

HEADWAY OXFORDSHIRE NEWSLETTER

Registered Charity No: 299377

Headway Oxford, 4 Bagley Wood Road, Kennington, Oxford, OX1 5PL.

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the brain injury association

March 2011

Issue 21

Foreword by Jamie Miller

Well spring is finally here! We have a number of excellent events coming up throughout the year plus the launch of our new transport service.

We are now also able to offer fully personalised services with our new Day Care and Rehabilitation model. Our continued funding is still uncertain, so again we ask for your support.

Quote of the month

All things are subject to interpretation whichever interpretation prevails at a given time is a function of power and not truth. Friedrich Nietzsche

Minibus Travel to Headway Oxford

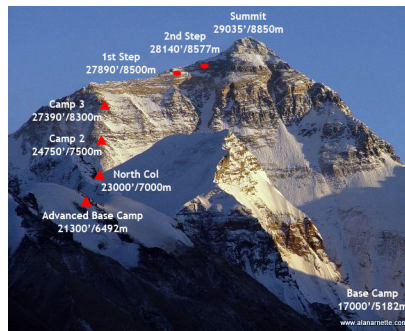
Transport to and from services has always been a costly problem for those with disabilities and since Oxfordshire County Council have cut their funding for transport in the Social Care budget, things are set to get even more difficult for service users.



Well not for Headway Oxford members, as a super hero has arrived in our hour of need. Norman Stacey, who is the secretary of Ardley United FC has stepped up to the penalty spot with the generous gift of his time and minibus to transport service users to Kennington in the interim, whilst we fundraise for our own minibus. Norman, we salute you!

If you would like to support our fundraising efforts for a minibus or you would like to volunteer to drive for us, we would love to hear from you. Call us on 01865 326263.

Bob's forthcoming Everest ascent!



In April I will be travelling to Tibet to join an expedition led by David Hempleman-Adams (Polar Explorer, Mountaineer and

world class Balloonist) to Everest. The expedition is sponsored by Iceland Foods.

The Duke of Edinburgh has agreed to be the Patron of the expedition with the ultimate purpose of putting 10 climbers on the summit. The climbers will be carrying the flags of the Explorers Club and Iceland Foods with them. My goal is to reach the North Col at 7000m(23000ft). This will be a personal best for me and at the age of 63 will need all the determination and energy I can muster.

I consider myself most honoured and very fortunate to be able to undertake this journey and wish to use this opportunity to raise funds for Headway Oxford. Have a look at the website for further information about the trip —

www.icelandeverest.org.uk. You can donate to Headway Oxford either by sending a cheque made payable to:

'Headway Oxford'
4 Bagley Wood Road,
Kennington, Oxford
OX1 5PL or through my
website (which would
benefit from Gift Aid)
[www.justgiving.com/
headwayeverest](http://www.justgiving.com/headwayeverest)



BRAIN INJURY AWARENESS WEEK 9TH—13TH MAY 2011

Headway Oxford is participating in lots of events to support Brain Injury Awareness Week. If you would like to help to raise money and awareness for Head Injury, please contact us on 01865 326263 or e-mail carole@headway-oxford.org.uk. Further details and sponsorship forms for downloading are available on the website www.headwayoxford.org.uk



It's that running time of year again—on Saturday May 7th put on your trainers (or stilettos depending on your preference!!) and raise money for Headway Oxford by taking part in the 5k Oxford Fun Run around University Park! Whether you would like to walk, run or be wheeled round the course please join us!! For further information and sponsorship forms, please contact Carole Newbigging on 01865 326263

Human Table Football Tournament— 2pm Wednesday May 11th



We are pleased to confirm that local solicitors firm Withy King have agreed to hold a Human Table Football Tournament at Oxford Spire Four Pillars Hotel, Abingdon Road, Oxford to raise money for Headway Oxford as part of Brain Injury Awareness Week. Teams are made up of 5 people, so if you would like to enter a team and join in an afternoon of competitive fun to raise funds towards our minibus, please contact Anna at Withy King on 01865 792300

Hats for Headway—Friday May 13th

Headway Oxford is taking part in this fun event again this year—if your place of work or school would like to be involved by wearing a hat for the day and raising funds, then please get in touch! Posters for this event may be downloaded from our website www.headwayoxford.org.uk/events



Abingdon Dragon Boat Race—Sunday May 15th

Withy King have also accepted the challenge of entering the Dragon Boat Race, arranged by Abingdon Vespers Rotary Club. This is a very energetic event held annually on the River Thames. A wonderful day out for the whole family—come along and support us. Withy King, assisted by Headway staff Jamie Stalker and Nicki Holland, will be entering a team of 17 rowers. Good luck to all! See further details on the website www.abingdondragonboats.org.uk

If you able to support us by volunteering to help with any of the above events, please call us on 01865 326263

Shaun's Story—Part 1

Back in December 2001, my life changed when I sustained a fractured skull and brain injury from a fall. Three weeks after my fall, I woke up in the Radcliffe Infirmary with no idea where I was, or what had happened. My Mum and fiancée were at my bedside to explain it all.

After 3 months in the Radcliffe, I was discharged home, but things had really changed for me. Prior to my accident, I suffered from depression, this was exacerbated following the trauma, and I found that I became very irritable which had a big impact on those around me.

A month after my discharge, I had an assessment at the Rivermead centre, and it was decided that it would be helpful for me to stay at the newly opening Oxford Centre for Enablement to help with my rehabilitation but this would not be for some time due to long waiting lists. My family had become really concerned about me at this point—I was receiving very little external support and had become withdrawn, lost all confidence and at times was verbally abusive to those around me. I eventually went into the OCE for a 5 week stay—whilst I was there, I was given daily programmes of activities including physiotherapy and psychology. I was discharged at the end of the 5 weeks on the proviso that I was not alone. My fiancée moved in and I was really pleased to be home, but I still struggled with basic tasks which would result in bouts of anger. I was a changed person. Sadly, this huge change led to the breakdown of my relationship.

Depression and no self confidence were really overwhelming at this time in my life; I was seeing a psychologist who worked with me over the next few years, and then in 2008, she referred me to the vocational worker at Headway Oxford—this was to be the next big challenge, but it was going to be the start of things improving in my life—find out how Headway Oxford supported me in part 2!

London to Paris Cycle Ride – 6 July 2011

Cycling from London to Paris must be one of the great cycling experiences in Europe. James Livermore is a neurosurgeon training at the JR Hospital, and has offered to raise funds for Headway Oxford through a sponsored London to Paris Cycle Ride on 6 July. Over the course of the ride, the cyclists will cover the 440km (270 miles) between the two capital cities.

Sponsored participants will make an early start from London, to avoid the morning traffic. Away from the main routes, they will cycle towards Tonbridge and on through picturesque countryside to Dover, to catch the ferry to Calais. Day 2 will see them heading south through the small villages and medieval market towns of northern France, staying overnight at Arras. Day 3 takes them through quiet French roads to the more forested region around Compiègne for an overnight stay. Day 4 - and the end will be in sight – and what a relief for aching muscles! Cycling towards the outskirts of Paris – through Parisian streets around the Arc de Triumph and finally to the finish beneath the lofty arches of the Eiffel Tower. What an achievement!! All participants will enjoy a well-deserved free day in Paris – before catching the Eurostar home to London.

Please see James' fundraising page at: www.doitforcharity.com/jameslivermore

Thank you James!!



Headway Oxford welcomes new staff!

Headway Oxford is really pleased to welcome 2 new Community Workers—Topyy and Rachael to the team! The new team members begin in April and they will be working mainly in the Community, although I am sure they will also be seen from time to time in the centre at Kennington!

SAGA Respite for Carers Trust Award

Saga is running its Respite for Carers Trust Award for the 3rd year. The trust is all about rewarding people who care selflessly for their loved ones by giving them a well earned holiday, whilst ensuring continuity of care. If you are a carer who is unable to take a break from your responsibilities or know someone who is a carer and deserves a break, nominations can be made on the website:

www.saga.co.uk/health/carers/ or call us at Headway Oxford for further information.

Murder Mystery Evening and Dinner

7pm Friday 22 July

Headway Oxford are arranging a Murder Mystery Evening, with 3 course Dinner to be held on Friday 22 July at the Oxford Spires Four Pillars Hotel, Abingdon Road, Oxford. Tickets are priced at £40 each, and the evening promises to be different, exciting and brilliant fun! Come and join us.

Tickets available from Carole Newbigging on 01865 326263 or email carole@headway-oxford.org.uk



Summer Raffle

Enclosed with this Newsletter is a small supply of Raffle Tickets. We would be most grateful if you would help us to make this Raffle a wonderful fundraising event—the Draw will be made during the evening of 22 July, at the Charity Dinner. Thank you for your help. Tickets and proceeds must be returned to Headway Oxford no later than Tuesday 19 July.

HEADWAY CARERS' GROUP

A group set up for carers of an adult with an acquired brain injury

We will be gathering at 7.30pm until 9pm on the 2nd Wednesday of each month.

April 13th

May 11th

June 8th

The informal meetings are held at the Headway Oxford centre:

4 Bagley Wood Road, Kennington, Oxford OX1 5PL

If you would like any further information please contact Headway Oxford on 01865 326263 or email admin@headway-oxford.org.uk

If you will require a paid carer for the evening please contact us to discuss the possibility of Headway Oxford helping towards this cost.

"We specialise in representing clients who have suffered a brain injury as a result of an accident.."

For more information please contact

Michael Berrett

michael.berrett@clmlaw.co.uk
or 01235 771234

www.clmlaw.co.uk

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