

HEADWAY MATTERS

Claret or Blue!

Leighton House client Geoff Youds decided to do a sponsored hair dye to raise funds towards Headway's local brain injury services.

But this was no ordinary hair dye!

Geoff gave everyone who sponsored him a chance to vote for their favourite local football team - claret for Aston Villa or blue for Birmingham City (aka The Blues) – and declared he would dye his hair proportional to the vote.

As the vote was pretty much even, Geoff dyed his hair half claret and half blue and raised an impressive £327.25 as he did so.

What a great sport Geoff is!



Some special visitors at Leighton House!

We were delighted to welcome the then Deputy Lord Mayor of Birmingham at Leighton House in May.



He was given a tour of the brain injury hub by our CEO, Sue Tyler, and our Head of Services, Becky Whenham, and was interested in learning more about our clients and the specialist services we offer.

He then headed outside to observe a client session in progress – an eagerly-awaited visit from the alpacas, made possible by a grant from The Lord Mayor of Birmingham's Charity earlier in the year.

The grant also enabled us to book a series of African drumming sessions, which brought an equal amount of enjoyment to our clients.

Former Deputy Lord Mayor, Cllr Ken Wood, meets clients & Prancer, the alpaca!

End of an era for Rubery charity shop

Due to low footfall and increasing costs, the doors to our charity shop in Rubery closed for the last time in May.

Our CEO Sue Tyler said: *"Closing the shop wasn't an easy decision to make. It first opened in 2016 and its early years were very successful, bringing in income towards our local brain injury services as well as raising greater awareness of brain injury generally. Some of our clients were also able to volunteer in the shop, providing them with opportunities to improve skills, boost self-confidence and feel more a part of their local community."*

"Sadly, we experienced a sustained downturn in trade and so had to take the action we did. However, we want to pass on our heartfelt thanks to local people for supporting the shop over the last 10-years. This has been very much appreciated."

New steps for Coventry & Warwick

As detailed in our last newsletter, a grant from the National Lottery has enabled us to look into the possibility of extending our specialist brain injury services into the Coventry and Warwick area where there is currently no provision.



Good progress has been made during the initial scoping exercise and a decision has been reached to set up a new Headway Coventry & Warwick as a partner group of Headway Birmingham & Solihull in the first instance. This will be a phased approach with an official launch of the new group in the autumn.

For more information on any aspect of the project, please contact ceo@headway-bs.org.uk.

Carers Week 2026

As a charity supporting families, we like to mark Carers Week with a series of events to help raise greater awareness of caring and highlight the many challenges unpaid carers face week in, week out.



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Our Family and Carer Services team therefore went along to Good Hope Hospital, Sainsbury's Longbridge and the Forward Carers event held at Symphony Hall to promote Headway and share details of the support available to carers.

Thanks to a grant from Forward Carers, the team also organised a Wellness Day in collaboration with Barefoot Yoga and Xpress-Yourself offering those caring for a brain injured loved one a rare chance to take time out for themselves and enjoy some self-care and mindfulness activities as well as chat to other carers.

The sound bath, massages and yoga sessions proved especially popular, and we had some marvellous feedback from the day, with one carer saying she left feeling "relaxed, happy and grateful" which was exactly the idea!

Brain Injury Week Bake Off

Clients from Leighton House and Sutton House put their creative baking skills to the test for this year's 'Brain Injury Bake Off' competition.

While there were some wonderful dishes devised by both parties, Leighton House were crowned the champions with their fabulous cakes masquerading as pizzas and ice creams, as decided by an online vote.

Great work by all who took part!



Creative therapy benefits

Clients at Headway House look forward to their weekly creative therapy sessions where they are offered one to one support as needed to get the maximum benefit from each session. Here, client Rosie is decorating an old tin which she will then plant up with compost and seeds.

This session stimulates the creative part of the brain but is also a relaxing therapy aiding general wellbeing.

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

Fabulous fun run!

We were invited along to be one of the charity partners at the Knowle Fun Run in May, one of several events on the annual Knowle & Dorridge Lions Club fundraising calendar.

As always, the event was superbly organised, and one that our large team of volunteers very much enjoyed being part of. Some helped with marshalling duties on the course, cheering on the many hundreds of



runners that took part and ensuring roads stayed safe and traffic-free while others (including Peanut the dog in his Headway bandana!) helped on the Headway Birmingham & Solihull information stand. We have since received a donation of £6,000 from Knowle & Dorridge Lions Club, an amount that will make a significant difference to our charity in these challenging times.

The biggest of thanks from everyone at Headway!



Sponsored walk

Huge congratulations to Gerry Gough and his friends from Miranda's Physio Steps who organised a sponsored walk in June to raise funds for Headway Birmingham & Solihull.

The group, many of whom are rehabilitating following a stroke or other brain injury, challenged themselves to walk a minimum of a mile by completing loops around the lake of Tudor Grange Park.

With the mobility issues many of them have, this was no easy task but with the support of their families and fellow walkers and a great deal of personal determination, they all completed what they set out to do, and even more in some cases! They also raised over £2,500 through their Just-Giving page, an incredible amount which will go a long way to help others impacted by brain injury. *Thank you to each and every one of them!*



Sister's skydive!

Inspired by the support Headway has given her father-in-law Manny Galsinh (who attends our Leighton House brain injury hub), Simrun Rehshi and her sister, Jyoti, booked up to do a charity skydive in October last year.

The British weather, however, had other ideas! Their first and second attempts were cancelled due to poor weather, and so was their third



attempt scheduled for February. However, in June their jump finally went ahead!

They both thoroughly enjoyed it and their fundraising was as impressive as their perseverance, with nearly £2,495 raised towards our local brain injury services and the promise of more to come from Simrun's employer, Deutsche Bank.

Simrun said: "We've seen first-hand the amazing support and community Headway gives to help people rebuild their lives, The jump was our way of saying thank you and giving back."

Our sincere thanks go to Simrun and Joyoti and to all their family and friends who donated so generously.

London Marathon 2026

We were fortunate to secure two charity places in this year's London Marathon and our chosen runners, Lauren Hevey (right) and Ngozi Dufty (far right) both did us proud by successfully completing the gruelling 26.2 miles on the streets of the capital in April, smashing their fund-raising targets as they did so.

Lauren, is a student from Birmingham, who has supported our fun runs in Cofton Park multiple times and was first female finisher in the Easter Fun Run when she was just 12-years-old!

Ngozi, meanwhile, has personal experience of brain injury, having had a Subarachnoid Haemorrhage just a couple of years ago. Thankfully, she made a very strong recovery, regained her fitness and was able to return to her career as an army doctor.

Lauren and Ngozi raised an incredible £8,400 between them and so we would like say a huge THANK YOU to them both, and to their family and friends for their generous sponsorship.

Email fundraising@headway-bs.org.uk for info on our London Marathon 2027 places.



Reg Charity 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](mailto:enquiries@headway-bs.org.uk)

Headway Charity Shop

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

Website:
www.headway-bs.org.uk



Let's hear it for the corporates!



We are massively fortunate to have so much outside space at our Leighton House brain injury hub but from spring onwards, when everything in the garden starts to grow, there are never enough hours in the days to get the chores done.

This is where our corporate volunteers make such a difference. They come along for a day to help weed, prune, sweep or paint, making everywhere look much tidier, and importantly, safer underfoot.

Thank you to returning volunteer groups from Barclays and Barnett-Waddingham,

and to Selwood (Workdry Group), pictured above, who joined us for the first time.

Boogie nights!

Our thanks go to Community Outreach worker and Leighton House volunteer, Lisa Richards, for her most recent fundraising success.

Lisa, with the support of her family and friends, organised a fabulous 70s & 80s disco at Bournville Social Club which raised £500 for Headway Birmingham & Solihull's local brain injury services. With the nostalgic music and the fantastic raffle prizes on offer, a good time was had by all! *Thank you once again Lisa!*



Volunteer focus

We simply couldn't do what we do here at Headway Birmingham & Solihull without our many wonderful volunteers, and so we held a Volunteer Appreciation Day during this year's Volunteer Week in early June to let them know just how highly regarded they are and what a difference they make to the charity on a daily basis.

Each volunteer was presented with a certificate and small token of our appreciation, along with a personal message from the department they work in.

Left: Olivia Adams, who volunteers at our Sutton House brain injury hub, was one of those recognised for her outstanding contribution