffolk is running an Understanding Brain Injury programme starting in September for adults living with brain injury, stroke and neurological conditions.

The aim of the programme is to help users understand and manage the effects of their injury or condition on their daily routines. It will also provide an opportunity to meet others who have had similar experiences.

The programme will take place on Monday mornings (10.30am – 12pm) for 6 weeks from 18 September – 23 October at our Ipswich Hub, Epsilon House, Ransomes Europark, West Road, Ipswich IP3 9FJ.

The cost of the full programme is £60 or free to existing Headway Suffolk clients.

To book, contact Andrea Cook on 01473 712225 or email andreacook@headwaysuffolk.org.uk.

Wood and Work Experience



Headway Suffolk has launched a Crowdfunding appeal for a new project – Wood and Work Experience.

The project is to support our clients to create a social enterprise by making and selling woodwork items for the charity and learning tangible work experience skills.

The appeal is for funding for woodwork equipment and resources, as well as cover staff and marketing costs.

Support the project here: crowdfunder.co.uk/p/headway-wood-and-work-experience

Thank you to everyone who supported our Helping Clients Improve Financial Independence and Wellbeing appeal and raised £1,970 for the project to help our clients.

Support us by shopping, recycling & playing lottery!



You can raise funds for Headway Suffolk simply by shopping online!

Simply do your everyday online shopping from over 6,000 retailers through Easy Fundraising and the retailer donates a percentage. There's even an app to make things easier! Start now 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.



Did you know Headway Suffolk has a lottery? Play every week for just £1 and you could win up to £25,000! The draw takes place every Saturday at 8pm.

When you play our lottery on the non-profit Giving Lottery platform, 40% of the ticket price goes to Headway Suffolk and 20% to other UK good causes. Play now at

www.givinglottery.org.uk/support/headway-suffolk-ltd.

Fun on the water & at the museum!



Clients recently experienced canoeing and sailing as they enjoyed a long weekend in Wroxham on an accessible boating holiday on the Norfolk Broads.

There was also a trip to Moyse Hall Museum in Bury St Edmunds for clients to learn about crime and punishment through the years, with a guided tour from Alex from the museum.

Summer Craft & Fete - Saturday 5 August



Join Headway Suffolk for our Summer Craft Market Fete on Saturday 5 August at Kesgrave Community Centre (IP5 1JF) from 10am – 4pm.

Free Entrance – Local craft & games – Make Your Own Sand Art – Rubber Duck Hunt – Hamper Draw – Other Craft Games – A Selection of Handmade Crafts & Gifts & Products – Delicious Cakes & Treats

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