

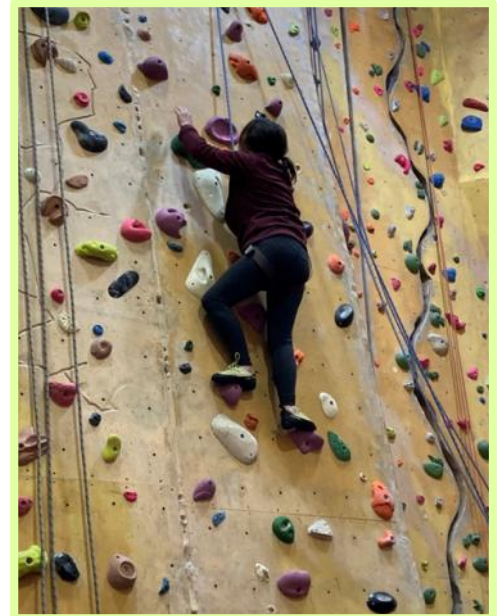


# HEADWAY MATTERS

## *Climbing high at Headway!*

Congratulations to clients who took part in a recent BBC Midlands Today feature at Redpoint Climbing Centre, Birmingham.

The piece, which was filmed back in December and aired on the local news in mid-January, featured Services For All client Amanda Mallett, right, who used to go rock climbing on a regular basis before her brain injury.



Thanks to a funding grant from Sport England, we have been able to offer indoor climbing as part of our offsite sports activities, enabling Amanda and other clients, like Stephen Lynch, pictured left, to go climbing once a month over the last year.

Amanda told BBC Midlands Today that she thought climbing was an activity she would never be able to do again, and so returning to a sport she loves has “opened her world”. Stephen, meanwhile, described how much pleasure it gives him and what a sense of achievement he feels when he reaches the top.

Sarah Wood, Services For All Coordinator at Headway, added: “Climbing tests strength, stamina, coordination and concentration and so is a fantastic activity for our brain-injured clients.”

She thanked BBC Midlands Today for coming along to film, Sport England for funding the climbing and other sports activities, and Redpoint for their ongoing support during the climbing sessions.

## *A change at the top!*

In our last newsletter, we featured our departing Chair of the Board of Trustees, David Chater, and in this edition we would like to introduce our new Chair, Richard Langton, pictured below.

Richard brings a wealth of experience to the role, not only from his 30+ years as a lawyer (now specialising in head, spinal and amputation injury claims), but also from his 20+ years as a Trustee with Headway & Birmingham & Solihull, where his hard work as our charity Secretary has always been highly valued.

With Richard at the helm, the Executive Board will continue its strong governance of the charity, with a renewed focus on greater Trustee involvement and sharing of skills in line with the new planned Strategy.

Two new Trustees, due to join the charity shortly, will also strengthen the breadth of knowledge and experience held by the Board as a whole.





## Crafts, Noodles & New Year Cheer!

Services For All Saturday Club celebrated Chinese New Year at their monthly meet-up in January.

Clients and their families savoured Chinese snacks and fortune cookies, and challenged their fine motor skills by eating noodles with chopsticks. They also enjoyed discovering their Chinese zodiac signs, trying their hand at Chinese writing and taking part in a fun quiz!

Saturday Club is held on the first Saturday of every month. Please contact [keeley.parkes@headway-bs.org.uk](mailto:keeley.parkes@headway-bs.org.uk) for more information or to reserve your place.



## Spring into Action to raise funds towards summer sports

Our 'Spring into Action' raffle has been launched to coincide with the first day of Spring, with a whole host of sports-themed prizes to be won, from hospitality cricket tickets at Edgbaston to family tickets at Hollywood Bowl, and more besides!



Proceeds from the raffle will go towards offsite sports and leisure activities for our brain injured clients over the summer months, trips out that bring so much enjoyment and encourage all involved to be more active.

The majority of these offsite trips simply couldn't happen without extra funding and so support with buying raffle tickets really will make a difference.

Please ask at our shops and hubs to get your tickets. They are £1 each and the draw will be made on Wednesday 7 May.

*Thank you!*

## Two become one!

Changes are afoot at our Great Barr charity shops where we have taken the decision to close our original shop (69 Thornbridge Avenue) and move into a single unit next door (71 Thornbridge Avenue) which was being used for our Headway Homes furniture store.

This rationalisation will help us keep operating costs to a minimum in order to generate more income from retail sales to help support the costs of delivering our local brain injury services.

*We thank you for your patience during the shop refit and look forward to your continued support.*



**VOLUNTEERS... We need many new volunteers across a variety of areas, please call!**



## On yer bike!

This is our Community Outreach client Janet Muir (on the left of the picture) with her Support Worker Becky Brokenshar.

Before her brain injury, Janet was a keen cyclist, even completing the epic John O' Groats in Scotland to Land's End in Cornwall cycle challenge, which is over 1,000 miles long!

Due to a loss of balance following her brain injury, Janet hasn't been able to ride a bike since and so when Becky came across the local 'Cycle For All' scheme, she thought it would be a great way to get Janet back in the saddle!



The pair had great fun riding a tandem bike with two seats next to each other for accessibility... the smiles say it all!

## A session with the experts!

Thank you to Olivia, Emma and Aksa from Irwin Mitchell Solicitors for taking time out of their busy schedules to visit our Sutton House brain injury hub to offer an information and support session for carers.



Ajit Matharu, our Family and Carer Services Manager said: "They provided information on a variety of topics including wills and probate, finance, lasting power of attorney and medical negligence.

"It was a hugely positive session and we will look to arrange more of the same in the near future to enable carers of people with brain injuries with a chance to learn more about such issues and ask any questions they may have."

## Volunteering...

### A path to paid work!

It is widely claimed that volunteering can lead to paid employment and we are delighted to report that this has proved to be very much the case here at Headway of late!

Firstly, we have Jenni Hooson who has progressed from being a valued volunteer at our Rubery charity shop to being appointed as Shop Manager, then we have Lamin Kargbo who has used his experience as a volunteer to secure a paid position as a One-to-One Support Worker at our Leighton House brain injury hub.

*Congratulations to both!*

We currently have volunteer opportunities at both our charity shop in Rubery and within the ABI (Acquired Brain Injury) Services at Leighton House in Rednal, and so please get in touch if you would like to learn more about either role. As Jenni and Lamin have shown, volunteering really can be an investment in your future, building confidence and skills, and opening doors for future employment.

Contact Donna Rowe at [personnel@headway-bs.org.uk](mailto:personnel@headway-bs.org.uk) for more information on volunteering opportunities.



## Charity Golf Day!



We are holding our very first charity golf day on Wednesday 14 May 2025 and we are looking for teams of four to take part. The fun will start at 1pm at Moor Hall Golf Club in Sutton Coldfield, a beautiful course easily accessible from Birmingham, Solihull or further afield, even after a morning at work!

Entry includes lunch, 18 holes of golf before presentations and a hot buffet early evening, with all proceeds after costs going towards our local brain injury services.

Please email [julie.wedgbury@headway-bs.org.uk](mailto:julie.wedgbury@headway-bs.org.uk) for more information.

*Note we will need to give numbers to the golf club in advance of the event and so we ask people to confirm by 16 April latest.*

## Wheel'n'Walk is back!

We are excited to announce that we are going to be part of Wheel'n'Walk for a third year in a row, joining nine other local disability charities.

Known as Birmingham's Walk for Inclusion, this feel-good event will take place in Cannon Hill Park from 11am on Sunday 8 June., and as before, you can wheel or walk (cycle, skate, push or be pushed!) and you can complete a single loop of the park, or several loops, just as far as you choose to go.

It's all about moving a little more, connecting with others and having fun at the same time, hopefully in the sun!

### WHEEL'N'WALK: BIRMINGHAM'S WALK FOR INCLUSION

JOIN US: SUNDAY, 8TH JUNE 2025, STARTING AT 11 AM | LOCATION: THE BANDSTAND AT CANNON HILL PARK, B13 8RD  
10 BIRMINGHAM CHARITIES AND CAUSES WALKING TOGETHER

As in previous years, we are encouraging people to raise funds towards our local brain injury services as they take part, but again, this is optional.

All are welcome, but please register your interest in advance by emailing [julie.wedgbury@headway-bs.org.uk](mailto:julie.wedgbury@headway-bs.org.uk) to ensure there are enough refreshments and certificates to go around!



Registered Charity No 1008798  
Company Reg number 2686647

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**Don't forget you can contact our Enquiry Line at any time for advice and support.**