



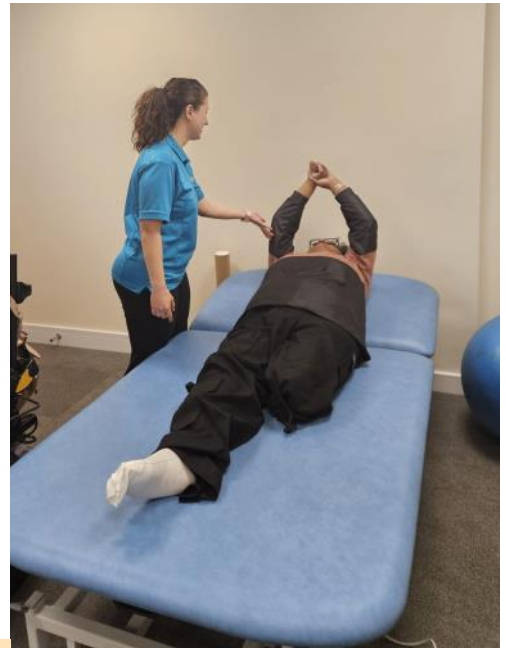
HEADWAY MATTERS

Lottery Community Fund supports us yet again!

Helen Kelly, our Lottery Funding Officer, visited us in January to see how our wellbeing lottery project is progressing. She was really impressed with our newly kitted-out therapy suite and the installation of the lift, and we were able to demonstrate how we are on track to achieve our lottery objectives and to further develop these services over the next couple of years. We now have both our Physiotherapist and Speech & Language Therapist in post, and plan to open for a third day from April.

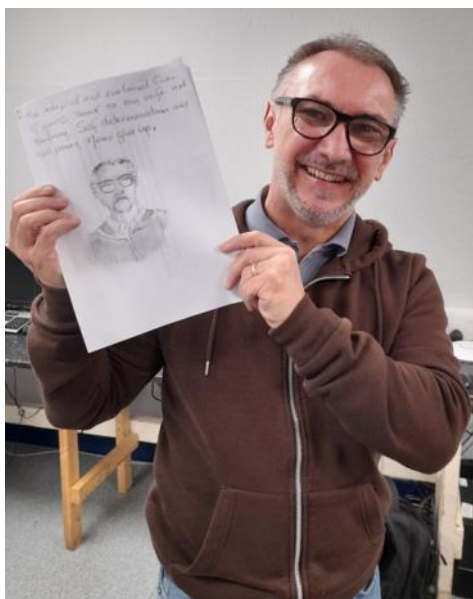
We were concerned that the project may have to be scaled down due to the high 'cost of living' increases to salaries and running costs, but an additional grant to cover these extra costs means we can move forward as planned.

Thank you, Big Lottery!



Red Quadrant Visit

Our ABI Services Manager, Helen Bourke, is part of Birmingham City Council's co-production team, a task force appointed by the Council to look at 'Images of Possibilities' in relation to local Day Services. She invited Paul Kelly from Red Quadrant, to Headway House in January to meet with a group of Headway clients to hear their viewpoint firsthand.



An image of Paul Kelly sketched by client Barry Carter during the 'Images of Possibilities' visit

"Paul's visit created an opportunity for those with brain injury to explain why they think Headway is the right place for them, and what they would like to see more or less of in relation to 'living their best life', said Helen. "Clients spoke openly about accessing transport, opportunities and acceptance in the wider community, and most importantly, of being able to choose. They expressed how long it took for them to travel to Headway, and how they feel funding and funding cuts stand in the way of their much-needed rehabilitation programmes."

Helen ended: "The day was a very interactive one, with some serious points being very well made."

The findings from the 'Images of Possibilities' study will be reported in due course.

Meanwhile, on a lighter note, Headway House client, Barry Carter, showcased his amazing artistic talent by drawing a portrait of Paul during the visit, something Paul was absolutely delighted by!



When Teena met Magnus!

Clients at Headway House are thoroughly enjoying the monthly visits from Magnus, the Leonberger, and his owner, Jim, from Therapy Dogs Nationwide.

Despite his size, the beautiful Magnus is only 2-years-old and still not fully grown. He already weighs 10-stone and will continue growing for another two years. Needless to say, our clients really look forward to seeing him!

Therapy dogs like Magnus are trained to be gentle, friendly and patient, and to accept petting and attention from people they don't know.

For sure, Magnus, with his loving nature and calm temperament, is bringing joy and comfort to our clients and his next visit can never come soon enough!

Thank you, Jim, for bringing him along!



Individual lifestyle choices

Our Lifestyle service is all about offering one to one support to those with brain injury in their homes and in the community, helping them become more independent and live fuller, richer lives.

It includes enabling with practical issues, travelling to medical appointments, taking part in sport or leisure activities or training in daily living skills, like cooking, shopping or budgeting. The list is endless, and every week our Lifestyle team offer support for a whole range of activities, chosen by the clients themselves.

In the last couple of months alone, our Lifestyle Workers have supported clients with a successful online application for a Blue Badge, trips to the gym, doing some voluntary work, completing some essential sewing repairs, visiting a garden centre and much more besides!

Even the simplest activities can be life-enhancing, such as a recent trip out to a local café for a catch-up, a coffee and a game of chess, as illustrated by our client Michael (*above left*) and his support worker, Parm!



Client Anna Marie Markey (right) and her sister enjoying the pantomime!

Pantomime pleasure!

You just can't beat a trip to the theatre, especially when it's the annual panto you are going to see!

We were fortunate to be able to take a group of the families we support to see the much-acclaimed Jack and the Beanstalk at the Birmingham Hippodrome in January.

A very enjoyable time was had by all if the feedback we received afterwards was anything to go by!

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

Wellbeing Day

Some of our carers were able to enjoy a 'Morning of Mindfulness & Wellbeing' at our Sutton House brain injury hub recently, thanks to the generosity of Express Solicitors.

All sorts of activities were available on the day, from Indian head massages to foot spa therapy through to group meditation and mindfulness, as well as some delicious refreshments.

Thank you to Express Solicitors for making this rare but much-deserved treat for our carers possible!

Right: A chance for carer Ceri Armstrong to sit back & relax!



Unique opportunities at our Charity Shops!



Max checks each DVD is in the right case

Our charity shops are an important source of income for us, but they are increasingly so much more than that. They provide an opportunity for our own clients to try their hand at volunteering - like Lifestyle client Max Loxley, left, who now regularly helps at our shop in New Road, Rubery.

While his special area of responsibility is checking the DVDs and sorting the games and jigsaws to ensure there are no missing pieces, he also chats confidently to customers and even reminds them about Gift Aid, helping donations go further!

A group of young people from Heart of Birmingham Vocational College (a college supporting students aged 16-25 with special educational needs and/or autism) have also been completing volunteering placements at our charity shops in Great Barr.

Jackie Bickley, who manages our Great Barr shops, said: "The volunteers have been helping hang clothes and keep the rails and shelves tidy in Headway Fashion while in Headway Homes, they have been involved in labelling and putting out the stock."

They were also tasked with creating a special Mother's Day display, a project they made a very good job of. The placements are helping the young people build confidence and practical skills to prepare them for future employment.

Advanced level training

Our ABI Manager Sarah Wood successfully completed the advanced level First Aid at Work Instructor Course with training provider NUCO Training in Telford recently.

The course, which includes the Level 3 Award in Education in Training, means Sarah is now qualified to teach and assess the first aid qualifications needed by our staff, including First Aid at Work and CPR (Cardio-Pulmonary Resuscitation), along with anaphylaxis treatment and oxygen therapy. This will be a huge advantage to us now we can train our many staff 'in-house'.

She will also ensure staff and volunteers are trained and confident in the use of the defibrillators we have at each of our three brain injury centres. *Congratulations, Sarah!*



DONATIONS... Don't forget we are always in need of your donations for our charity shops!

Wheel'n'Walk returns this summer!

Wheel'n'Walk 2023 was a hugely successful event involving 150+ people from ten different local disability charities, including ourselves. Participants completed a 1-mile loop of Cannon Hill Park on foot, on bikes or in wheelchairs, some 'walking or wheeling' further than they had since their brain injury!

This year's event promises to be just as much fun, and so we are once again looking for people to sign up to take part. Everyone can do as many whole or partial laps as they fancy, and clients, carers, staff, volunteers, friends and family are all welcome to join in.

Wheel'n'Walk 2024 starts at 11am in Canon Hill Park on Sunday 2 June.

Email julie.wedgbury@headway-bs.org.uk for more information.



A winning Grand Raffle!

Congratulations to Mary McDowell who won £100 in our Grand Raffle just before Christmas!

The Grand Raffle is a key fundraiser for us, and once again surpassed previous results by raising an incredible £2,538 towards our local brain injury services!

Thank you again to Irwin Mitchell, Sharp Business Systems and Pure Cloud Solutions (amongst others) for their generosity in donating prizes.

We simply couldn't do it without you!

New Lottery for Birmingham charities

The all-new Birmingham Community Lottery was launched in February, and Headway Birmingham & Solihull is set to be part of it!

The lottery is being run by Birmingham Voluntary Service Council (BVSC) in partnership with lottery management company, Gatherwell Ltd, and will provide opportunity for participating charities to raise funds and greater awareness for their respective causes.

Tickets cost £1 a week and are available to purchase online. Each ticket consists of 6 numbers and anyone matching the full sequence of numbers can win

£25,000. There are also smaller prizes for shorter sequences of numbers



**Birmingham
Community Lottery**

With a minimum of 60p from every ticket bought to be spent on supporting local good causes, we are hopeful that the new lottery will prove a useful fundraising tool for Headway Birmingham & Solihull over the months and years ahead. The first draw is on Saturday 30 March.

To buy your tickets, visit www.birminghamcommunitylottery.co.uk then select **Play the lottery**. Type in **Headway** and then **Search** to choose us! *Your support will make a real difference!*



Improving life after brain injury

Registered Charity No 1008798
Company Reg No 2686647

Leighton House
20 Chapel Rise,
Birmingham Great Park,
Rednal,
Birmingham B45 9SN

Headway House
Moseley Hall Hospital,
Alcester Road,
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71 Thornbridge Avenue,
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Birmingham B42 2PW
Tel: 0121 357 1296

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



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Our Family and Carer Services team are planning a
Family Fun Day in Cofton Park on Sunday 30 June.

Free entry, refreshments, tombola & lots more for the whole family to enjoy!
Full details to be posted on our Facebook page nearer the time!



Remember to visit our website for more information on all our services!