

HEADWAY MATTERS

Woolly visitor targets Trev!



Our heartfelt thanks go to Moseley and Kings Heath Lions Club for generously funding an alpaca visit at our Leighton House brain injury hub.

There were smiles all round as Prancer, a five-year-old alpaca from 'Alpaca at Daisy Farm', slowly made his way through the group of clients and staff, stopping to be petted or pose for photos as he went. Prancer seemed particularly taken with our client Trev Thomas, pictured above!

It was a wonderful way to while away an hour, and something we hope to be able to arrange again for our clients next year, funding permitting.

When Becky met James!

Our Head of Services, Becky Whigham, attended the West Midlands Acquired Brain Injury Forum in Birmingham recently where she heard an interesting talk from Olympic gold medallist rower, James Cracknell, about his lived experience of a serious frontal lobe brain injury.

Becky said: "It was a fascinating and very open account of his brain injury journey. Interestingly, he mentioned how he was told his fitness had played a huge part in his recovery – and so a reason for us all to strive to be fitter!"



The brain injury journey can be isolating, but you are not alone!

Remembrance Day

We had the most amazing feedback from those who attended the Services For All (SFA) Remembrance Day event on 11 November.

Held at the E57 Club, the day included a quiz, tombola and refreshments as well as a sing-along of nostalgic tunes, led by our talented SFA Activity Leader, Michelle Black (*left in the photograph*).

It was fabulous to see so many people dressed up and coming together to enjoy themselves!

Be sure to keep an eye on our Facebook page for details of future SFA events.



Hindu temple visit



Client Varsha Patel chose to use her Community Outreach time to visit Shree Laxmi Narayan Mandir, the beautiful Hindu temple in Birmingham dedicated to Lakshmi, the Goddess of wealth, fortune, fertility, beauty and abundance.

In celebration of Diwali, Varsha left offerings and prayers to the Murti statues.

It proved a very special experience as Varsha has a particular affinity with the Goddess Lakshmi, and, thanks to some recent physiotherapy sessions, Varsha was able to walk independently over the threshold of the temple for the first time.

What a great outcome!

One year on!

Our Hospital Link Workers, Indi Kumar and Steph Barber, had a fantastic day at Midland Metropolitan University Hospital's 'One Year On' event held in the autumn to celebrate the new hospital's first anniversary.

As well as the fantastic entertainment the Smethwick hospital had arranged, the event proved an ideal opportunity to catch up with faces old and new.

Moving forward, our team will continue visiting Midland Met regularly to share information on brain injury and the range of support Headway Birmingham & Solihull can offer.

Meanwhile, we send our very best wishes to everyone at the new hospital as it enters its second year!

Pictured right: Indi at Midland Met's 'One Year On' event with Liz Green, Acute Oncology Nurse



Focus on food & nutrition

Sutton House clients enjoyed making omelettes in a recent Daily Living Skills session, learning how these can be a healthy, protein-packed meal as well as a creative way of achieving their 5-a day target for fruit and vegetables. The skills acquired can also be transferred into their homes, enabling clients to prepare a substantial, nutritious meal independently.

Thank you to Tesco and their Stronger Starts scheme for a grant towards these key sessions.

We would also like to thank the team from the council-funded public health scheme, Beezee, who have been running health and wellbeing sessions for clients at Headway House. Again, these have proven hugely enjoyable as well as extremely beneficial.

Beezee
in Birmingham

**Stronger
Starts.**



A different day of volunteering!

Traditionally, our corporate volunteer groups have helped with the never-ending gardening jobs at our Leighton House brain injury hub.

This year, however, we also asked them to use their volunteer time to 'sort' the many bags of clothes donated to our charity shops, and their help has been invaluable! Some sorted an accumulation of stock stored at our Rednal brain injury hub while some volunteers from Lloyds Bank (pictured) went along to our Rubery charity shop where they sorted, steamed and labelled donations behind the scenes as well as colour-coded racks of clothes on the shopfloor.

Thank you again to each and everyone of our corporate volunteers for their help, especially those who have also sold our Grand Raffle tickets or organised other fundraising towards our local brain injury services. You really are making a difference!



Local volunteers - WE NEED YOU!



And while we are on the subject of volunteering, we would like to put a call out for volunteers to help out at either our Great Barr or Rubery charity shops on a regular basis.

The work is fun, varied and rewarding and it can be a way to meet more people, give something back within your local community or gain valuable experience to help future job prospects.

Email personnel@headway-bs.org.uk or call in at:

Great Barr Shop – 71 Thornbridge Avenue, Great Barr, Birmingham B42 2PW

Rubery Shop – 183 New Road, Rubery B45 9JP

Try your luck in Birmingham's local lottery!

Since Birmingham Community Lottery was launched nearly two years ago, we've had several winners and raised over £1,000 towards our local brain injury services. While this is all very positive, the reality is that only small numbers are playing in aid of Headway Birmingham & Solihull and so we are putting a call out in the hope that more people will have a go in the New Year.

Tickets cost just £1 a week and are available to buy online. Each ticket consists of 6 numbers and anyone matching the full sequence of numbers can win the top prize of £25,000. There are smaller prizes, too, as well as a monthly SuperDraw which offers amazing prizes like a Luxury City Break or a PS5 Pro Bundle.

To play and support Headway (and make Saturday nights just that little bit more exciting!), visit: www.birminghamcommunitylottery.co.uk/support/headway-birmingham-and-solihull. Thank you!

Thank you again!

Our sincere thanks go to the Provincial Grand Lodge of Warwickshire for their kind donation of £1,500 towards our work.

They have supported Headway Birmingham & Solihull for many years, and we want them to know that their kindness is very much appreciated and really makes a difference.

New Framework for Birmingham Day Services

We are extremely pleased to be able to inform everyone that we have been successful in our tender to be part of the new Birmingham City Council (BCC) framework. This means we will be on a list of approved providers that Social Workers can use when looking for the right services to meet people's needs for day opportunities.

It is also wonderful to see that, for the first time ever, brain injured people are referred to when defining the different types of disabled users. This has also been recognised in the rates tables.

The council is still working through the migration to this new system, but we are hopeful that we will see improvements in getting people assessed and starting sooner during the next year. We are also making headway in meeting with key council people and fixing up talks to Social Worker teams in the New Year. We now have a firm contract for the first time ever with Birmingham City Council and things are 'on the up'.

A Christmas Message from our CEO!

Just to finish this year by saying a huge THANK YOU to everyone who supported us during 2025. We really appreciate the help we get from users, funders, sponsors, donors and partners, and also the hard work of our wonderful staff and volunteers who make our services so great and really do help to 'change lives'.

A very 'Happy Christmas' to you all and we look forward to a propitious 2026. Sue Tyler - CEO



Birmingham
Community Lottery



Registered Charit No 1008798
Company Reg No 2686647

Brain Injury Hubs

Leighton House
20 Chapel Rise
Rednal, Birmingham
B45 9SN

Headway House
Moseley Hall Hospital
Alcester Road
Birmingham B13 8JL

Sutton House
380-384 Birmingham
Road
Wylde Green
Sutton Coldfield B72 1YH

Tel: 0121 457 7541
Email:
enquiries@headway-bs.org.uk

Headway Charity Shops

71 Thornbridge Avenue
Great Barr
Birmingham B42 2PW
Tel: 0121 357 6561

183 New Road, Rubery
Birmingham B45 9JP
Tel: 0121 453 4798

Website:
www.headway-bs.org.uk



Exciting News coming!

We have some good news to announce in the New Year once we have clarified details... so WATCH THIS SPACE!