



News & Views

Onwards & upwards at our Sutton House brain injury centre!

Great news... the lift at our new brain injury hub in Wylde Green is now installed and in use!

The lift will enable us to fully utilise both floors of the two-storey building and ensure full access to everyone using the centre.

Work to install the lift began at the start of the year, with PRNS Building Services completing the building work to create the lift shaft. The lift itself, a Cibes platform lift, was then supplied and fitted by R J Lift Services Ltd.

The lift installation was only possible with support from the building's owner, Kevin Gould at Relynk Ltd, and those who contributed so generously to its funding. A special mention to local organisation Sutton Coldfield Charitable Trust, who kindly awarded a grant of £10,000 towards this vital project.

We would also like to extend our thanks to The Lord Mayor of Birmingham, Councillor Maureen Cornish

JP, who attended our 'lift launch' event on 4 July and performed the honours at a ribbon cutting ceremony to mark this important milestone. The Lord Mayor of Birmingham's Charity also awarded a grant to help us reach our fundraising target for the lift installation.

David Chater, Chair of the Trustees with Headway Birmingham & Solihull, said: "Sincere thanks to The Lord Mayor of Birmingham for joining us as we celebrated the installation of the lift. This really is a milestone occasion for us, as the lift will link the two floors of the centre, transforming how we use the space available.



The Lord Mayor chats to clients, Chris Hawker & Theresa Barnes, and co-ordinator Joe Stokes

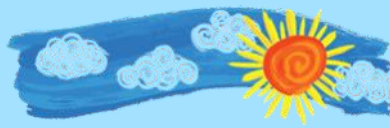


Headway Chair, David Chater with The Lord Mayor

"It will also make the building fully disability compliant, an important factor when so many of our clients have mobility issues linked to their brain injuries."

He added: "Thank you again to all those who donated funds towards the lift project. We simply could not have completed the work without your input, especially following the impact of COVID on our finances."

Headway Birmingham & Solihull intends to use the second floor of the centre to extend the range of specialist brain injury services offered, including a new therapy suite.



ABI Week

The theme for this year's Action for Brain Injury Week was 'See the hidden me' to encourage a better understanding of the hidden effects of living with a brain injury.



We held a series of activities at our three hubs during the week, including some fine motor skills challenges and an art therapy session.

Meanwhile our ABI Activity Leader, Lee Morton, who is based at Leighton House, decided to dye his beard blue to help raise funds and a greater awareness of brain injury in the local community. He pledged to dye his hair blue, too, and keep it for a month if he reached his target of £200 – hence the blue hair in this photo... Great effort, Lee!



Headways working together

We are delighted to have signed an agreement to work as a consortium with Headway Black Country and Headway Worcestershire. Sponsored by the QE's preferred panel of legal firms - Slater & Gordon, CFG Law and HIGGS LLP, we have set up a partnership to provide a Brain Injury QE Hospital Link worker at the QE Neuro 4th Floor who will work on behalf of all three Headways. The Link Worker will support families right from the hospital stage, as well as extra support for returning home.



Sponsors of Hospital Link Work - Consortium

Invaluable support!

We have another success to report - a three-year grant from The Henry Smith Charity to support our 'much in demand' family/carer services. The funding will go towards our running costs, as well as finance support work, which is invaluable to newly brain injured families. It will also enable us to introduce a new post of case worker with brain injured people who have no family support. We are very happy to be able to continue our finance work and also offer a new service where we have identified a specific need.

Variety of Volunteer Roles

Here at Headway, we have an exceptional choice of volunteer roles, each one bringing real benefit to the charity and to the person volunteering, too. It really is win, win!

We gain extra pairs of willing hands, new enthusiasm and fresh ideas while our volunteers have chance to meet new people, make new friends, build new skills and do something meaningful within their local community. It's a great way to give structure to your week if you are retired or to gain that vital experience (and a reference!) to help you get that new job or a university place. Some of our volunteers stay with us for a fixed period, like over the summer holidays, while other have been with us for years. We value each and every one of them, and recognise that we simply couldn't do what we do without them.

We are currently looking to fill the following volunteer roles across the charity:-

Volunteer Fishing Assistant to help at weekly fishing sessions in south Birmingham

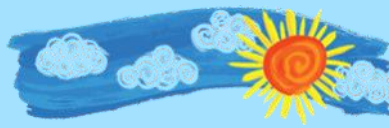
Volunteer Activity Assistants to help at our Moseley, Rednal or Wyld Green brain injury hubs

Volunteer Shop Assistant at our Rubery charity shop

Volunteer Treasurer to join our Board of Trustees

Please contact personnel@headway-bs.org.uk for more information.

WE NEED YOU!



Thank You!

We were delighted to welcome long-time supporter John Tell (*pictured centre*) along with fellow members of Northfield Lodge and the Royal Antediluvian Order of Buffaloes (Warwickshire) at our Leighton House brain injury hub back in April.

As well as bringing with them donations totalling £2,000 (£500 from Northfield Lodge and £1,500 from RAOB), the visitors enjoyed a tour of the centre and an opportunity to chat with clients, staff and volunteers. John also gave a short talk on his involvement with Headway Birmingham & Solihull.

Sue Tyler, our CEO, said: "John and his wife Barbara have been involved with Headway right from the start, and it was fascinating for everyone to hear John's memories and realise just how far the charity has come since those early days."



Easter Fun Run update

Thank you to everyone who supported this year's Easter Fun Run, which returned following a two-year gap due to COVID.

As in previous years, the event was held in Cofton Park and we had 125 participants including two Headway clients, one



Headway volunteer and several Headway staff family members! We also welcomed our first-ever racing wheelchair team (*pictured right*).

Sponsor money from the event is still filtering in but we expect to have raised over £2,500 in total. Thank you again to everyone involved and special thanks to Frenkel Topping for sponsoring the race numbers and medals.

Congratulations to Jamie Cooper (first male), Sharon Nicholls (first female), Ethan Robinson (under 12s winner) and to Christine Henshaw (*pictured left*), who won the best Easter-themed costume prize.

Please note our Halloween Fun Run will also be back this year on Sunday 30 October. More details to be released soon.



Runner Stephen Couture with his daughter, Chloe

Louise Fisher's Fabulous Fundraising

Long-time supporter Louise Fisher has been busy over the last few months raising funds for Headway Birmingham & Solihull.

In what she describes as her 'Mega Fundraiser', she has raffled a hamper, given up drinking for a full six-months (in return for sponsorship from her friends who thought she couldn't do it!) and joined us at the Easter Fun Run as she prepared for a Zombie Run with some of her friends! The proceeds of her fundraising are still rolling in and we hope to give you an update in our next edition. Thank you, Louise, for your efforts so far!

Louise (left) & her friends at the Easter Fun Run.



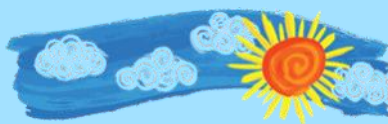
An Italian marathon!

Congratulations to Aidan Pond for completing the Rome Marathon in March and raising an amazing £562.50 for our charity as he did so. Aidan was inspired to support Headway after volunteering for a short spell at Headway House while he was studying in Birmingham and seeing just what a difference support from Headway can make.

The training and everything else that goes with running a marathon overseas is quite hard enough, and so we appreciate Aidan's effort setting up a Just Giving page and asking his family and friends to sponsor him.

Thank you again, Aidan, from everyone at Headway!





Improving life after brain injury

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Company Reg number 2686647

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Community-minded farm shop



Our thanks go to Becketts Farm Shop & Restaurant in Wythall for donating £409.77 towards our local brain injury services. This was raised through their Blue Token Charity Scheme, where their customers choose one of three local charities to support as they pay at the till.

We have also been taking advantage of the lovely food and produce on offer at Becketts, with our Carers Group (above) meeting there for lunch and a mooch around the farm shop, and our client Michael Maguinne (right) enjoying a visit with his Lifestyle Support Worker for a coffee in the sunshine!



Let's get moving!

Yoga practitioner Maria Butcher delivered a trial session of seated yoga at our Leighton House brain injury hub.

Like other forms of yoga, seated yoga helps improve flexibility, coordination, strength and stamina, and can also bring a sense of calm and well-being to those taking part.

Jade Foxall, ABI Coordinator, said: "Maria's class proved to be good fun and very popular with clients, and so we will be looking to run further seated yoga sessions in the future."

ABI Christmas Party

Great news – our annual Christmas party is back! Cancelled for two years during COVID, we are delighted to have fixed a date and started planning. More details will follow soon, but for now, please save the date -

Saturday 19 November at The Austin Sports & Social Club, Birmingham

Lifestyle Quiz Evening

Our Lifestyles team are planning a quiz and bingo evening at **Kings Heath Cricket Club on Friday 23 September**. Tickets will be £4 per person, with teams of up to six people.

Contact ryan.bailey@headway-bs.org.uk for more details.



Many thanks to all our supporters, members and clients