

HEADWAY MATTERS



Summer fun at Sutton House



Clients at our Sutton House brain injury hub swapped their usual timetable for sun, smiles and a whole host of fun activities at their recent summer party!

It was a chance to dress up in Hawaiian garlands, play

games, enjoy burgers from the BBQ and order non-alcoholic mojitos and more from the Mocktail Menu, all served with a fruit garnish and mini umbrella in best Caribbean tradition.



And not only was a great time had by all, the day also helped raise funds towards DLS (Daily Living Skills) activities at Sutton House, where clients are supported to prepare their own lunches and learn more about cooking and eating healthily.





Circlefest!

We continue to work closely with Circle Health Group and recently joined them at their rehabilitation centre in Pebble Mill Road for Circlefest, a celebration of the group's 5th anniversary.

It was a fun-filled day with plenty for all to enjoy, including a barbecue, cakes, facepainting, mocktails and live music!



Members of our Family and Carer Services team, who run regular clinics at Circle offering specific brain injury support, set up their information stand and enjoyed catching up with several clients they had supported previously.

Our CEO, Sue Tyler, also attended and as well as thanking Circle for their ongoing support, she had an opportunity to try out 'Stroll', a new state-of-the-art rehabilitation tool which creates interactive training settings using AR (augmented reality) glasses.

This is proving to be valuable for neuro-rehabilitation in particular, and so something Headway Birmingham & Solihull is exploring further.



A win on the water!



Our Community Outreach client Ian 'Monk' Moore goes along to Midland Sailing Club at Edgbaston Reservoir every week with his Headway Personal Assistant (PA), Johnathan.

Monk is loving his sailing, and building his skills and confidence on the water week by week.

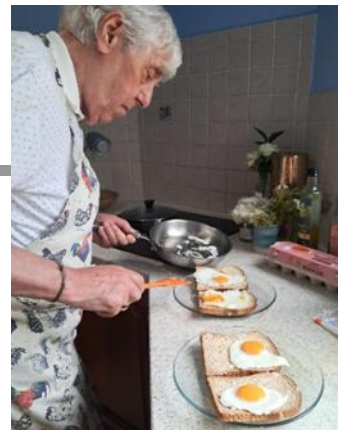


And congratulations are in order as he recently took part in the 2025 Birmingham Hansa TT sailing competition and took third place!

Kitchen skills!

This is Community Outreach client Jim Hunter preparing fried egg sandwiches.

An everyday activity like cooking can be a real challenge to someone with a brain injury, but Jim, with a little support from his PA, was able to set the table and prepare this delicious-looking meal for himself and his wife. *Eggs-cellent!*



VOLUNTEERS... We need extra volunteers across a variety of areas - please call!

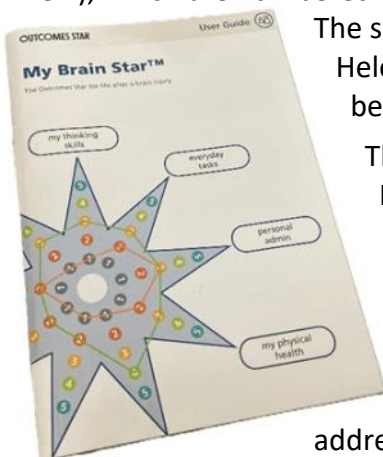


Thumbs up for new outcome tool!

Pictured right is our ABI Manager Helen Bourke looking at the new 'My Brain Star' tracker with Phil Leech, a client at our Leighton House hub.

This new tracking system is one of several Outcome Stars developed by Triangle Consulting Social Enterprise Ltd in conjunction with Headway UK, with the involvement of regional local Headways, including ourselves.

My Brain Star is an evidence-based tool for measuring change and encouraging further recovery post brain injury. It has nine Outcome Areas (from 'Every Day Tasks' to 'How I Spend My Time') and these underpin five Journey of Change Stages (from 'Things Are Not Okay' to 'Managing Well'), which are numbered and colour-coded for easier use.



The system can be used online or downloaded to a paper version as required, and Helen and four staff members at Headway Birmingham & Solihull have already been trained in its use.

The tracker is being rolled out across the UK and is already being used at many Headway groups. This will enable monitoring and reporting of progress for brain injury survivors at an individual level, but also collectively, ultimately helping produce a more accurate picture of what is happening nationally.

Helen said: "We are very excited about this new tracker. It certainly opens up a lot more conversations and pathways, giving a deeper insight into a particular client's area of difficulty which the staff team can then address and support the client to move along their self-development path."

My Brain Star is seen as a positive step, building on the very successful star tracker system developed by our CEO Sue Tyler in the early 2000s which has proven invaluable in tracking and evidencing client progress, showing why those with brain injury need our services and adding weight to funding applications.

Support with finance gets results!

In August alone, the Fast Track Finance work undertaken by our Family and Carer Services team has helped FIVE brain injured people and their families secure positive outcomes as they applied for welfare benefits.

One client was supported to apply for PIP (Personal Independence Payments) for the first time, another to complete their biennial PIP review and a third to gather evidence and apply when they had failed previously. All three were awarded the full benefit they had applied for. A fourth person was supported to apply successfully for both Universal Credit and PIP, and a fifth to appeal a negative PIP decision and have it overturned straightaway.

The application process for these welfare benefits is a complex one and we know from the feedback we receive just what a difference our support and expertise can make, helping alleviate anxiety throughout the process and improving lives by securing a successful outcome.

Providing information on claiming benefits and the appeal process is just one of the many ways our Family and Carer Services team support those affected by brain injury. For more information, email enquiries@headway-bs.org.uk or call our Enquiry Line on 0121 457 7541.

Wheel'n'Walk 2025

Congratulations to the 20+ people who took part in this year's Wheel'n'Walk in Cannon Hill Park. Once again, there were some huge personal achievements as well as over £2,400 raised towards our local brain injury services! *Thank you all!*



SOCIAL MEDIA... Don't forget to follow us on Facebook!



Volunteers make a difference!

THANK YOU to the teams of volunteers from Barclays, Barnett-Waddingham (pictured right) and Vanderlande who joined us at Leighton House over the summer months. They have all worked hard, weeding, sweeping, pruning or painting, helping keep our outside spaces looking altogether smarter and certainly much safer for our clients underfoot. Some have also helped with some inside chores, like painting the training room in The Woodlands or helping sort charity shop donations. We really appreciate your efforts on our behalf and hope you will revisit next year!



A baking big thank you!

Sincere thanks to Sophie Lowe and her colleagues at JLR who organised a bake sale event and raised a whopping £1,463 for Headway Birmingham & Solihull. They worked alongside our client David Parker (pictured centre) before his brain injury, and were delighted when he called by at the office for a couple of hours on the day to catch up with the team. *Fantastic!*



Lisa's 80s disco



Huge thanks to our volunteer Lisa Richards who organised a 'Heading Back to the 80s' fundraising disco at Kings Norton Ex Servicemen's Club in Cotteridge back in June. The event was a big success with around 100 people attending, many in nostalgic 80s outfits, including Lisa herself (pictured right) with her sister Julie! As well as some fabulous 80s music, Lisa ran a raffle on the night which in itself raised several hundred pounds, bringing the total funds raised to an amazing £1,008 towards our local brain injury services. Thanks to everyone who supported this event and congratulations to Lisa for putting on such a top night!!

So much more convenient!

Thanks to funding from Sutton Coldfield Charitable Trust, Patrick Trust and Edward and Dorothy Cadbury Trust, we have been able to convert unused storage space upstairs at our Sutton House brain injury hub into a roomy disabled WC facility. Previously, clients accessing their rehabilitation or therapy sessions on the first floor of the building had to travel back down in the lift when they needed to use the toilet, taking valuable time out of their sessions. The addition of this new disabled WC upstairs is therefore making a world of difference. *Thank you again to all involved in the transformation!*



Woodwork Workshop Appeal!

We are hoping to offer woodwork as part of our daily programme, an activity our clients enjoy and one that has brought positive outcomes for those with brain injury. To this end, we hope to buy and erect a purpose-built woodwork shed in the grounds of Leighton House and equip it with the necessary tools and equipment needed to run more and improved woodwork sessions.



ABI & SFA

Christmas Party

Friday 5 December

Please call Helen or Jade for more information!

0121 457 7541



Improving life after brain injury

Registered Charit No 1008798
Company Reg No 2686647

Brain Injury Hubs

Leighton House
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Birmingham B45 9JP
Tel: 0121 453 4798

Website:
www.headway-bs.org.uk



To help raise the funds needed, simply text **WOODWORK** followed by your donation amount to **70085**. Texts will cost the chosen donation amount (£1 - £20) plus the standard network rate message. Donations can also be made via our website at www.headway-bs.org.uk via the purple **DONATE** at the top right of the front page.