



Headway East Northants

SPRING 2014



Supporting you
to achieve new heights

Heigham Freemasons support Local Charity

Thanks to the generosity of our supporters during 2013, Headway East Northants has been able to transform our Activity Centre from a tired and worn environment to a clean and fresh place to be. The charity has also introduced a new Community Integration service which means we are now able to support people in their own homes as well as providing support in the Centre.

We would love to see further improvements in 2014. We were so pleased to be contacted by Freemason Worshipful Brother Neil Arrowsmith of Heigham Lodge 8486, who meet at the Masonic Hall in Rushden.

During Neil's year in office as Master of the Lodge he, along with his wife Catherine, decided to choose Headway East Northants as their favoured charity and raised money for us. The reason they chose us was because of their connections with people with brain injuries.

Neil said *"We wanted to support a deserving local charity whose aims are close to our hearts. We raised £3000 and our Provincial Grand Charity very generously added £2000 to bring the total to £5000."*

On 13 December 2013 Neil and his wife Catherine came to Headway East Northants and presented a cheque in the sum of £5000. What an amazing amount of money and what a lovely surprise Christmas present!

Dawn, Services Manager at Headway East Northants said *"It is only with the kindness of our supporters that we are able to continue to provide a quality service for our clients as well as make enhancements to that service. We cannot thank Neil and the members of the Heigham Lodge enough for this kind and very generous donation. We can now start planning for 2014."*



Mayor of Corby

On Saturday 22nd May 1999 after a wonderful day spent with my Mum and partner Paul in London I had a sudden really bad headache ... well actually back of neck ache. I don't get headaches so this was odd and so painful – knife-in-back-of-neck painful. I remember a sea of faces asking “what's wrong”, “are you OK” – but I couldn't answer – I could hear and knew what they were asking but the brain to voice circuits were not working. I don't remember the next 2 days apart from vague semi-conscious recollections of a gentle hand stroking mine that seemed to be keeping me grounded on earth – holding on and bringing me back from wherever it was my body was trying to take me. I've since learned that hand was my partner, Paul, who spent 24 hours talking to me with my Mum about anything and everything to stop me drifting in to a coma. Without this stimulation I probably would have died.



I'd suffered a sub-arachnoid brain haemorrhage (whatever that was?) and I'd undergone an operation to fix it. A vein in my brain had burst and I'd suffered a very bad bleed from which I was lucky to survive. To my horror he told me I'd been born with this weak blood vessel and it could have burst at any time – a real time-bomb. I've since learned that 70% of people don't survive and of the people who do many experience permanent disabilities of varying degrees.

What happened next?

The next few weeks were a constant round of little victories ... sitting up myself, becoming more aware, reading was a no go (couldn't focus and seeing strange shadows everywhere), being able to talk more fluidly and re-learning how not to be rude! The part of my brain where the injury occurred was in the area where all the 'social skills' are stored. I'd lost all these.

Friends and family continued to visit me every day – my partner Paul not missing a single visiting session. My Mum moved in to our house. An amazing woman.

I did make it out of hospital. I was so glad to be home but I was also very scared.

Where am I now?

It may sound a little 'flakey' but I firmly believe that everything happens for a reason.

However, you can't ever forget a sub-arachnoid brain haemorrhage – it really is for life, not just for Christmas. It doesn't have to be a negative or bad thing but it will and does change your life and the lives of those around you. More needs to be done for the families and loved ones of those who have had the injury.

shares her story

I don't remember what I was like pre-haemorrhage but I'm told I've become a much harder, less sensitive and much more forceful person. On one level – that is to the outside world – I'm just a strong woman functioning as a local councillor and Mayor of the town in which I live.

However, on a personal level Paul has had to deal with a woman who looks like the girl he fell in love with 30 years ago but in fact has a totally different personality. No one ever thinks of this hidden 'unspoken change'.

It is only **now** that I feel talking to someone about what happened might help the healing/ understanding process. Maybe telling people about my experience is part of that. If I can help just one person feel less isolated I'll be happy.

The full story can be read at www.headwayeastnorthants.org.uk

A special thank you

Dear Dawn,

During my two days orientation , I can assure you that it was an experience that I will never forget as I have absolutely enjoyed it, especially with your support, the kindness and the outgoing nature of the staff and the clients .

Headway helped me develop, further and strengthen my social work skills and there is no doubt, you have left me walking out of the front door with a greater knowledge and perception in social care field even though it was only two days.

I would like to convey my appreciation for the work and services you do and provide for the local community. It is of great pleasure to see people like you and your staff plus other volunteers establish a not-for-profit organisation to assist those who are in need, who cannot help themselves and who do not have much to own.

It is truly wonderful and inspirational to take the time and effort out of your day to simply make a difference in the lives of people in need. The clients really inspired me with their real cases and the milestone they have so far gone and achieved to be where they are today.

Local community relies on your dedication, commitment and absolute generosity in your provision of support for families.

I just want to say a big THANK YOU to you, other staff, volunteers and the clients.

Student S

University of Bedfordshire

New Community Support for Oundle

To complement our Activity Centre, and Community Integration Service we are launching a new support group in Oundle.

Headway East Northants Oundle Support Group, will provide a friendly safe environment for brain injury survivors, family and carers.

Our launch evening is **Wednesday 9th April 6pm - 8pm** at The Mill, Barnwell Road Oundle, PE8 5PB.

We then plan to meet on the first Wednesday of each month, at the Mill.

For further details contact Dawn at Headway East Northants on 01933 652 311 or email communityservice@headwayeastnorthants.org.uk

We look forward to seeing you there.

A special thank you to Councillor Heather Smith who has kindly agreed to donate £325 in support of the service in Oundle.



Headway East Northants Focus Group 2014

We need you to help us to shape the future of Brain Injury Services within East Northants.

Whether you are a survivor of a TBI or ABI, family member or carer, or another organisation providing brain injury services, why not join us?

Our next meeting is on **Friday 28th March at 10.30am.**

For further information contact:

Dawn Wright Service Manager Headway East Northants 01933 652 311 or email dawn.wright@headwayeastnorthants.org.uk

Fundraising thank you's

Addington Ladies Group Donate £100.00 to Headway East Northants

On 18 January 2014 Headway East Northants received a donation in the sum of £100.00 from the Addington Ladies Group. The money is being, and will be, used towards rowing sessions. Our sincere thanks go to Beryl Shawyer and all the ladies of the Addington Ladies Group for this kind donation.

Rushden & District Ladies Darts League

On 23 January 2014 Headway East Northants received a lovely letter from Sally Marshall on behalf of the Rushden & District Ladies Darts League. Enclosed with the letter was a cheque in the sum of £306.75, money raised at their annual Kitty Kup charity darts evening. A massive thank you to all those involved for thinking of us and for making this kind donation.

Irthlingborough Infant School & Nursery

All of us at Headway East Northants would like to say thank you to Irthlingborough Infant School and Nursery for their kind donation in the sum of £334.50. On behalf of all of us here at Headway East Northants please pass on my sincere thanks to all those involved for everything they have done.

Home Instead

The team at local at-home care company Home Instead Senior Care based in Higham Ferrers, was delighted to recently present a cheque for £650 to Headway East Northants. The money was raised by various care-givers and staff members from Home Instead as a result of a number of events organised by the company over the past few months. The team are hoping that the money will go some way in supporting people living with acquired brain injuries. Headway East Northants assure them that it will.

iPSL

Sue Stevenson, Fundraiser at Headway East Northants, would like to say thank you to Josie Pickering of iPSL for her kind invitation to hold a morning cake stall at iPSL. On 11 February, with help from Josie, we raised £191.90 for Headway East Northants. Thank you so much to Josie for giving up your time to support us (and of course for the cups of tea) and to all the staff at iPSL who bought cakes on the day.

Councillor Support

Headway East Northants would like to say a big thank you to Councillor Sylvia Hobbs for her kind donation of £200.00 through the East Northamptonshire Council Member Empowerment Fund. The donation will enable Headway East Northants to develop its idea for a 2015 calendar by supporting the transport needs out to local locations. Sue Stevenson would also like to add a special personal thank you to Councillor Sylvia Hobbs for all the support she has given during 2013 and since. She said "It has made a real difference to my experience as Fundraiser here at Headway East Northants. Thank you"

Headway East Northants would also like to say thank you to Councillor Sylvia Hughes for her kind donation through the Empowering Councillors & Communities Scheme. Councillor Sylvia Hughes has agreed to donate £200.00 to support the new art journaling and art therapy sessions.

Forthcoming Fundraising Events

Barclays Stall

On Friday 21st March Headway East Northants has a stall at Barclays. If you can help by donating tombola prizes or by making cakes we would love to hear from you.

Asda Bag Pack 29th March 2014

Headway East Northants will be bag packing in Asda in Rushden on Saturday 29th March 2014. If you would like to help, know someone who would or if you belong to a group who would be willing to lend a hand and help a small local charity raise money please don't hesitate to contact us. The more people we have the more we will raise and the bigger the difference we will make

Collection Days at Tesco in 2014

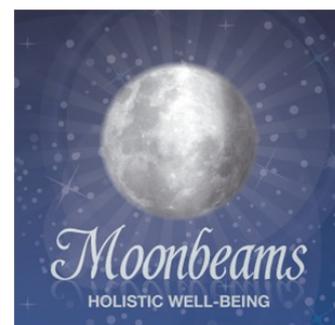
Headway East Northants have two collection days in 2014. If you can help at Tesco Kettering on 30th April or at Tesco Corby on 9th May we would love to hear from you.

Holistic Wellbeing Day supported by Moonbeams Holistic Wellbeing

On Saturday 17th May we have a full day of therapies to ease away the stresses and strains of the day.

For further information contact Barbara Wingrove on 01933 664402

Or mobile 07969 590 430



Alzheimer's Society - Providing carers support meets at Headway East Northants on the first Thursday of each month. For more information please contact Shahera on 01832 736678 Mobile 07711855145

Relatives Support Group - Meets at St Andrews Northampton on the third Thursday of each month. Contact 01604 616 767 for further information

Brain Tumour Support Group - Meet at Headway East Northants on the first Tuesday of each month.

Contact Shez or Dawn on 01933 652 311



Northamptonshire
County Council



East
Northamptonshire
Council

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Headway East Northants Charity No. 1085311

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Northamptonshire
Community Foundation
Giving back to Northamptonshire