



HEADWAY MATTERS

Drumming delight thanks to Lord Mayor's grant!



Clients from across our three brain injury hubs were treated to some fabulous African/Caribbean drumming sessions in February, thanks to funding from The Lord Mayor of Birmingham's Charity.

Drummer Rocky Amoo from 'Drum with Rocky' brought along a selection of drums and other instruments, and invited clients to watch and listen as he explained more about the techniques and rhythm patterns of palm drumming. Everyone then had a chance to play the drums themselves, trying the various 'slaps' and other techniques Rocky had so patiently demonstrated. It proved to be a very enjoyable morning, but also a real test of listening skills, patience, musicality, fine motor control and more!

The remainder of the grant has been put aside for some further music sessions and some alpaca visits in the summer, all eagerly awaited.

Sincere thanks to the Lord Mayor of Birmingham's Charity for making these possible!

Making a real difference

Our Family and Carer Services team is usually the first point of contact with Headway for local families impacted by brain injury, either through our Hospital Link Workers visiting the local hospitals or via our Enquiry Line. Families can then access all our services and be supported in ways that best suit their individual needs.

Whilst we are able to monitor and see the results, it's always good to hear from our users about how these services are making a difference to their lives.

Here is just some of the positive feedback we have received in the last couple of months:

"It's so nice to speak to someone who understands, listens and gives support. You've done more for me in the last half hour than anyone has done in the past 10 years. Thank you."

"The whole team has been fab. They were so lovely and understanding, and very helpful. What you guys do is amazing, thank you."

"Thank you for all the support you have given us. We wouldn't have got through the last year without you and the wonderful Headway team. You have been my lifeline."

"Thank you for taking the time and patience to listen and explain things. The relief of being signposted to the appropriate services is unexplainable. It is lovely to know the support is there if we need it in the future. Thank you."





Possibilities in Coventry & Warwick

As there is no longer a Headway charity in Coventry & Warwick, we were asked by Headway - the brain injury association to consider if we could start a new Headway in this area.



While we were not particularly looking to expand, we felt we should try to help if possible as there are currently no specialist support services for brain injured people and their families in this area. However, our Trustee Board agreed that we should fully explore the need and feasibility before making any commitment.

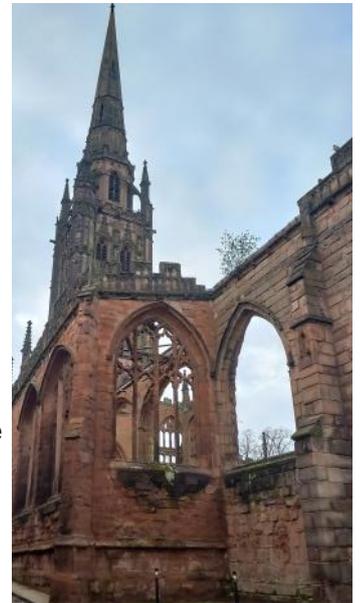
We are pleased to announce that we have been successful in getting funding from the National Lottery small grants fund to conduct a Scoping Project for twelve months. This commenced in January and the plan is to talk to other organisations, professionals, stakeholders and users in the Coventry and Warwick area in order to determine the current situation and identify unmet need and potential viability.

To that end, we are seeking feedback from people in the area regarding their experiences, current needs, any potential partnerships/venues or any other information that might be of use. We would also like to hear from those interested in volunteering/working with us.



Please contact Sue Tyler at ceo@headway-bs.org.uk or complete our survey via the QR code (left) or the link below:

<https://www.surveymonkey.com/r/LGBQ2LY>



DWF fund seated exercises across our three hubs

A grant from the DWF Foundation has enabled us to book a series of seated exercise sessions at all three of our brain injury hubs. Delivered by visiting instructors from Fitniss, these sessions are bringing tangible benefits to participating clients, many of whom have physical issues linked to their brain injury. This might

include reduced mobility and movement, paralysis, one-sided weakness, muscle spasms and poor balance. Some clients also experience a lack of motivation which may make them less likely to take part in any exercise independently.

These seated exercises are therefore making a world of difference, building strength and stamina, helping coordination and motor control, preventing muscle loss and even improving grip strength, factors that help support daily functional tasks.

Our sincere thanks to DWF!



Sue steps out in style

Our Community Outreach service enables those with brain injury to get out into the local community and do the things they enjoy, with the support they need in place. The choice of activity is individual to each client and will reflect their particular interests or personal goals.

Client Sue, for example, loves shopping and all things 'glam' and so chose to use some of her Community Outreach time to hit the January sales. She knew the instant she saw it that this lovely faux fur coat was 'the one' and bought it along with some matching earmuffs! The delight on her face says it all!



Headway part of new TANGO study

Headway Birmingham & Solihull has been part of the TANGO research project funded by the National Institute for Health and Care Research looking at developing new communication training programmes for people with brain injuries and their families that can be implemented by speech and language therapists in everyday clinical practice.



The study involved a series of co-design workshops to seek the input of people with acquired brain injury, their family members and speech & language therapists. The findings of these workshops were then presented at the TANGO showcase event held in London in January.

Keeley Parkes from our Community Outreach team was invited to speak at the event where she shared her experience of being involved in the partner training workshops as well as her personal experience of brain injury.

Dr Nicholas Behn, Senior Research Fellow and Speech and Language Therapist at the School of Health & Medical Sciences at City St George's, University of London, described the testimonies from Keeley and other speakers as "honest, powerful and deeply moving" and a reminder of the importance of evidence-based change, namely to improve the lives of those impacted by brain injury. *Published papers and a new resource pack based on the findings of the study will be shared once available.*

A new kitchen for Leighton House

The training kitchen at Leighton House had not been updated since the building was first converted for use as a brain injury hub back in 2007 and was starting to show signs of its age and heavy usage.

However, it has recently been transformed thanks to some funding from local company Barnett Waddingham (who also



helped fund some sports activities last year) and the hard work of Helen and Mike Bourke, who gave up their time over several weekends to work their magic on both the kitchen itself and the adjoining room.

The area is now looking modern and clean, and is equipped with everything needed for clients to participate in Daily Living Skills sessions, including a sink area, counter space and cooking hobs accessible for wheelchair users.

Thank you!



Panto Fun!

Clients and carers who joined us for the pantomime trip - Robin Hood at Birmingham Hippodrome - thoroughly enjoyed their day out!

Oh no they didn't! OH YES THEY DID!!!

New kit enhances training

A generous grant from Westfield Health Charitable Trust has enabled us to buy some new equipment to help us deliver vital first aid training more effectively. This includes a 'Resusci Anne' full-body mannikin with removable limbs and a 'Little Anne' mannikin with dark skin tone. Both have proved invaluable already, allowing better demonstrations by the trainer and providing attendees greater opportunity to practice the technique they are being taught using a more diverse kit.

Our sincere thanks to Westfield Health for their support with such an important aspect of our work.





Grateful thanks

We would like to extend our sincere thanks to The Eveson Trust for awarding us a further grant towards our core costs. Their ongoing support is very much appreciated by everyone here at Headway Birmingham & Solihull.



Tap to Donate

With the general decline in the use of cash, we are finding the donations collected in our charity collection tins are much smaller than they used to be, often so small that the cost of postage to send a thank you letter wipes out the money donated.



To help combat this, we are now using QR codes and Tap to Donate options on our charity collection tins, making it easier for people to donate instantly using their smartphones. Look out for the new tins in the reception areas at our three hubs!

Pop-up Shop

To help clear surplus stock from our charity shops, we held two pre-Christmas 'pop-up shops', a concept that proved very popular with our local communities. We will look to doing this again in the future – *keep an eye on our social media pages for more details!* Meanwhile, sincere thanks to everyone who helped at these events.

Grand Raffle Success

What do Morrisons Rubery, Touchwood Shopping Centre, Becketts Farm, AF Blakemore (Spar), The GLEE Club and The Entertainer all have in common?! The answer is they have all donated prizes for our annual Grand Raffle on multiple occasions!

We would like to pass on our thanks to them all for their ongoing support as well as other local organisations who donated prizes for the first time. Thanks also to all those who bought and sold tickets and together helped us raise £1,795 after costs, towards our local services.

Disco tickets now on sale!

Following the success of her 80s Disco Fundraiser last year, our volunteer Lisa Richards is organising another event, this time a 70s & 80s Charity Disco at Bournville Social Club on Saturday 9 May.

Tickets are £10 each (but just £5 for Headway staff and clients). Fancy dress is encouraged but optional! As before, the money raised will be donated to Headway Birmingham & Solihull's local brain injury services.



For tickets, please contact Lisa directly on lisarichards36x@gmail.com or call her on **07751 360064**.

Rotary Festive Fundraising!

Thanks to Erdington Rotary Club for inviting us along to be part of their Santa Sleigh round and for donating over £500 towards our local brain injury services from this and other fundraising by the Club during 2025.

Thanks also to everyone who helped out with the sleigh round on that cold December evening!

Knowle Fun Run – Sunday 17 May

We are delighted to have been chosen as one of the charities for the Knowle Fun Run on Sunday 17 May. If you could volunteer to help with marshalling on the day or you would like to take part, please email julie.wedgbury@headway-bs.org.uk for more information.



Improving life after brain injury

Registered Charit No 1008798
Company Reg No 2686647

Brain Injury Hubs

Leighton House
20 Chapel Rise
Rednal, Birmingham
B45 9SN

Headway House
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Alcester Road
Birmingham B13 8JL

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

Headway Charity Shops

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Birmingham B42 2PW
Tel: 0121 357 6561

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

Website:
[www.headway-
bs.org.uk](http://www.headway-
bs.org.uk)

