

Contact Us:
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Newsletter
October 2021



Message from John Archer - CEO

My word! Here we are with Autumn upon us and Winter just around the corner and the shops already pushing us to buy things for Christmas! The Summer is truly now a fond memory.

And for all of us at Headway Hertfordshire the Summer really was an exciting time with groups beginning to carefully meet up again and events happening in the open air. As you'll see in the newsletter, Dave's Fun Run will be long remembered!

As I look ahead I can see that more and more activities will begin to be enjoyed by many of our friends joining in Headway Hertfordshire groups in the coming months. We will also see many new friends coming through as they are warmly welcomed and supported on their road to recovery after their brain injury. In all this activity and the making of new friendships we must remain vigilant and maintain a watchful eye on how the pandemic is moving and ensure we are protecting everyone at Headway Hertfordshire and our friends and family.

We want to have fun, we want you all to make progress with your recovery but we also want you all to stay safe.

If Winter proves difficult and if we need to adjust the way we meet up, the past 18 months has shown us that we know we are ready and are well equipped to do just that.

I am hopeful that the double jabbed, the booster jab and the way we respect each other's space will mean we can get back to the really enjoyable stuff and start to build on the supportive friendships that were so evident during the lockdowns and are a key element of how we care for each other at Headway Hertfordshire.

I wish you well and hope you enjoy reading this newsletter and some of the great stories we are sharing with you. Oh and Happy Christmas!!

John



Don't forget that you're human. It's okay to have a melt down. Just don't unpack and live there. Cry it out and then refocus on where you are headed.

Ambassadors



Last month we reunited our team of Ambassadors to consider how we begin to work again after lockdown. As usual, the 'A' team were keen and eager to promote Headway Hertfordshire and had some great ideas and plans. Check out any community notice board, you are bound to see one of our leaflets, if not, lets us know and we will get one out there.

A sad farewell



We have some very sad news, one of our very first Ambassadors, Rob Stobart has unfortunately passed away. Rob was so generous with the time he gave to Headway Hertfordshire, he was a true Ambassador in every sense of the word, using every opportunity to promote us and what we do, for those living with a brain injury. He had a big heart and a huge character, making friends across the whole of the county. Rob will be sorely missed but always remembered.

Good luck Steve, running London Marathon



You may remember, in the last newsletter, that we introduced you to Steve Brenton, the London Marathon runner, raising funds for Headway Hertfordshire. By the time you read this he will know his finishing time! Steve had previously said "I know how much a head injury can impact a life as my brother – a much better runner in his day – sustained a serious one following a cycling accident. This is a very worthy cause to support!" Well done Steve!

If you would like to support Steve, you can find his Virgin Money Giving page here:

<https://uk.virginmoneygiving.com/SteveBrenton1/1>

Peer Support groups meet up again!



All the Peer Support groups are now up and running face to face – seeing the photos of friends meeting up has been so heart warming, but we are now also able to properly welcome new clients, its been nice to get to know you over zoom, but face to face is so much better!



Some of us have also had a change of venue to accommodate more of you safely, so if you havent yet returned, we understand if you need to remain safe, but we are here with plenty of tea and biscuits when you are ready, not to mention the happy, welcoming faces of our volunteers and maybe a few activities thrown in as well.

Introducing our new Occupational Therapist, Tanya Ridge



Hello my name is Tanya. I have just started working at Headway Hertfordshire. I am an Occupational Therapist and I will be part of the Occupational Therapy provision, including the HABIT Programme. I feel very excited and privileged to be joining such a professional and dedicated team. I have been working as an OT for over 20 years. My experience is in the field of Neurology and in recent years I have specialised in the area of Acquired Brain Injury working for the NHS.

I enjoy working with the ABI client group and supporting people and their families through their unique and individual journeys. I hope that I can bring my experience and knowledge together to make a difference and embrace the role with the positivity and passion that it deserves.

I am a very sociable and friendly person and in my spare time I like to meet up with friends and family. I am currently volunteering at an Animal Shelter which is very rewarding and satisfying. I also belong to a social group and over the last year I have been exploring the local parks,

countryside and tea shops, as well as meeting new and interesting people.

I look forward to meeting the clients at Headway Hertfordshire and working closely with the team.

Warm Wishes, Tanya



Introducing our new Finance Manager, Mel Mair

Hello, my name is Mel and I'm the new part-time Finance Manager here at Headway Hertfordshire. I've enjoyed starting work here, and look forward to becoming more involved as time goes on.

I live in North Hertfordshire with my Husband, teenage daughter and a crazy Russian rescue dog which keeps me busy when I'm not working!

Although I have thankfully not had to use the services of a charity like us, I can see the amazing work that my colleagues do, and feel proud to have joined such a worthwhile organisation.

Mel.

AGM Tuesday 19 October

AGM

This year's AGM, on Tuesday 19th October, will be held in Whitehill Centre in Welwyn at 10am, with lunch provided, craft stalls and light entertainment including a bit of sing-a-long. It would be great to see as many of you as possible and we have hired out a much larger venue to accommodate us all safely. If you want to be member, please return membership forms and payments to the office before the AGM, to help reduce close contact. You do not have to be a member to attend but you need to be a member to Vote. Please let us know as soon as possible if you will be coming along to the AGM, so we can order enough lunch.

Fun run

On Friday August 27th a dozen or so mildly energetic, slightly mad but extremely enthusiastic people went for a fun run at the 1Life Athletics track in St. Albans. They came from our peer support groups in St. Albans and Borehamwood. Dave Lynn was the driver for the event as he was really keen to do some running after lockdown. It was thought if they were all going to try to do 5KM to support Dave we should try to raise some money for Headway Hertfordshire at the same time. And they did raising a fantastic £1159.75 at time of writing, but still rising!!

The team were walking, jogging, running and leaping (Dave!!) around the track at various speeds and all had a great time. Thank you to them all.

If you want to raise both funds and awareness for the charity please get in touch with John or Joanne on 03003301455 and let see what we can do.

Woolsey's Miniature Railway



Mike and his club of family and friends having adventures with engines! It sounds like a thrilling book title but they are real events that take place to help raise funds for Headway Hertfordshire as well as other charities.

You can even hire their portable track for the engines to run on...take a look at their website for further details.

<https://www.wolseysminiaturerailway.com/>

Spin-a-thon February 2022



Last month we reported on the fantastic effort of James and Marion Ferguson in raising money for Headway Hertfordshire. However, rather than taking a well-earned rest, they are forging ahead with planning the next spin-a-thon in February of next year. Watch this space for further details in the new year.

Winter Hats for Headway



Hats for Headway has always proved a popular annual event and more recently many of our clients and supporters have knitted hats which we then sell. Once again we have some amazing volunteers who are willing to organise a stall from which to sell these hats, amongst many other items, so if you are a new starter or an accomplished knitter, please consider knitting us a hat or two!!

Trustee week

1st – 5th November is Charity Trustee week. We would like to take this opportunity to thank all of our trustees for the unpaid work that they do for Headway Hertfordshire. Some of you may ask, ‘what does a trustee do’ or ‘who are they?’ Trustees share ultimate responsibility for governing a charity and directing how it is managed and run...without them, we could not continue. Each of our trustees bring valuable knowledge and experience that they are willing to share. We are very fortunate that all our trustees like to get out and meet you all, if you haven’t met them yet, come along to our AGM on 19th October, they will be there!



We would also like to thank a former trustee who is now a special advisor to the Board, Fahim Anwar and our carer representative Mandy Pollard.

Celebrating 10 years of the Headway UK Emergency Fund



Headway UK is celebrating ten years of its Emergency Fund, which provides grants to families facing the immediate aftermath of brain injury.

Since its launch in 2011, almost half a million pounds has been distributed to thousands of families to help them cope with the sudden practical implications of acquired brain injury. The impact on finances can be extreme, at a time when lives have already been turned upside down. The Headway Emergency Funds role is to take a little pressure off families at such a difficult time. Relatively small grants can make a significant difference to the strain families are under.

12 steps to self care

- 1 If it feels wrong, don't do it
- 2 Say exactly what you mean
- 3 Don't be a people pleaser
- 4 Trust your instincts
- 5 Never speak bad about yourself
- 6 Never give up on your dreams
- 7 Don't be afraid to say no
- 8 Don't be afraid to say yes
- 9 Be kind to yourself
- 10 Let go of what you can't control
- 11 Stay away from drama and negativity
- 12 Love

Useful links

Healthy walks in Hertfordshire

Link: <https://www.hertfordshire.gov.uk/healthwalks>

Hertfordshire Directory

Link: <https://directory.hertfordshire.gov.uk/Categories/3>

Chester Zoo

Experience a virtual journey with the giraffes at Chester Zoo (click the blue link below)

Rothschild's giraffes at Chester Zoo enjoy brunch! 🌿🦒 they are always worth a watch, notice their beautiful eye lashes and gentle nature.

<https://www.youtube.com/watch?v=Z3-EFFVIR34>

Keeping in Touch letters

Just a heads up from the admin team, periodically we need to update your preferences in how we keep in touch with you.

If you receive this form through the post, please complete and return in the SAE provided. Please also make sure you put your name on it – otherwise we don't know it's from you. By ticking the 'Yes' box, we will be able to keep you informed about news, events, activities and resources that are designed to support you and your families and to keep receiving this newsletter!

Until next time, have fun, take care, be safe