

# Heads Up

THE NEWSLETTER OF HEADWAY HURSTWOOD PARK



ISSUE: SUMMER 2014

Headway Hurstwood Park is a registered charity that supports adults with acquired brain injury, and their relatives and carers. We provide a range of services including therapeutic activity at our centres in Newick and Brighton, advice and information, counselling, evening support groups and an outreach service which is provided to people in their own homes. Please contact us if you would like more information or to make a referral: **Email [lisa.wickham@headway-hp.co.uk](mailto:lisa.wickham@headway-hp.co.uk) or telephone 01825 724323.**



## Capital to Coast Bike Ride

### 'Team Headway' get on their bikes...

Thank you to the fabulous "Team Headway" who cycled an amazing 75 miles from The London Eye to Hove on Sunday 22 June. Pictured looking remarkably relaxed after their arduous journey are: -

- Ollie Fleming
- Frankie Patry
- Charles Johnson
- Ed Hill
- James Brookman
- Maria Sbuttoni
- Adrienne Richmond
- Chris Pearson
- Dave Page
- Kathryn Poulton
- Lucy Endean



Thank you too to all their sponsors who raised over £1200 – it's not too late to make a donation in recognition of their weeks of training and enormous effort on the day. Just go to the Headway Hurstwood Park page at [www.justgiving.com](http://www.justgiving.com)

Thank you!



Registered Charity No: 1084715

# Message from Francis and Michele!

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This year the National Action for Brain Injury Week (12 to 16 May) focussed on the welfare benefit and local authority funding cuts. Headway UK (HWUK) carried out a national survey of people with brain injury and their relatives/carers to look at the impact that the cuts are having on them, and on charities like ours who are supporting them. Their report entitled "Don't cut me out!" can be found on their website ([www.headway.org.uk](http://www.headway.org.uk)) and makes rather sobering reading.

The HWUK communication team fed back: -  
*"There can be no doubt that people are being cut out of society, abandoned to cope alone with the effects of brain injury. The warning signs have been ignored for too long and things simply have to change.*

*On the other hand, the spirit and determination of Headway volunteers, members, supporters and staff to continue to fight for change was never more evident than during this year's campaign.*

*It is inspiring to see such a united front among people with a passion for improving life after brain injury. If nothing else, to everyone affected by brain injury, ABI Week should serve as a reminder that you're not alone".*

Spirit and determination is certainly in abundance at Headway Hurstwood Park as we implement changes to ensure our services are sustainable given the funding cuts that we too are experiencing. The changes will enable us to introduce additional services to support more local people. We have restructured our days at Newick and are introducing new sessions including a life-skills group on Tuesday mornings which is run by Aspire Sussex Ltd., a charitable social enterprise that provides adult education. By popular request we are planning summer outings for our Monday, Wednesday and Friday clients which began with a trip to Hastings on 30 June. This was enjoyed by all – particularly the fish and chip lunch!

Over the summer we will be running our new Rediscover group in Newick - a club for people living with brain injury who need some support try different activities and join in social events with like-minded people – you can read more about that on page 7.



We have had a much greater emphasis on fundraising and have had number of successful events over the spring.... read on! We are keen to raise our profile and are aware that marketing is an important part of what we do – to that end we are delighted to announce a new Trustee, Lucy Morewood, who has extensive experience in marketing. Lucy will be a valuable asset to the board.... and you'll be able to read more about her in the next edition of Heads Up.

We have also run some radio marketing campaigns (you may have heard Michele's interviews on Uckfield FM and Bright FM!) as well as newspaper adverts. But we still need to get ourselves known more widely so please help us to spread the word about the work we do!

As always our thanks go to our regular supporters - our clients and their families, our volunteers, staff and trustees. We are also grateful to our Capital to Coast cyclists, the Lewes Beer festival volunteers and supporters, staff and customers at The Swan in Falmer, the Sussex Police, The Catenians and everyone else who gives their time, energy and donations so generously.

**Francis Lacy Scott, Chair and Michele Fleming, CEO**

# Fundraising

## Hats for Headway

As always, National ABI Week culminated with the Hats for Headway campaign on 16 May. This year some local HSBC banks joined the fun and raised funds for us at the Haywards Heath, Crowborough and Uckfield Branches.

Our friends at KPMG (photographed in their fabulous hats) combined Hats for Headway with a quiz and raised over £300 – fantastic! Julia Gentle, C&RSW organised a Facebook “selfie-in-a-silly-hat” campaign which raised more funds bringing our total to over £500.

**Hope you enjoy the photographs!!!**



*The KPMG team*



*Wendy Pengelly receiving sponsorship money from our London Marathon runner, Rachel Wilson.*

# Fundraising

## Harvest Festival 2014

Saturday, 20th September

*Save the date!*

Come and join us for a family fun day out on Saturday, 20th September from 12:00 until 3:00pm in our wonderful grounds in Jackies Lane, Newick. There's something for everyone:

- Help fly the birds of prey
- Enjoy a cookery demonstration
- Watch the children run around the orchard on the pumpkin trail
- Make an autumn Scarecrow
- Buy artisan food and craft items from our stall holders
- Bring your dogs and take part in our fun dog show
- Enjoy locally produced sausages and burgers from the BBQ
- Or just sit and relax on the lawns with a cup of tea and a slice of homemade cake and soak up the atmosphere!

*Some photos from last year's event.*



There will be lots of fun side stalls, an art exhibition, raffle, tombola and lots more music and entertainment besides. Anybody interested in taking a stall should please contact [lisa.smith@headway-hp.co.uk](mailto:lisa.smith@headway-hp.co.uk).

*This is our major fundraising event for the autumn so please bring your family and friends to help make it a great success.*

**We look forward to seeing you there!**

## Lewes Beer Festival

This year we were chosen as the nominated charity for the Lewes Beer Festival held on 20 and 21 June. We had a team of volunteers at the event rattling collection tins and selling home-made vegetable crisps and beer nuts – thanks to our chef Kate Clarke and C&RSW Allister Inman for their culinary skills - another successful event raising a tremendous £1200.

We couldn't have done it without our team of hardworking volunteers so in addition to Kate and Allister we'd like to thank: -

- Julia Buck
- Andy Watson
- Di & Chris Yates
- Wendy Pengelly
- George Pengelly

- Jez Stacey
- John Barlow
- Rachel Wilson
- Nigel Heddon
- Hugh Mackenzie
- Claire Benson

We must of course thank the organisers Mark Tester and Ruth Anderson for their support



*Michele Fleming receiving a cheque from Mark Tester, with Allister Inman and Kate Clarke, who did all the catering for the event.*

# Fundraising

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## Quiz Night at The Swan Inn, Falmer

Enormous thanks go to Martin Gapper, publican at The Swan Inn, and our chairman Francis Lacy Scott who organised a pub quiz on Sunday 25 May. Thank you too to the regulars at The Swan for all their enthusiastic support on the night and their collection tin donations during the previous weeks - the evening was a great success and combined with a raffle and the collection, raised over £800.

We are very grateful to Big Box Self Storage for their generous £200 raffle prize donation and to ASB Law who kindly donated £100.



## Thank you Catenians!

We are delighted to have been chosen as the Charity of the Year by the Brighton Regency Circle of the Catenian Association – nominated by our Deputy Chair Dr Luke Fernandes. This is the 2nd year running that we have been their nominated charity and we are really grateful for their ongoing support.

Luke is pictured receiving a generous cheque for £1000 from Ted Osborn President of the Brighton Regency Circle. The funds will go towards our Advice and Support Service.



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## Sussex Police Community Fund

Thanks go to the Sussex Police for their kind donation of £200 from their charitable fund. PC Sally-Ann, our community officer is photographed handing over the cheque to Michele Fleming, CEO.



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## THANK YOU!

Our thanks go to the **David Jones Personal Training Company** for their generous donation of £290. This company is used by one of our clients who has talked about the work we do at Headway Hurstwood Park and they wanted to help!

If you're interested in personal training or coaching the David Jones company can be contacted on: 07973 533943 or email: [david@davidjonespersonaltraining.co.uk](mailto:david@davidjonespersonaltraining.co.uk)

# Comings and Goings!

## WELCOME

We're delighted to welcome Ian Simmonds, our new Facilities and Health & Safety Manager who joined us on 12 May. As a qualified surveyor with a background in the District Council as well as private practice, Ian brings a great deal of experience and expertise to ensure our premises and services are safe and effective. Ian, we hope you enjoy your new venture into the voluntary sector!



## FAREWELL

On Friday 23 May we said farewell to Ingrid Giovino, our Governance & Workforce Development Manager. After 8 years at Headway Hurstwood Park, Ingrid has decided to take up a new challenge by volunteering in New York. Ingrid's hard work, dedication and commitment has been outstanding – she was always willing to help out and her particular talent at resolving IT problems was a real bonus! We miss her tremendously but she's keeping us all updated with regular messages from the Big Apple where she's working hard but having a great time – and she promises to come back and help out at our Harvest Festival in September!

Ingrid's family have also been great supporters of HHP and we miss them too - particularly her mum's wonderful cakes! We were very pleased when Ingrid brought her own leaving cake, made by her mum, to the team meeting!! Good luck with your volunteering Ingrid – see you in the autumn!



## CONGRATULATIONS

We are delighted to announce the promotion of Tracey Jerrey to the position of Outreach Coordinator. Tracey has been a C&RSW with us for 8 years and has a lot of experience in the outreach service as well as the centre in Newick. As coordinator she will be taking over the day-to-day operational management of the outreach service and a key responsibility will be the completion of the monthly rotas. Tracey took up her position on 1 July and will be taking a lead role to cover Georgina Baker's maternity leave which starts on 01.09.14. We wish Tracey well in her new role.



# Make your brain (injury) work!

## Introducing our new Rediscover Group

### Headway Hurstwood Park are looking for new recruits to *'Re-discover the Future'*

We are launching a new venture to *'Rediscover the future'* for those suffering from a brain injury.

With changes to statutory funding, the economic situation and the growing number of people with a brain injury, we believe there are many around the county who are struggling to Rebuild their lives after their brain injury and find a route back into the community and the workplace. If that applies to you then you are just the person that the Rediscover Group is designed for.

Based at our rehabilitation centre at Newick we are setting up the Rediscover Group to run on Tuesdays between 10:00

and 4:00 at a cost of £10 per half day. The group will be run by Allister Inman, C&RSW and the focus will be on using everyone's skills to produce goods and products for resale thereby generating income for the charity and subsidising the club itself. Integrated into the group will be exercise, advice on nutrition, opportunities to develop your cookery skills and a chance to brush up on your literacy, numeracy and computer skills if that's what you want – the club will be very much run by the users and can include social activities too.

You will need to make your own transport arrangements to/from Newick however, if this is a problem we may be able to arrange collection from a pick-up point.

**For more information please contact the Allister Inman on 01825 724323 or [allister.inman@headway-hp.co.uk](mailto:allister.inman@headway-hp.co.uk)**

## Alice in Wonderland comes to Headway Hurstwood Park!

Earlier this year the members of the Thursday pottery group decided to work together on a new project. After much discussion the group chose to make a series of figures based on characters from "Alice in Wonderland" and "Alice through the Looking Glass".

Led by C&RSW Jane Goodey, our talented potters are: -

- Frances Sandys who made the Lobster, Caterpillar and Rabbit
- Anna Campbell who made the Carpenter
- Gill Burtenshaw who created the Walrus and Queen of Hearts
- Victoria Griffin who, along with Sandie, crafted Tweedle Dee, Tweedle Dum, the Duchess and Pig
- Nathan Milham who made the "Eat Me" cake and "Drink Me" bottle
- Tel Robinson who produced the door with the key
- Debra Larkin who created Humpty Dumpty and White Rabbit

Giving assistance to the project (and creating some masterpieces themselves!) were C&RSW Nigel Heddon and volunteer Roz Kemper. The figures are currently on display in reception and we hope you enjoy seeing them there.



# Advice & Support Services

## Support Groups

We have three support groups running each month which aim to provide everyone affected by an ABI with the opportunity to meet others in similar situations, to obtain and exchange information and support from facilitators, speakers and each other in an informal setting. Often new friendships are developed providing an on-going source of support. For more information about the support groups please contact Lisa Wickham on 01825 724323 or by email on [lisa.wickham@headway-hp.co.uk](mailto:lisa.wickham@headway-hp.co.uk)

2014 HHP Support Group Meeting Dates		
<p><b>Eastbourne</b> East Sussex Disability Association 1 Faraday Close Hampden Park Eastbourne BN22 9BH</p> <p>1st Wednesday 7.30-9.30pm</p>	<p><b>Hailsham</b> Diplocks Hall The Diplocks (Housing Estate) Hailsham East Sussex BN27 3JY</p> <p>3rd Wednesday 7-9pm</p>	<p><b>Brighton</b> Montague House Montague Place Brighton East Sussex BN2 1JE</p> <p>3rd Thursday 7-9pm</p>
<p><b>Date</b></p> <ul style="list-style-type: none"> <li>• 2 July</li> <li>• 6 August</li> <li>• 3 September</li> <li>• 1 October</li> <li>• 12 November (a week later)</li> <li>• 3 December</li> </ul>	<p><b>Date</b></p> <ul style="list-style-type: none"> <li>• 16 July</li> <li>• 20 August</li> <li>• 17 September</li> <li>• 15 October</li> <li>• 19 November</li> <li>• 17 December</li> </ul>	<p><b>Date</b></p> <ul style="list-style-type: none"> <li>• 17 July</li> <li>• 21 August</li> <li>• 18 September</li> <li>• 16 October</li> <li>• 20 November</li> <li>• 18 December</li> </ul>

## New Counselling Service in Crawley

This service is being jointly funded by both Headway groups with support from: -

- Crawley Borough Council
- The Lions Club
- The Rotary Club
- Santander
- Awards for All (Big Lottery Fund)

Counselling can offer you a safe and confidential place to explore the challenges of an acquired brain injury (ABI) without feeling judged. The counsellor does not give advice but promotes understanding and helps you to find ways to cope with the difficulties you face whether you are living with an ABI or care for someone with an ABI.

For further details call  
Headway West Sussex on 07938858153  
or email [info@headwaywestsussex.org.uk](mailto:info@headwaywestsussex.org.uk)



Working in partnership with West Sussex Headway we are proud to announce a new counselling service in the Crawley area for anyone affected by acquired brain injury.



Supported by





# Spotlight on our Volunteers

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A lot of the work we do at our centre in Newick relies on the support of our fantastic team of volunteers: -

- Ann Green
- John Barlow
- Malcolm Price
- Michele Luck-Jacques
- Peter Rae
- Peter Vincent
- Roz Kemper
- Stephanie Toogood

They regularly give up their time to work with clients by sharing their own talents or helping and encouraging our clients to participate in the activities we have on offer... and we have a wealth of talent amongst our volunteers - their skills include cookery, artistry, textiles, carpentry, they run quizzes and current affairs groups, tend the garden and help us produce our magnificent array of fruit and vegetables, or lend a listening ear to clients and carers who need support.

On Tuesday 20 May we held a volunteer catch-up session which gave all our volunteers a chance to meet (they come on different days so often don't see each other) and an opportunity to learn more about the organisation as a whole and the planned future developments. This was followed by a very enjoyable lunch.

Our volunteer link manager was Ingrid Giovino and this was also a lovely opportunity for the volunteers to give Ingrid their leaving gift – an Almond Tree called “Ingrid” – and, as you can see from the photograph, have a ceremonial planting!

If you would like to join the volunteer team at Headway Hurstwood Park and make a difference to the lives of people affected by brain injury we would be delighted to hear from you. Please contact Claire Benson, our Therapy & Day Services Manager on [claire.benson@headway-hp.co.uk](mailto:claire.benson@headway-hp.co.uk).

Even if you can only offer your time on an occasional basis we would still love to hear from you – we regularly need volunteers to help with fundraising events in Newick and around the county. Please contact Lisa Smith, Team Administrator on [Lisa.smith@headway-hp.co.uk](mailto:Lisa.smith@headway-hp.co.uk).



**Thank you!**



# Supporting Carers

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## A Bit of Pampering!

On Saturday Saturday 28 June we held another workshop for carers to have a morning of well-deserved pampering. Trudy Mayes, Counselling and Carers Services Manager reports:-

“What an inspiring morning we enjoyed with Silke from Sussex Downs College and the therapists from Vitality, Crowborough when our attention was focused on the ‘The Potential to Be’

Skilfully guided by Silke's instruction we were lead through the Picasso techniques to create a personal interpretation of ‘The Faces of a Lady’. Proudly acknowledging hidden talents, much laughter was shared blending pastels to develop a personal relationship with creative art.

Nurtured by the complementary therapists every lady relished the time and space to relax and rediscover their potential to prioritise wellbeing in their journey as carers.”



## Calling All Male Carers!

### Men's Breakfast Saturday 27 September

At Headway Hurstwood Park we are mindful of the demands on carers of their daily caring input which is so valuable in the rehabilitation process. We would like to offer our male carers an opportunity to invest in their own wellbeing and we invite you to a Men's Breakfast on **Saturday 27 September from 9.30am** at Headway House, Newick.

Sharing a hearty breakfast menu with fellow carers, we also offer you the benefits of some pampering with head and neck massage provided by a qualified team of registered complementary therapists.

We recognise that your role is demanding and exhausting and at times frustrating - which can sometimes lead to isolation - and we hope that you will find support by attending this event and gain from the shared experience with fellow carers.

There is no charge for this event although donations would be gratefully received.

If you would like to join us please contact Trudy Mayes, Counselling & Carers Services manager on 01825 724323 or email [trudy.mayes@headway-hp.co.uk](mailto:trudy.mayes@headway-hp.co.uk) by Friday 19 September 2014.

# Other News

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## Funding for Respite

Carers often need additional respite opportunities for their loved-one to enable them to attend an event or appointment. Funding for through East Sussex County Council is available for this purpose and can be accessed through Care for the Carers. By completing a simple application process the funding can be released to purchase additional care. Care for the Carers can be contacted at:

**Care for the Carers**  
**Highlight House**  
**8 St Leonards Road**  
**Eastbourne, East Sussex**  
**BN21 3UH**  
**Tel: 01323 738390**  
**Email: [info@cftc.org.uk](mailto:info@cftc.org.uk)**

At Headway Hurstwood Park we are able to offer extra respite days at reduced rates for existing clients. Please contact us for more information.

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## Database update

If you receive this newsletter by post **but would be happy to have an electronic version** (which saves on postage!) please let us have your email address. We can be contacted on **01825 724323** or by email to **[info@headway-hp.co.uk](mailto:info@headway-hp.co.uk)**

Do you know anyone else who would like to receive this newsletter? If so please let us know and we'll add them to our database.

Many thanks for your help.

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## Website & Facebook

We are currently updating our website and hope to have all the latest news and information available very soon –

**[www.headway-hp.co.uk](http://www.headway-hp.co.uk)**

Have you looked at the Headway Hurstwood Park Facebook page recently? We are updating it regularly with news of events and lots of photographs. Take a look and please “like” us!



# SUPPORT CHARITY

## JUST BY SHOPPING ONLINE

### Did you know...

Thousands of stores will donate a percentage of every pound you spend online to your favourite cause when you shop through

[www.giveasyoulive.com](http://www.giveasyoulive.com)



**Give as you Live®**



## Give as you Live

Are you registered with Give as you Live? This is an easy way to boost funds for Headway Hurstwood Park when you shop online.

Thousands of top retailers including ebay, Amazon, Play.com, John Lewis and Expedia have signed up to donate a percentage of the money you spend to charity. If you sign up to our Giveasyoulive page they will donate to Headway Hurstwood Park.

We're urging all our supporters to do their online shopping through Give as you Live - money can be raised on all sorts of good and services so if you haven't already please go to our Giveasyoulive page: <http://www.giveasyoulive.com/join/headwayhurstwoodpark> and get started!

Don't forget, shopping through Give as you Live is no different to shopping online normally, it's just as secure and your shopping won't cost you a penny more. In fact, the only difference is the difference it could make to our donation total! Please sign up to Give as you Live today – every penny counts!

**Thank you.**

## Can you sponsor our Newsletter?

We have in the region of 500 people who have asked to receive our quarterly newsletter and the circulation list is growing! Many people are able to receive it electronically however, some require a hard copy which in the past we were only able to provide in a photocopied format. We are keen to continue to have Heads Up professionally printed and to circulate it much more widely to help promote and market ourselves. However, the cost is prohibitive. Would you be able to contribute towards the printing costs? In return for your help we would be very happy to advertise your company and include your logo plus any information about you, your organisation or the services you provide.

If you can help please contact Michele Fleming, our CEO on: [michele.fleming@headway-hp.co.uk](mailto:michele.fleming@headway-hp.co.uk)

**Thank you!**



### Headway Hurstwood Park

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