



# Headway Headlines



the brain injury association  
Headway South Bucks

HSB Newsletter - September 2017

## Aylesbury Theatre Trip



Headway South Bucks recently went to see a live production of "Ghost the musical" at Aylesbury Waterside Theatre. We had a great turn-out of clients, carers, volunteers, and staff, and were all very excited for the day ahead. We chose a great day to enjoy coffee and a traditional 2 course pub lunch at "The Firecrest" in Wendover. We were even lucky enough to be able to sit outside and enjoy the wonderful sunshine before heading onwards. After a short journey to the theatre, we took our seats for the show. Inspired by the classic film, the timeless story of love, despair, and hope featured innovative reimagining and new music. It was a very powerful story, and wonderful to experience live. We all thoroughly enjoyed the performance, and were moved by the talented cast. Towards the end, we even joined in with a Headway rendition of "Unchained Melody"!

## Support Us With A Click!



Headway South Bucks is back on Facebook, and more active than ever! This new, updated social media page has just been launched!

'Like' and 'follow' us to receive all the latest information, advice and support for ABI direct to your newsfeed. You can see our activities, join in with discussions, national fundraising, and be part of a supportive online community.

To find out more about who we are and what we do, visit our website at: <https://www.headwaysouthbucks.org.uk>

With your help, we can raise the online presence and public profile of HSB. To simply click can make a difference.

## Celebrating Another Year of Success at Our AGM

We held our AGM on 21st June at the Community Centre in Bourne End. The meeting was well attended and we were delighted to welcome senior members of the Punjabi Society of the British Isles to the meeting. Jane discussed the activities of the charity during 2016, and was able to report that the Wednesday sessions are well established and enjoyed by our members. The accounts for this period were received and accepted at the meeting. Jane Clarke was elected as Chairman, Ellie Ewbank, Sam Gault and Phil Grover were elected as Trustees for the coming year. Thanks to generous donations from the Punjabi Society of Great Britain and Marlow Rotary, the coming year is off to a great start.



# Our Supporters Rock!

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We want to say a huge 'thank you' to the Hutchins family, friends, and talented musicians for their hospitality at Willow Wood Festival in Cookham on Saturday 15<sup>th</sup> July. Everyone had a wonderful time, and thoroughly enjoyed coming together for an afternoon of family fun in support of the work that we do at Headway South Bucks. This charity is very close to the hearts of our hosts, and their friendship going forward is an invaluable asset to us.

We can all agree that the event was a huge success, and the opportunity helped us to raise awareness of acquired brain injury and the support that we offer at HSB. We are absolutely blown away by the generosity of everyone that attended – a donation to our services totalling almost £2,000! Your fundraising efforts will allow us to run the resource centre, provide external therapists, and run activities ranging from arts and crafts to SportsAble. Your donation will enable us to support carers and families of those affected by brain injury, and help secure the future of our charity. We look forward to deciding how best to invest this contribution to benefit our clients moving forward.

We are extremely thankful to our team of HSB trustees, staff and volunteers that represented us on the day, and to all their recruits! – we appreciate your hard work leading up to, and on, the day, and for sharing your wealth of knowledge and enthusiasm for the cause. Thanks also to 'Ted-way bear' for getting on board, and collecting as many donations as he could get his paws on!

## Working Together, Learning Together!

Our staff and volunteers united for a workshop on challenging behaviour. Thank you to the Community Head Injury Service (CHIS) for sharing their expertise, and to our dedicated team for their hard work, knowledge and passion.



# HSB Causing 'Treble' at the Musical Museum!

On 24<sup>th</sup> August 2017, Headway South Bucks welcomed clients, carers, volunteers and staff to join them for a fun and educational experience at the Musical Museum in Kew.

The museum presented a fascinating range of self-playing instruments, music rolls, and told the story of how people listened to music before the days of microphones and electronics. We learned how music was captured, instruments powered and experienced the sounds and actions of self-playing instruments throughout their evolution. We particularly enjoyed seeing the 'Wurlitzer' coming up from the ground onto the stage during the performance.

All in all, everyone thoroughly appreciated their experience of original music entertainment from years ago, and getting involved in a historic music therapy session!

Following our morning at the museum, we enjoyed a 2-course lunch at the Coach and Horses Pub. The food was excellent, and the staff looked after us very well.

The day was another huge success for HSB, with clients and carers praising thanks to everybody that made it happen. Another "Lovely day out with good company" for HSB – it's music to our ears!



# Headway UK Newsflash



## HRH Prince Harry Launches Brain Injury Identity Card

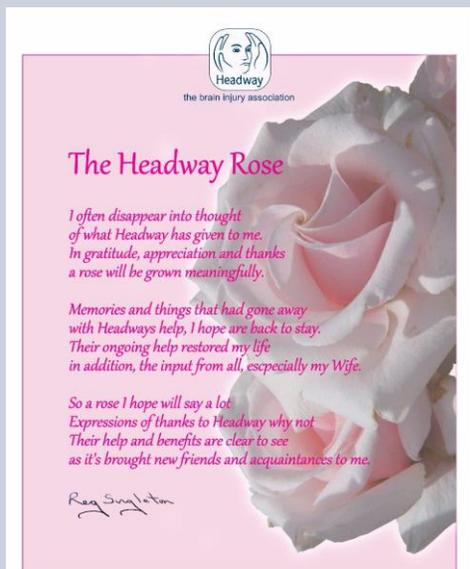
The charity's Brain Injury Identity Card will help the police identify brain injury survivors and ensure they are given appropriate support when they come into contact with the criminal justice system.

## British Horseracing Authority Backs Headway's Concussion Aware Campaign

The British Horseracing Authority (BHA) has teamed up with Headway to raise awareness of the Concussion Aware campaign. We have joined forces with top jockeys Richard Johnson, Lizzie Kelly and Martin Dwyer to create a series of educational posters around the dangers of concussion, and raise awareness of Headway's message – "If in doubt, sit it out".

## Brain Injury Survivor Launches Charity Rose

A brain injury survivor has named a new breed of rose in honour of Headway to help raise awareness of the charity's work across the country.



Pink carries with it the connotation of grace and elegance, as well as sweetness and poetic romance. Dark Pink roses are symbolic of gratitude, appreciation and are a traditional way to say thanks. Light Pink roses are associated with gentleness and admiration, and can also be used as an expression of sympathy.

# Thank You, Marlow Thames Rotary Club!

We have been lucky enough to benefit from the good work that they do at Marlow Thames Rotary Club, and are delighted by their generous contribution to our charity. They have enabled us to purchase two large iPads to be used by clients at our resource centre. We want to thank them on behalf of all our clients who will benefit directly!

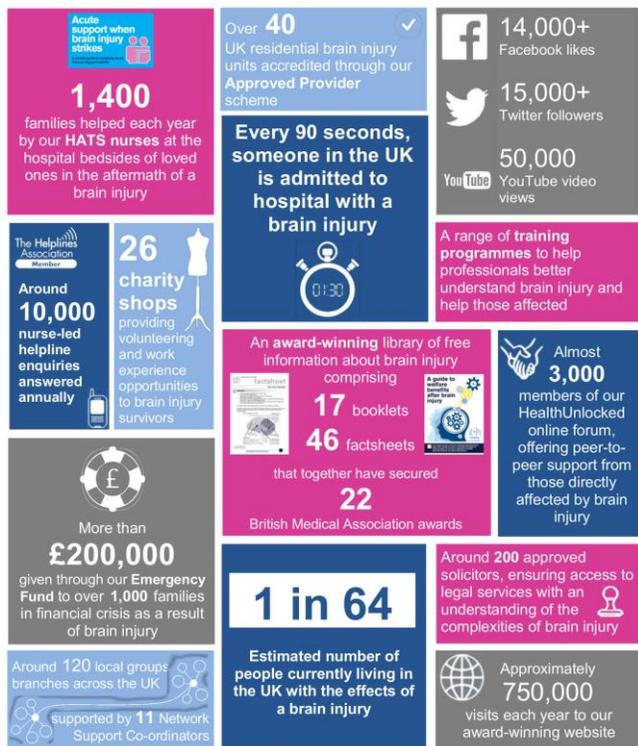
This valuable tool will benefit HSB in a number of ways. Firstly, it will give clients the opportunity to re-gain or learn IT skills, and use these to promote The iPads will enable us to offer flexible, 1:1 support in a quieter environment to meet individual clients' goal plans. We hope to use Apps designed to help neurological rehabilitation, ranging from brainteaser games to improve aspects of cognition such as memory, to more specific tasks to develop motor, visual, and vocal skills.

We have decided to opt for a larger iPad, as we consider this most suitable for clients with impaired dexterity and vision. It is also appropriate for use in group activities, as well as on an individual basis.

We look forward to having all these valuable resources at our fingertips, and feel that it will be a very worthwhile investment for HSB.

On our recent trip to the garden centre, we were lucky enough to meet TV personality Steve Backshall and 2x Olympic champion Helen Glover, who married last year. Thank you for inspiring us and making our day!





# The Way Ahead 2017

New trustee Ellie Ewbank and Assistant Co-ordinator Jan Cravos represented Headway South Bucks for the weekend in Stafford at The Way Ahead annual conference. Facilitated by Headway UK, the days' consisted of lectures, workshops, and networking with colleagues, friends, and clients from across the country. They had a great time, and enjoyed meeting, learning and laughing with so many inspirational people within the Headway family!

## Staying Safe on Social Media

The risk of abuse on or as a result of the internet is a very real issues – particularly for vulnerable adults. Online bullying, identity theft and people falsely trying to befriend strangers to take advantage of them does occur.

However, social media platforms are an increasingly essential part of our lives, and offer a great way for headway groups and branches and their members to connect with others. While the vast majority of people have an enjoyable and positive experience, it is important to be aware of the potential dangers and follow some easy steps to stay safe.

### Things to Consider on Social Media – Tips for Individuals

- **Respect other people.** In other words, be nice! It's OK to have a debate and share opinions on social media, but make sure you're always polite and don't insult, intimidate or harass people.
- **Be aware – Social media platforms are a public forum.** Don't post anything illegal or offensive. Don't accept messages or friend requests from unfamiliar people. Don't talk about your daily movements, such as where you'll be at a specific time and date. Be careful when discussing details of family and friends – they may not want their personal stories online. Do not respond to, and immediately report, any posts or private messages that ask for personal details or money.
- **Check your privacy settings.** People post large amounts of information on their social media accounts, and it is important to ensure this is not easily accessible to others. Review your privacy settings – we recommend you use the highest level of privacy, ensuring nobody but your own friends can see your personal information, posts and photographs. On networks that do not offer privacy settings such as Twitter, be extra-careful about what you post.
- **Report abuse.** All major social networks and messaging services included facilities to report inappropriate content. If posts or messages are illegal, including content that relates to abuse or exploitation of a child, it should be reported to the police. Do not be ashamed or embarrassed to report abusive content – doing so protects both yourself and others.
- **Respect copyright.** You can share images posted to social media, but if uploading them yourself make sure you have the permission of the original creator and/or the people who appear in the image before doing so. If you copy text from another source, make sure you say where you got it from.



# HEADWAY SOUTH BUCKS

## VOLUNTEERING OPPORTUNITIES: WE NEED YOU!

Headway South Bucks is a Resource Centre for individuals with acquired brain injury. We aim to provide our clients with a friendly and supportive atmosphere whilst enabling them to come to terms with their injury by providing an opportunity to improve on their cognitive and social skills. We also aim to provide support and respite for relatives and carers.

### **ARE YOU COMMITTED, OUTGOING, CHEERFUL AND FLEXIBLE?**

Are you a fun, reliable individual, with a passion for improving life after brain injury? Do you have strong interpersonal skills, team spirit, and are keen to learn from others?

### **WOULD YOU LIKE TO BE PART OF A DEDICATED AND HAPPY TEAM?**

As a charity that relies on volunteers to provide its day centre service, your time would be an invaluable resource.

### **CAN YOU SPARE A FEW HOURS ON A TUESDAY, WEDNESDAY OR THURSDAY BETWEEN 9.30AM AND 4PM?**

We are looking to recruit volunteers on Tuesday, Wednesday, or Thursday from 9.30-4.

### **IF SO PLEASE COME AND SUPPORT THIS WORTHWHILE LOCAL CHARITY.**

As much or as little time as you are able to support our clients, we welcome your enquiry about the opportunity to join our Headway South Bucks team.

Please contact **Loraine Clark** at [hsb.coordinator1@headwaysouthbucks.org.uk](mailto:hsb.coordinator1@headwaysouthbucks.org.uk) for further information, or telephone us Tuesday-Thursday 10.30am - 3.30pm on 01628 850315 or 07704 860754.

## Save the Date:

### Thursday 30<sup>th</sup> November 2017

All clients and carers are invited to our special Christmas treat, including a fish and chip lunch, and visiting reindeer. More details soon.

### Tuesday 12<sup>th</sup> December 2017

Headway South Bucks Christmas Lunch at Bourne End Resource Centre

### Wednesday 9<sup>th</sup> May 2018

Lunch venue to be confirmed, followed by an outing to see "An Officer and a Gentleman" at the Swan Theatre in High Wycombe.



# Out With The Old, In With The New! (#PoundForPound)

The new 12-sided pound coin was launched on the 28 March, with the old round pound ceasing to be legal tender on the 15 October 2017.

It's estimated that there is around £1.3bn stored up in piggy banks and jars across the UK and over a third of this is likely to be made up of round pounds - Have you got a stash of 'hidden pounds'?

The value of your £1 is more than a coin to charities - Could you make a small donation to Headway South Bucks?

Thank you!

