

HEADWAY OXFORDSHIRE NEWSLETTER



Headway Oxfordshire, 4 Bagley Wood Road, Kennington, Oxford, OX1 5PL.
December 2011

De-

Foreword by Jamie Miller

Wishing everybody a Happy Christmas and a very happy New Year Party On!!



Quote of the month:

A fool and his sanity are soon parted.

Annual General Meeting with special guest Nicola Blackwood MP

Headway Oxfordshire's 23rd Annual General Meeting was held on Friday 21st October 2011. There was a good attendance, from service users and carers, together with staff, volunteers and members of the Management Committee, with various visitors and representatives of other organisations. Headway was pleased to welcome Nicola Blackwood, MP for Abingdon and West Oxfordshire, as guest speaker. Unfortunately, Nicola was suffering from a bad bout of laryngitis and the speech was the shortest in political history!! However, we were delighted that she spent time with us and seemed impressed with the support services provided.

Members of the Management Committee were re-elected, and new members —David Goslett and Dr Stuart Frankum—were officially welcomed.

The meeting thanked Bob Wilson for his term of office as Treasurer. Bob joined the

committee in 1994 and agreed to take on the role of treasurer—for a specified term of 3 years!

Now, after 17 years, Bob has relinquished the role of treasurer, but will remain on the management committee and continue to fundraise for Headway Oxfordshire.

Thank you Bob

Over the years Bob has raised in excess of £25,000. His interest in fundraising started when his son undertook a cycle ride across South America, from which Bob raised in excess of £12,000 for Headway Oxfordshire – more than anyone had anticipated – and Bob was hooked on fundraising!

On 4 June 2010 Bob set off with two friends to complete the classic 1,000 mile bicycle ride from Lands End to John 'O' Groats, in less than two weeks—another great success.

In April 2011 Bob climbed to the North Col of Mount Everest, not only to satisfy his craving for this type of adventure, but again to raise funds for Headway Oxfordshire. Bob, and his colleagues, managed to reach 6,700 metres before being forced to turn round, because of illness and bad weather.

As we prepare this Newsletter we are thinking of Bob on his latest venture—skiing the last 100 miles to the South Pole: undoubtedly his most outrageous venture to date. We will report on this trip in the next Newsletter.

Thank you Bob for your continued support.



Dates for your 2012 Diary

Acquired Brain Injury Week is scheduled from Monday 14th to 20th May 2012. This is a national day of awareness, promoted by Headway UK. As always we shall be arranging fundraising events in Oxfordshire—the following are scheduled:

Oxford University Parks 5km Fun Run

Saturday 12th May

Dragon Boat Race at Abingdon

Sunday 13th May

Golf Day at Frilford Heath, Abingdon

Thursday 17th May

In addition we shall be arranging the Human Table Football event, which was great fun last year! - possibly for Tuesday 15th May, and promoting Hats for Headway.

A very busy week—and a lot of sponsoring!

Future Fundraising by Jamie Stalker

In September 2010, you may remember my fundraising event that saw me leap out of a plane at 12,500 feet. Well I thought it was about time I did something different; so let me introduce you to **Tough Guy!**

This course claims to be the world's most demanding one-day survival ordeal. Call me brave, stupid or both (but probably the second option), along with my brother, Jason, I will be taking on this challenge in aid of Headway Oxfordshire, on Sunday 15 July 2012.

We will be setting up a JustGiving page, and would be extremely grateful for your support.

<http://www.justgiving.com/headwayoxford>

Donations received through Just Giving attract automatic Gift Aid which benefits the charity by a further 25% - at no addition cost to yourself.

Many thanks. Jamie Stalker, Headway Oxfordshire Lead Community Support Worker.

Breaks for Carers—2011

Headway were pleased to arrange a Breaks for Carers Holiday at Littlecote Manor from Friday 25th to Monday 28th November.

Six members of Headway staff, with volunteers, provided activities for 36 carers and service users—ranging from quizzes to dancing to archery practise—while carers could relax and indulge with a spa treatment, massage, or have their nails done!

Despite problems with unexpected renovations at Littlecote the holiday was declared a great success.

As one carer said *“Lovely to have time to myself, and know that XX is really enjoying himself! - in safe hands and in good company”*



“I’m sure I’ve got Jamie in my sights”

“Take your turn—I was first”

Hail

Headway Oxfordshire are pleased to welcome two new members of staff. Lisa Bracher joined us in October and Annie Blake in December – both as Community Support Workers.

Lisa trained as an occupational therapist and up until recently was working at a local community hospital. Lisa says *“I’m hoping that my experience as an occupational therapist and my knowledge of local NHS services and links to community hospitals will help to promote the work that Headway does. One of my goals is to raise the profile of Headway within community hospitals so that those affected by brain injury and their carers will be able to access advice and practical support and health staff will know who to contact.”*

Annie comes to us highly recommended with a BSc (Hons) Psychology degree from Nottingham University. Annie is really keen and looking forward to doing both community support work, and taking over the important Brokerage role from Topsy Tysoe. Annie will be pleased to assist anyone with planning their own care package.

Both workers have been spending time getting to know about Headway and its work, and introducing themselves to the many members who attend the centre, hearing about their experiences and engaging in some of the activities that are run in the centre.

..... and Farewell

We say a fond farewell to Topsy Tysoe, who has been undertaking Community Support and Brokerage Work since April this year. Topsy was also very active within the Carers Support group, having had extensive experience in this field. Topsy will be undertaking a business venture with her husband—and we wish her all the best.

Covenants and their benefit to HWO

Several of our long-standing supporters donate regularly to Headway Oxfordshire through a monthly direct debit / standing order Covenant. Regular support such as this enables the charity to plan ahead, and be more certain of our funding situation. Would you be able to consider a Covenant to Headway Oxfordshire?

Well done James

James Pearce, our intrepid marathon runner, completed the Snowdonian Marathon in October, in 4hrs 32mins, finishing 901st out of an entry of 2,000. James raised in excess of £2,000 for Headway funds—thank you James. You ARE an inspiration.

Headway Oxfordshire have now purchased 5 places in next year’s Brighton Marathon, which James wished to enter—would anyone like to join him on 15th April? Please contact carole@headway-oxford.org.uk, tel 01865 326263, for further details.



OCVA Volunteer Awards 2011

David Goslett joined Headway Oxfordshire as a volunteer, and quickly became a most valued member of our Team, not only helping in our Centre, but taking on driving duties in the Headway ambulance.

David joined our Management Committee and has been appointed treasurer, effective from January. Headway Oxfordshire was therefore delighted to



nominate David for a Volunteer Award through OCVA, which was successful! David joined other volunteers at a presentation ceremony at Oxford’s Town Hall on 10th October..

Charity Golf Day

This event is now confirmed for Thursday 17th May at Frilford Heath. Entry fee will include 27 holes of golf on this superb course, coffee and bacon rolls on arrival, sandwiches and a two-course carvery after the event. Fees will be £75 for non-members and £40 for members of Frilford Heath. Booking Forms will be available early in the New Year.

We have had a lot of interest—and actual bookings already from several teams and individuals. Please let us know if you / your company / organisation might be interested in entering, or putting together teams of 4.

Various prizes and trophies will be up for grabs—and we are seeking sponsorship for these.

For further information contact Carole Newbigging on 01865 326263 or email carole@headway-oxford.org.uk

Kennington Congregation demonstrate the Christian spirit

We would like to say a massive thank you to the congregation of the Good Shepherd Hall, the Diocese and especially Father Paul King, for their generosity and continued support, in allowing Headway Oxfordshire to expand further within the building.

/cont ...

This is a very important development for us in that it allows us more room to develop our services for the ever increasing number of those affected by the long term condition of Acquired Brain Injury.

The community of Kennington have always been incredibly selfless and supportive of our work and this is especially the case in this instance. We look forward to mutually supporting each other in the coming years.

Looking ahead to Spring

We are currently laying out gardening plots and raised beds within the Oxford premises, and plan to provide gardening therapy for our service users.

We are seeking any donations of seeds, plants, fruit trees and similar. Can you help? Also, do you have green fingers and might you be interested in volunteering some time?

Contact our Vocational Support Worker, Claire on claire@headway-oxford.org.uk, or telephone 01865 326263, for further information.

“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

**CHARLES
LUCAS
MARSHALL**
solicitors

Newbury

Hungerford

Swindon

Wantage

HENMANS LLP

PERSONAL INJURY & JUSTICE SHOULD GO HAND IN HAND

We are experts in **accident** claims
and **clinical negligence** claims.

Henmans LLP, a leading Oxfordshire law firm,
can help you to obtain the compensation that
you need.

Contact Cecily Cameron or Julie Carlisle on
01865 781000 for more information.

We offer a **free** initial interview and home
visits can be arranged.

