

Headway East Kent

Providing five social rehabilitation centres across East Kent



East Kent
Brain Injury Support
Registered Charity
No. 1103215

**Headway East
Kent
is an
"Approved KCC
Provider"**

Headway East Kent 2020 Spring Newsletter

NEW Headway East Kent SERVICES DURING COVID 19

Headway East Kent are introducing numerous NEW services to enable us to support our clients and Carers at this difficult time.

These include:

- New counselling service
- Virtual day centres
- Befriending systems
- One to one daily phone calls to our day centre clients
- Monitored client WhatsApp groups
- Activity packs posted to clients
- Buddy systems
- Weekly calls to our community clients/carers

We are also asking for further support from our array of amazing volunteers and supporters with donations of time, money, stamps and phones/laptops etc

We are extremely grateful to all those who already responded to these requests

More information to follow very soon.

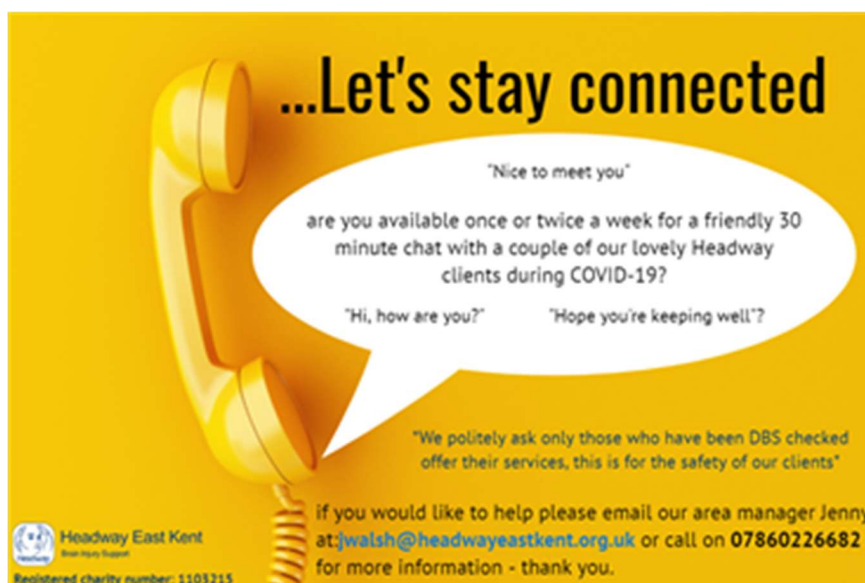


If you would like to support Headway East Kent during this difficult time, donations can be made direct into our bank account

Name	Headway East Kent
Account Number	00522694
Sort Code Number	20 17 92

You can also donate via our Golden Giving page.

The first 2020 outing was to the Ashford Hollywood Bowl
We do enjoy a little friendly competition!



URGENT APPEAL

WE NEED YOUR old smart phone, tablet or laptop
so we can keep our clients safe during COVID 19
self isolation



Headway East Kent email: jwalsh@headwayeastkent.org.uk
or call 07860 226682



Dover clients recently completed an abridged version of Jane Eyre which the clients enjoyed thoroughly and gave their own interpretation. Certificates were awarded to reflect their work.



The Viking ship was created as part of our Viking History Theme and was due to go on display at the Co-Innovation Shopping Arcade, Stembrook Lane Dover CT16 1PF on Thursday 7th May at which the Dover Branch would of had an awareness stall displaying artwork and providing information. The mayor was going to be in attendance at 11am to talk with us and make a short speech.

***This event is probably postponed now**



Ashford Clients enjoyed making pretzels for lent

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>



Archie, the fire safety officer came along to provide the group with a talk on fire safety and the dangers – Kathryn couldn't wait to try on the uniform!

Headway East Kent Monthly Lottery Draw

£12 Yearly subscription
Contact Head office
01227 783002



What a night! We had a fantastic night with 60+ people in attendance at our third ladies night on Friday 6th March at the Folkestone day centre, started the evening with an auction of designer ladies clothing, and raised an amazing £2,163.20 – here's to the next one.



Thanet clients working hard on the hanging baskets.

Brain Injury Community Social Prescribing Link Worker

**This position is now on hold
until further notice.**

Funding is in place, but we are
unable to proceed at the moment



Ashford clients enjoyed being
creative making rose buds with
crepe paper for Valentine's Day,



We do LOVE a coffee morning, so
when better to hold one than on
Valentines Day, it was a great
morning and we were able to catch
up with old clients and supporters
we had not seen in a while.



Home Tips & Mental Health

1. Open all shades, curtains, etc.
2. Play music all day in kitchen.
3. Shower, clean clothes.
4. Drink water in a fancy glass.
5. Call at least one friend a day.
6. Movie time is 4-6pm.
7. At least 1 walk or bike ride.

Headway East Kent

Online Client Community



Headway East Kent
Brain Injury Support



**If we all follow
government advice
and stay safe and
be kind to each
other, we will be
able to look
forward to seeing
each other soon**



The Dover Fairtrade group visited our branch Dover and gave an informative talk and slideshow including the story of the production of the Fairtrade football which helps communities in Pakistan. They also took pictures of us to use on their own promotion website and to help Dover keep its Fairtrade status.

POLICE PANTO – THE WIZARD OF AUSS, Theatre Royal, Margate.

This year the Kent Police Panto supported both Headway the Pilgrim's Hospice and raised £4400.00 for each charity.

Once again, the production was full of fun and gloriously riotous. It was a take on the Wizard of Auss and excelled yet again each year they just get better from the main characters to all of the back stage and production team Everybody gives their all to make a fabulous Panto for all ages.

The costumes are amazing and we've been going for 18 years and supporting them that is why I was so pleased when they agreed to make Headway one of their Charities for this year.

Next year they are doing Jack and the Beanstalk and it is always February half term week so please support them and I can assure you'll have a brilliant time and go back year after year.

I would personally thank all of the people involved in the production.

By Suzette wife to Dave Thanet client

Headway East Kent would also like to thank everyone involved in this production not only for raising much needed funds but also raising the awareness of our services to people living with brain injuries.



For British science week we became scientists in the Canterbury daycentre and created our own lava volcano's, Lava in a cup and Rocket balloons.



Thursday group having a mean game of UNO! They are all very competitive

Carolyn Wibrew is the Client Assessment & Carers' Support Officer. For further information regarding the referral process, Carers' support meetings and lunches contact Carolyn: **mobile 07835188078** [Monday – Friday 9-4pm] or email

cwibrew@headwayeastkentkent.org.uk
Meet other Carers over a relaxed lunch. There will be normally 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

Due to COVID 19 all meetings lunches and face to face assessments have been cancelled until further notice. However, any Carers and community clients wanting telephone support can contact Carolyn details above

Dates for your diaries All currently postponed due to Coronavirus

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

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 will do everything we can to maintain our services. Our Trustees are being kept informed on a weekly basis We are also keeping abreast of all the relevant news The staff team are doing everything they can to maintain contact with clients, volunteers and carers. Fundraising for equipment continues on a regular basis.



Linda Kerley
Chief Executive Officer