

Headway East Kent

Providing five social rehabilitation centres across East Kent



East Kent
Brain Injury Support
Registered Charity
No. 1103215

Headway Membership

Do you wish to further support local charity Headway East Kent and receive regular updates on fundraising events, developments and AGM report? Become a member for just £10 annual subscription. Contact Head office on 01227 370442



Contact Us:

Headway East Kent
Headway House
Kent & Canterbury Hospital
Ethelbert Road
Canterbury
CT1 3NG
01227 783002
<http://www.headwayeastkent.org.uk>



What a fun time was had by all at the Headway Folkestone open day which included Roger and Brett's sponsored head shaves. Amid much laughter from our supporters, that were present, we raised in excess of £600. Thank you both so much, and to Nathan & Jean Scotford of 'Cutting Edge Barbers' Bouverie Road West. We also unveiled the day centre plaque in appreciation of the support from Face of Europe and the World, who's support has been very much appreciated over the past 6 years.



Canterbury Headway met up with the Ashford group for tenpin bowling at the Hollywood Bowl in Ashford where we also enjoyed lunch. Of the two teams, Barry achieved the highest score of the day.

The Friday group visited The Minnis in Birchington for an enjoyable lunch. The food was good, the company was good and the sun shone.



HEADWAY EAST KENT BRAIN INJURY SUPPORT
Charity No. 1103215 Company No. 4479455

Headway East Kent is an "Approved KCC Provider"

Headway Dover, making the most of the summer this year!



Dover clients met up with Canterbury clients at Kearsney Abbey, Dover. The clients really enjoyed meeting up with each other. We went for a walk around the grounds.



Dover clients on an outing to Langdon Cliffs, Dover. We had drinks and a meal in the National Trust café which has stunning views over the harbour. Some of us then did a long trek up the path to experience the view from the top.



Dover clients on an outing to Sandwich Quay. We had a nice stroll around the quay and watched the boats going up the river. We then had a lovely lunch at Juliet's Café in Ash.

We will be planning an outing to the new Dover pier when it opens next year.

We are currently looking for
**VOLUNTEER
MINIBUS DRIVERS**

please contact us for further details
On 01227 370442

Our Open Day at Thanet went extremely well with Jenny Winning a Harrods Bear donated by Tina and Roger Wood which raised over £200.



Recently we have had a six-week music course with the WEA, this was so much fun. Mark the tutor supplied every musical instrument you could think of! The Wednesday group have written a song could this be a Christmas No1.



This year's 'Face of the world' contestants have been visiting Headway Thanet, Tia [below] has raised £700 for Headway and Aeryn [left] has raised £600 well done to both of you and Thank You.



**Are you a keen knitter
with time on your hands?**

Hand-made knitted items,
baby clothes, scarves etc.,
wanted to support our
fundraising events in 2019



UNWANTED GIFTS

Please could you donate any unwanted gifts to your local day centre. These can be used to support future fundraising events in 2019

2018 Christmas raffle

to be drawn Wednesday 5th December at Headway House Canterbury during the Mince Pie Coffee Morning 10-12 There are still raffle tickets available, if you would like any, please contact your local day centre or Head Office 01227 370442

Headway East Kent Monthly Lottery draw

**£12 Yearly
subscription
Contact
Head office
01227 370442**

Volunteers needed across all areas

Volunteer mini bus drivers wanted

The Brain Injury Identity Card:

Can be used if you find yourself in a difficult or emergency situation. Will help to improve brain injury identification and will help to ensure you are provided with the support you need. Displays a legal helpline number which can be used to request criminal legal advice and representation if necessary, from solicitors trained in understanding brain injury.

How to apply: The card is free-of-charge and the application can be made by a brain injury survivor or somebody else can apply on their behalf. A photo of the survivor is required and brain injury verification and confirmation that the survivor receives support from a Headway group.

The application form (online and offline) can be accessed via this webpage:

<https://www.headway.org.uk/supporting-you/brain-injury-identity-card>

Brain Injury Identity Card



My name is: Jonathan Sample

I have a brain injury and as a result:

I may have slurred speech or an unsteady walking style

I may find it difficult processing information and communicating

I may have poor memory

My behaviour may sometimes appear to be erratic

For 24 hour criminal legal assistance, please call:



0800 140 4031



Headway East Kent would appreciate any feedback from anyone applying for these identity cards.

The Craft Fair at The Grand raised £1765 for Headway. There were 60 stalls selling a vast array of quality handmade goods. We would like to thank The Grand for giving us the opportunity to run this event, which was once again well attended by the general public.



Headway Rose
Don't forget to get your Headway Rose. Especially grown for Headway in 2017. A beautiful pale pink rose. Please contact: R.V Rogers Nursery, Pickering Tel: 01751 472226 to order yours. £2 of every rose sold goes to Headway. £12.50 A grade or £9.95 B grade. It's a beauty!



Headway Ashford had a trip to Dover Smart Project where the clients learnt water colour techniques.



Headway East Kent Chair Person Caroline Flint completed the 'One mile' sponsored Serpentine Swim, Caroline is hoping to do two miles at this event next year. Caroline raised £900, Well done!



I am very proud that I have achieved my level 2 certificate in Customer Service for Health and Social Care Settings it was hard at times but I've finally done it!
Congratulations Amy

Trustees of Headway East Kent would like to say a special 'thank you' to all those that have helped us raise awareness throughout the past year of brain injuries and the effects it has on family and friends, also to all our supporters who have helped raise funds through donations and events as this will enable us to maintain a good professional service through the coming year.
Thank you

We currently have vacancies for potential Trustees/Directors to join our Management Committee.

Supporting families & Carers

Carolyn Wibrew is the Client Assessment & Carers' Support Officer. For further information regarding the referral process, Carers' support meetings and lunches contact Carolyn: 01227 783002 [24-hour answer machine available] mobile 07835188078 [Monday – Friday 9-4pm] or email cwibrew@headwayeastkent@kent.org.uk

Carers' Support Meetings

Headway Folkestone: Monday 10-12 January 14th, 11th March, 15th April. If you are a Carer and are unable to attend these meetings but would like 1-1 support, please contact Carolyn.

Carers lunches

Meet other Carers over a relaxed lunch. There will be twelve lunches arranged over the year across East Kent. Two of these are Carers Plus one lunches. These are proving to be very popular. To reserve your place on any lunch contact Carolyn

Tuesday 22 nd January Carers' Lunch 12.30 The Duke of York Dover CT15 5FD	Monday 11 th February Carers' 'Plus one' Lunch 1pm French Connection Ashford TN24 0GN	Friday 22 nd March Carers' Lunch 12.30 Brickfields Folkestone CT19 4AP	Friday 12 th April Carers' Lunch 12.30 The Minnis Bay Thanet CT7 9QP
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Dates for your diaries

24th November Headway Dover will have a table of handmade crafts to sell at the Headway Ashford Christmas Fayre

24th November Headway Ashford Christmas Fair 11-2 in the day centre

25th November Canterbury have a stall at the Tankerton Christmas Market which will take place at Whitstable Castle & Gardens, Tower Hill, Whitstable CT5 2BW 11.00a.m. - 16.30p.m.

1st December Headway Folkestone Christmas fair at The Age UK centre [downstairs] 11-1

4th December Headway Folkestone Mince Pie Morning 10.30 – 1pm

4th – 7th December Headway Thanet have a daily craft fair in the day centre

5th December Headway Canterbury Mince Pie morning, including Headway Christmas Raffle draw & sponsored 'head shave' 10-12

5th December Headway Thanet Mince Pie & Coffee morning in the day centre

7th to 9th December Headway Dover are displaying a decorated Christmas tree at the Trinity Church, Deal, Christmas Tree Festival Entrance is £2

20th December Headway Ashford Mince pie morning 10-12

20th December Headway Dover Mince pie morning 10-12

Day centres will be closed on Christmas Day, Boxing Day and New Year's Day only, open as usual on other days

Looking ahead to 2019

25th January Ashford Day Centre Burns Night

8th March Ashford Winter Warmer [soup & Roll]

4th April Ashford Daffodil tea

Easter Closing Good Friday 19th Easter & Monday 22nd April

17th May Quiz Night

20-26 May Brain Injury Awareness Week [including Hats for Headway Day Friday 24th May]

24th May Headway Canterbury Awareness walk through Canterbury City Centre

GDPR General Data Protection Register. May 25th 2018.

Headway East Kent complies with the new regulations regarding storing the information that we hold. We therefore have to obtain written consent from ALL clients and Carers on our DATA base. To enable us to continue to support you, if you have not already completed the form please contact Carolyn ASAP

*Headway East Kent would like to wish all our clients, carers & supporters a
Merry Christmas and a Healthy new year*