

**QUARTERLY
ACTIVITY LEAFLET
Winter 2020
January– March**



**Sports, Health &
Wellbeing
Services for Carers,
Families & Adults with
Acquired Brain Injury**

SPECIFIC ACTIVITY DETAILS:

Horse riding—full risk assessment & possible medical check required on first visit. Please note this is a high risk activity, anyone who joins needs to be aware that Headway cannot be responsible for injury caused which is beyond our control.

Venue not signposted and is behind a construction site, please turn in and proceed down the drive where you will eventually reach the stables & car park.

There are no hoists at horse riding, therefore clients accessing this must be able to transfer from the ramp to the horse (same height as horses back).

Rifle shooting—is on the site of Sutton Coldfield Town football club. At the end of the driveway turn right, the building on the right of the pitch is the shooting centre

Multisport can include a variety of activities which can be adapted. Examples include: boccia, indoor cricket, indoor archery or kurling.

Sports and Social Clubs—Themed sessions, usually including snacks and refreshments—please contact us to find out this months theme.

Target Games—can include a variety of seated and none seated games including Molky, soft Archery, Croquet and many other variations of fun games.

PLEASE NOTE: Brain Injured Adults attending the activities **MUST** be assessed before attending. Please contact Jade Evans to arrange an assessment:

Mobile: 07483173902

Email: sportsco-ordinator@headway-bs.org.uk

Please note any brain injured adults attending on their own **must be able to look after their own needs/risks & arrange their own transport.**

Mission Statement

“Our aim is to promote greater understanding of all aspects of brain injury and to provide support, information and services for people who have sustained brain injury, their families and carers.”

Contact us to join our clubs

For further information or details on our services please call the team on

0121 457 7541

Option 4

07407731794 (Diane)

07483173902 (Jade)

(Monday—Friday)

Email:

sportsco-ordinator@headway-bs.org.uk

sportsleader1@headway-bs.org.uk

Visit our website

www.headway-bs.org.uk

Post:

HEADWAY HOUSE
Moseley Hall Hospital
Alcester Road
Moseley
Birmingham
B13 8JL

LEIGHTON HOUSE
20 Chapel Rise
Rednal
Great Park
Birmingham
B45 9SN



Registered Charity Number : 1008798
Company Registration Number: 2686647

Affiliated to Headway—the brain injury association

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	
<p>January— March 2020 QUARTERLY SCHEDULE</p> <p>All activities open to children except activities in red due to risks or children not allowed by other organisations in partnership. *Please be aware that Lowlands Farm is difficult to find as it is not clearly sign posted.</p> <p>Brain Injured Adults attending the activities MUST be assessed before attending. Please contact Jade Evans to arrange an assessment: Mobile: 07483173902 Email: sportscordinator@headway-bs.org.uk</p>	<p>HORSERIDING</p> <p>2-3pm 20th January 2020 17th February 2020 16th March 2020</p> <p>Lowlands Farm, Shrewley, Warwick, CV35 7AX*</p> <p>COST £17.50</p>	<p>LUNCH CLUB WEEKLY</p> <p>12-2pm Greville Arms, Sizzling Pub, Solihull, B91 2RB</p> <p>COST (depends on chosen meal) + donations for HBS</p>	<p>BREAKFAST CLUB WEEKLY</p> <p>10:30-11:30</p> <p>Lower Park Fisheries Dagnell End Road, Beoley, Redditch, Worcestershire, B98 9BE</p> <p>COST (chosen meal)</p>	<p>WALKING FOOTBALL WEEKLY* Apart from dates below</p> <p>11-12</p> <p>Solihull Moors Football Club SportNation.bet Stadium B92 9EJ</p> <p>Cost—£3pp</p>	<p>LUNCH CLUB</p> <p>12-2pm 31st January 2020 28th February 2020 27th March 2020</p> <p>The Blackhorse Pub Northfield B31 2QT</p> <p>COST (chosen meal) + donations for HBS</p>	<p>WELLBEING & SOCIAL CLUB</p> <p>11-1pm 18th January 2020 15th February 2020 21st March 2020</p> <p>HEADWAY HOUSE Moseley Hall Hospital Alcester Road, Moseley, B13 8JL</p> <p>COST £3pp</p>	
	<p>AIR-RIFLE SHOOTING</p> <p>2-3pm,* 27th January 2020 24th February 2020 30th March 2020</p> <p>Rifle & Pistol Club, Sutton Coldfield Town FC, Coles Lane, B72 1NL</p> <p>COST £6pp</p>	<p>TABLE TENNIS WEEKLY</p> <p>3-4pm Woodlands Room Leighton House 20 Chapel Rise, Rubery B45 9SN</p> <p>COST £2pp</p>	<p>BOWLING & SOCIAL WEEKLY</p> <p>12:30-2pm</p> <p>Hollywood Bowl, Park Way, Great Park, Rubery, B45 9PL</p> <p>Cost- £3.15 pp</p>	<p>*WALKING Football will NOT take place on:</p> <p>16th January 2020 20th February 2020 19th March 2020</p>	<p>TARGET GAMES</p> <p>11-12pm 10th January 2020</p> <p>Woodlands Room Leighton House 20 Chapel Rise, Rubery, B45 9SN</p> <p>COST £2pp</p>		
	<p>SWIMMING Weekly</p> <p>11-12:30 Tudor Grange Leisure Centre, Solihull, B91 1NB</p> <p>COSTS £3pp</p>	<p>ADAPTED INDOOR CRICKET WEEKLY</p> <p>1-2pm Tudor Grange Leisure Centre, Solihull, B91 1NB</p> <p>COST £3pp</p>	<p>BOWLING COMPETITION</p> <p>12:30-2pm 8th January 2020 5th February 2020 4th March 2020</p> <p>Hollywood Bowl, Park Way, Great Park, Rubery, B45 9PL</p> <p>Cost- £3.15 pp</p>	<p>POOL COMPETITION</p> <p>1-2pm 16th January 2020 20th February 2020 19th March 2020</p> <p>Hollywood Bowl, Park Way, Great Park, Rubery, B45 9PL</p> <p>COST—£2pp</p>			
	<p>*Please note the change of time for Air-rifle shooting.</p>	<p>ADAPTED ARCHERY WEEKLY</p> <p>11-12pm Tudor Grange Leisure Centre, Solihull, B91 1NB</p> <p>COST £2.50pp</p>					