



East Kent
Brain Injury Support
Registered Charity
No. 1103215

Headway East Kent Summer Newsletter 2019

Throughout June the clients at Folkestone have been painting pebbles and putting their own personal designs on them which were part of a larger community art project to commemorate the eventual peace after the First World War. Artists Ben Braudy and Angus Cameron from The East Cliff Creative are behind the project, titled Lasting Memories, we were all very proud to be a part of such a large and meaningful project. They are now completed and ready to view on the Folkestone beach at the sight where the Rotunda once was.

From this



To this



To this



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

**Headway East Kent is an
“Approved KCC Provider”**

Headway East Kent are proud to be celebrating our

30th Anniversary

We will be marking this great achievement with events across the branches throughout August, September and October

For information about these events contact your local branch.

Congratulations

Sue Goonery & Liz Marshall on their promotion to Team Leaders.

Jackie Bingham to Facilitator.

Canterbury welcome Tilly Bingham as Day Centre Assistant for the summer period.

Four of our long serving members of staff have recently left Headway these being- Paula Brown, Anthony Dickerson, Coralie Harding and Paul Marchant, we wish them all well for their future endeavours.

**We have recently been successful in obtaining funding for a Community Support Service from the National Lottery.
More news on this new service to follow.**

We all said farewell and good luck to Paula Brown who was one of our Day Centres Manager for many years.



Headway Thanet held a soft toy tombola at Margate Pride. Some of the clients and a volunteer came and joined us although the weather was not very good, we enjoyed it.

Ashford clients Lisa, Gwen and Linda have been busy picking our strawberries this summer. This year we have had our biggest crop and plan to make some jam.



On 29th March Headway Folkestone held their first Ladies Night. There were over 60 people in attendance and the night was a great success raising in excess of £1700. We are planning our next one to be held in November.



On the 25th May Folkestone organised and hosted their 8th Annual Gala Dinner with over 100 guests in attendance. Once again the event was a huge success raising a massive £3,125.26



I am Caroline Flint [left]. I have been involved with Headway East Kent as a Director and Trustee for over fifteen years and I am very proud and privileged to be the Charity's Chairperson. I swam the one mile serpentine course last year and wanted to improve on that, so this year I have entered the two mile event. I have entered a number of events over the summer in preparation. Last year I raised over £900 for Headway and it would be great if this could be improved upon this year. If you would like to sponsor Caroline, please contact your local day centre or Head Office.



The lovely Stella Loftus, who is a local musician and the Albion public house, Ashford held 'LoftyFest' music festival in June with half the proceeds going to Headway. Pub goers and music lovers enjoyed a day of live bands. They raised a wonderful £ 516.50 for us.



Two of our Folkestone clients Debbie and Angela have joined a local singing group set up by the Stoke Association but now taken over by MASC Shepway, a local music charity and they have invited all Headway clients, their families and carers to join. It is a very friendly group and the sessions are on Mondays from 1pm to 2.30pm at Wood Avenue Library, 17 Wood Avenue, Folkestone. CT19 6HS. If anyone would like more information please speak to Liz at Folkestone or Jackie at Ashford Headway.



FOR SALE

Pride Mobility Go Go Elite Traveller Plus
Mobility Scooter 4 Wheel 4mph
Only used twice
VGC £350
please contact
01227 864118
for more details or
viewing



Dover client Dave received a certificate for Reading Level 1 and a Headway pen to help him with writing. Dave has learnt to read 55 words and can read short sentences. Well done Dave



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 783002

Volunteers needed across all areas

Headway Rose

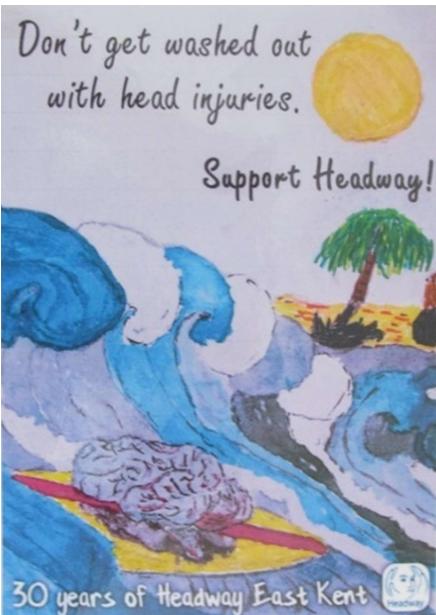
The rose is available from the nursery in Pickering, Yorkshire. It is the only rose of this name and was developed and dedicated to Headway. It is a lovely soft pink colour, but unfortunately not fragrant. It is a floribunda bush rose.

The details of the rose and how to order can be found on:- www.rvroger.co.uk

Once the page opens just put Headway rose in their search bar and it will come up. Current cost is £13 per rose plus postage, but it is cheaper to order a few and share postage costs. It can be put in the ground or in a container. For each rose purchased, 50p goes to Headway East Kent and 50p to Headway UK.



Our Clients created some great posters for our 30th anniversary. Thanet clients are holding a 30th Birthday Cerebration Party with Birthday cakes, Raffle and a Music quiz spanning 30 years. Open to all on 20th September.



**Headway East Kent
Monthly Lottery Draw**
£12 Yearly subscription
Contact Head office
01227 783002

The Wednesday group have had a number of on-going music therapy sessions with Charlie which all clients love and participated in. We have done some belly dancing whilst Charlie plays the beat box. Charlie also brings his guitar along and we all have a sing and a jam out to various genres of music.



Geoff came in for a few sessions to talk about History and about all his wonderful life experiences from doing his national service Model Making [below] to being an export manager travelling the world. What a very inspiring man.



Headway Ashford had a lovely surprise visit from Duncan from the Headstrong choir. Duncan sang and played guitar and encouraged us all to join in. We could request songs from his songbook and everyone joined in and enjoyed themselves.



Achievements

We have had some achievements over the past few months where clients have been certificated for the following:

At Canterbury:

Marie for Learning the rules of the game pool and winning her first game since learning [below]
Joe for sharing his photography with the group.

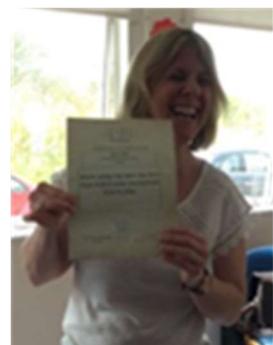
Keith for creating a '49 question' quiz all about Canterbury for the groups to take part in.[below]

Harold for doing a presentation to the Headway group about various types of rope and their uses in sailing Also a demonstration of types of knots used.

Petina showed the group how she can transfer herself from her electric wheelchair to a daycentre chair and back again. Whilst speaking clearly to the group about how she feels about her life since having her stroke.

At Dover:

Chrissie who gained a certificate for maths: long multiplication, long division, percentages and fractions.



Contact Us:

Headway East Kent
Headway House
Kent & Canterbury Hospital
Ethelbert Road
Canterbury
CT1 3NG
01227 783002
www.headwayeastkent.org.uk

URGENT

Parking space required for our 24 ft, 17 seat minibus until building works are completed at the Thanet branch.
Contact Barry 01843 593084

We are currently looking for
VOLUNTEER MINIBUS DRIVERS
please contact us for
further details
On 01227 783002

Headway Mini Bus

available for hire Contact Barry
01843 593084

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.

Dates for your diaries

Saturday 31st August Headway's **30th Celebration** BBQ 12 noon start held at Headway House Canterbury

Friday 6th September A joint Canterbury and Thanet Headway Sponsored walk in Tankerton

Tuesday 10th September Air Ambulance talk and presentation at Headway Ashford 11am

Thursday 19th September **30th Celebration** with a buffet lunch and inviting former clients and current carers to pop in and say hello at Headway Dover from 11am

Thursday 19th September Talk about 'ESTHER' at Headway Folkestone 11-12

Friday 20th September **30th Cerebration** Party with Raffle and Music quiz. At Headway Thanet

Monday 23rd September **30th Celebration** Afternoon Tea at the Grand Hotel in Folkestone 1-3pm

Sunday 29th September 2019 Sponsored Triathlon with Amy, Kevin and Charlie

Wednesday 9th October **30th Celebration** Lunch at Headway Ashford 11-2pm

Saturday 9th November 5pm – 8pm – Ladies Night, to purchase tickets please contact Folkestone Day Centre

Saturday 23rd November 10-1pm Headway Ashford Christmas Fair supported by Dover branch.

Saturday 7th December 10am – 12 – Headway Folkestone Christmas Fair at the day centre

For more information about these events and others, please contact your local branch.

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 864102 [24-hour answer machine available] mobile 07835188078 [Monday – Friday 9-4pm] or email cwibrew@headwayeastkentkent.org.uk

Carers' Support Meetings

Headway Folkestone: Mondays 10am -12o/c: 14th October, 4th November, 6th January

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

Carers Plus One lunch 1pm Monday 9 th September The Gate Canterbury CT1 3EL	Carers' Lunch 12.30 Tuesday 22 nd October The Canterbury Bell Westwood Cross Thanet CT10 2QD	Carers' Lunch 12.30 Thursday 14 th November The Duke of York Dover CT15 5FD	Carers' Christmas Lunch 12.30 Friday 6 th December The French Connection Ashford TN24 0GN	Carers' Lunch 12.30 Wednesday 15 th January 2020 Brickfields Folkestone CT19 4AP
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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.

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