

Contact Us:  
**0300 330 1455**

## Newsletter

April 2020

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**“Everyone has expressed how grateful they have felt at hearing from Headway Hertfordshire and receiving the telephone support service we have been providing”**

Jacqui, Support Coordinator

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**So much has happened since our last newsletter. We wanted to let you all know we're still here and working hard to support everyone who needs us.**

## Our Services

Whilst we can't see clients face to face, and our group activities are on hold for now, we're still here to talk, advise and support. We're also finding different ways to continue the rehab journey with clients who need individual, tailored input.

We're phoning, texting and emailing, connecting with clients and their carers regularly. We're making sure that we're doing as much as we can to provide the right support until we can get together again in person.

We're receiving lots of positive feedback and would encourage anyone who feels they need support to contact us the usual way – we're constantly thinking about what more we can do at this challenging time.

Do get in touch if you have any comments or ideas!



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**“I honestly don’t know how people would recover from this type of injury without them”**

Lindsay, recent client

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## We need YOUR help

Put simply, our income is dropping to critical levels. We can’t bring in as much from community events due to lockdown and trusts and grant income is becoming very difficult to secure.

**So now we need to ask you to support us during this extraordinary period.**

There are two ways of doing this.

1. Make a donation. [Click on this link to do so](#). Anything you can give is valuable to us.
2. Raise money for us by joining in with the 2.6 challenge [www.twopointsixchallenge.co.uk](http://www.twopointsixchallenge.co.uk) - details below.




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**Don’t forget, we are here to help if you need us:**

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From Sunday 26 April, the day when the London Marathon would have taken place, join the rest of the UK for The 2.6 Challenge.

The 2.6 Challenge can be **anything you like** – all you need to do is dream up an activity based around the numbers 2.6 or 26 that suits your skills and complete it on or around Sunday April 26.

Whatever your age or ability, you can take part. After all, we’re not looking for superheroes. We’re looking for Headway Heroes.

Head the website [www.twopointsixchallenge.co.uk](http://www.twopointsixchallenge.co.uk), click on FUNDRAISE NOW button, choose Headway Hertfordshire, then complete your challenge. Please let us know what you’re doing!

**Thank you.**

**DONATE**



## Good News

We've recently been announced as North Herts Road Runners charity of the year. We were nominated by a client who we helped after an accident. In her nomination she wrote:

**I was visited regularly and could always contact someone - they spoke to my family, husband and children too to help them understand my behaviours and injury. There was nothing they would not do. My occupational therapist would ring the hospital, DVLA and help me with everyday tasks...I honestly don't know how people would recover from this type of injury without them"**

Whilst it will be a while until North Herts Road Runners are able to raise money for us, it's just this type of support which will enable our small charity to keep reaching out to people who desperately need us.



## Top Tips for staying positive in lockdown

It's natural to have days when we're feeling anxious or worried about what's happening, especially when we're unable to go about our usual routines.

The team have found some great advice and resources which are worth a read if you're feeling a bit wobbly. One of the best is the [Mind Website](#) which gives lots of good ideas for taking extra care of your mental health and wellbeing during these unusual times. Simply click on the picture below to have a look through their site.



## Stay in touch



Don't forget we're on Facebook [@headwayherts](#) and would love to hear your positive stories – how are you keeping busy? What are you doing to stay entertained? Are you making progress on anything in particular? Do you have any fab fundraising stories?

Let's stay in touch and share some good news!

## Until next time, stay positive, stay safe.