

HEADWAY OXFORDSHIRE NEWSLETTER

Registered Charity No: 299377

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the brain injury association

June 2011

Issue 2

Foreword by Jamie Miller

Firstly, a massive thank you to all those who gave their support at our events throughout ABI Week 9th – 15th May. If you fancy yourself as a super sleuth, then our forthcoming Murder Mystery Dinner is for you...read on for more information. As we go to print, strategy for the future of services for ABI in Oxfordshire are being developed by Oxfordshire County Council. In this time of great change, we would welcome your views, so please get in touch.

Quote of the month

An institution or reform movement that is not selfish, must originate in the recognition of some evil that is adding to the sum of human suffering, or diminishing the sum of happiness.
Clara Barton



Charity Dinner Murder Mystery Evening

Friday 22 July from 7pm

Do you fancy yourself as the next Hercule Poirot or Miss Marple??!! - then this is the event for you

Headway Oxfordshire is delighted to be holding its first ever Charity Dinner and Murder Mystery Evening on Friday 22 July at the Oxford Spires Four Pillars Hotel, Abingdon Road, Oxford 7.00 p.m. for 7.30 p.m. The evening promises intrigue, good food and good company. Reserved tables for 8 or 10 people are available, should you wish to make up a group of friends or colleagues.

Tickets available from Headway Oxfordshire's fundraiser, Carole Newbigging. Please contact 01865 326263, or email carole@headway-oxford.org.uk

Raffle tickets for the Summer Draw are still available. First prize £250 cash, 2nd prize £150; 3rd prize £50. The Draw will be made during the Murder Mystery Evening.



London to Paris Cycle Ride – 6 July 2011

James Livermore is training hard for his sponsored cycle ride—so far his total is £1,445—Good luck James!!

www.doitforcharity.com/jameslivermore

FANTASTIC FUNDRAISING EVENTS!!

Headway Oxfordshire would like to say a big thank you to all those who were involved in the many fundraising events that took place across Oxfordshire during Brain Injury Awareness Week in May.

Oxford Rotary Fun Run

38 Headway Oxfordshire members, families and staff joined in the fun run at University Parks in Oxford on Saturday 7th May. Funds raised through sponsorship for this event are, so far, in excess of £1,900!!



Human Table Football

The tournament, on Wednesday 11 May, was arranged by local solicitors, Withy King. Several teams took part, and the sun shone for an afternoon of competitive fun!! Many thanks to: Withy King, Critchleys, Barclays, Grant Thornton, Robinsons Removals, Andrews Estate Agents, 3PB Barristers, Denhs Patent Attorneys and of course members and volunteers who joined the Headway Oxfordshire team! The event was won by Grant Thornton and a fantastic £1,800 is anticipated. **Thank you!**

Abingdon Dragon Boat Race

This fun event was arranged by the Rotary Club of Abingdon Vesper and took place alongside the River Thames at Abingdon. Twenty-five teams participated, including a joint team between Withy King and Headway who came up with a great team name—***If Carlsberg made Dragon Boats....!*** Jamie Stalker and Nicki Holland did a sterling job for Headway! The team came 21st and raised a fantastic £782!!



Bob's Everest Ascent!

Our intrepid treasurer, Bob Wilson has been on another epic adventure, raising a fabulous £470—so far—supporting Headway Oxfordshire. Thank you Bob!! Here is his story:

My adventure to Everest was from the North side via Tibet.

Tibet is a country of many extremes and one of those is access. We went via Friendship Bridge which spans a deep spectacular gorge between Nepal and Tibet. It's not a place for the faint hearted or the traveller who demands comfort but the hardship is rewarded by stunning views of the Himalayan mountain scenery, so clear that you feel able to reach out and touch it. There can be nothing like the raw beauty of the high Tibet plateau (5000mtrs) but you have to get used to the change in altitude and you must adapt slowly; simple tasks leave you gasping for air.

Base Camp is at 5200mtrs. It's a very wild desolate place dominated by amazing views of Everest's North Face. We were at base for 3 days acclimatising and practising our ice climbing technique. Our camp was well provided with a comfortable mess tent complete with carpet, gas heaters and even a screen for projecting films. It's essential to be as comfortable as possible especially for the 10 people who were attempting the summit.

It took us another 3 days to reach Advanced Base Camp (ABC) at 6400mtrs. The climb up the East Rongbuk glacier is astonishing. Miles of ice pinnacles stretch as far as the eye can see; 7000 metre peaks rising on all sides. Ahead is the ridge which takes those-who-dare to Everest's summit. ABC is in a beautiful location densely crowded with hundreds of tents. It was very cold at night but the days were warm with clear skies. It is at Advanced Base Camp that the body begins to degenerate! I was suffering a serious stomach upset which was not easy to cope with. It's hard to sleep in the rare atmosphere and severe cold. This left me drained of energy.

We reached the base of the North Col twice climbing a short way up the fixed ropes which are secured for the safety of the many climbers who go this way to the summit. We had reached 6700mtrs. With huge disappointment we could proceed no further. Illness and lack of time to acclimatise had left us too exhausted to go higher. It was a tough decision to make but, as we re-traced our steps, we looked back to see the North Col shrouded in cloud. We realised that if we had tried one more time we would probably have been forced back by blizzard conditions!!

Footnote: Four climbers eventually made the summit, three others were forced to turn back from exhaustion. I have been raising funds for Headway via:

www.justgiving.com/HeadwayOxford-Everest



Headway Oxfordshire—collecting tins

We now have a supply of new collecting tins, and would ask you to consider taking one for placement in local shops, garages, hairdressers, leisure centres, social clubs and pubs – in fact anywhere where there are people. It would be lovely to see our collecting tins, and the Headway Oxfordshire name, in all towns, villages and hamlets throughout the county (although we do have a limited supply!) The only commitment from you would be to advise us of the placement, so we may arrange regular collection by our authorised personnel.

Headway Oxfordshire—GOLF DAY

Headway Oxfordshire are looking at the possibility of holding a Golf Day, during the balmy days of late summer. We know there are a lot of keen golfers out there—are you one of them?

If you would like to take part, or make up a team of 4 —or perhaps wish to nominate your favourite golf course—please do contact us. We would be pleased to provide further details as and when this event is developed.

Shaun's Story—Part 2

Back in December 2001, my life changed when I sustained a fractured skull and brain injury from a fall. In the last Headway newsletter, I told the beginning of my journey following this trauma.



In 2008, I was introduced to the vocational worker with Headway Oxfordshire—we slowly started working towards looking at volunteering as this would help me to get out and about, hopefully increasing my confidence. It was suggested that I could start off in one of the charity shops in my home town—my Headway support worker took me to visit all the shops, but my initial thoughts were not positive—I thought I would never be able to do this! However, I was encouraged to start at the Helen and Douglas House charity shop beginning once a week in the back room where I could help with stock intake. I found it very difficult at first, but gradually found my feet, and eventually began to start working on the shop floor too! Speaking to customers was a huge challenge, but I very slowly overcame this fear, learnt how to use the tills, and now, after 2 1/2 years, happily work there 2 days a week enjoying the rapport that I have developed with customers and staff members.

By 2010, I had begun to communicate more easily with people, and realised that I missed the social aspect of my life. Headway again began to encourage me to start a new challenge—I was introduced to the Carterton Community Café where I would be supported by the Oxfordshire Employment Service. Again, I found this new environment daunting, and it took me a few months to become comfortable, Headway supported me to keep going!!

Staff at OES were also really supportive, knowing when I needed a break if things got too much. Now I am involved with baking, making lunches, serving customers, supporting new comers to the kitchen, helping with functions and I have just completed an NVQ in Food Hygiene, which I really enjoyed!!

This has helped with my self confidence—I am beginning to enjoy life again, and am looking for new challenges—I know that things will go up and down from time to time, but I am better equipped to deal with these mood changes! I now go to the gym weekly, and am looking to start volunteering with adults with learning disabilities—I feel I would like to 'give something back to the community'. I don't think things would have been this positive without the massive support from my Mum and the encouragement from Headway to try new things—I can do this!!

Hats for Headway

Hats for Headway was originally part of brain injury awareness week in May, but at Headway Oxfordshire we understand that it is sometimes difficult for schools to join in on a specific date, therefore it was opened up for schools to join in when they could—at any time of the year! Thank you to those who participated, and if anyone else would like to take part, please let us know!!



Bladon CE Primary school held a 'Hats for Headway' day on Friday 27th May and raised £67.67, and Aston and Cote

Primary held their day on 17th June raising £110. St Joseph's are joining in with the fun in September—thank you to all!!

HEADWAY CARERS' GROUP

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

Our next meeting is on:

Wednesday 13th July

7:30pm—9pm

At:

The Headway centre:

4 Bagley Wood Road, Kennington, Oxford

OX1 5PL

If you would like any further information please contact Headway Oxfordshire 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 Oxfordshire helping towards this cost.

Get ready for the digital switchover...



The digital switchover will take place in Oxfordshire on the 14th September 2011. This means that a traditional analogue television will not be able to receive a signal. You will need a digital box; for example Freeview, Virgin Media or Sky. Freeview usually comes built in to newer televisions so you may be prepared for this already.

The Switchover Help Scheme has been set up by the Government and is run by the BBC. Its purpose is to provide practical help for older (75yrs +) and disabled people by converting one of their televisions to digital in the run-up to the switchover.

Most people will be asked to contribute £40 towards the help, however the service is free for people who are eligible for pension credit, income support, income-based jobseekers allowance or employment and support allowance.

You need to have a valid TV license to receive the support.

If you think you might qualify and have not yet heard from the Switchover Help Scheme, or would like some help accessing this support please contact Headway Oxfordshire on 01865 326263 or speak to your key worker.

Cream Tea & Cake Extravaganza

Headway are holding the above fundraising event at the Kennington centre on Friday 24 June, from 1.00 to 4.00 p.m. You may receive this Newsletter in time for you to join us!!



IF YOU WOULD LIKE TO RECEIVE FUTURE COPIES OF THIS NEWSLETTER BY EMAIL, PLEASE CONTACT admin@headway-oxford.org.uk

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

For more information please contact

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