

## 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 Autumn Newsletter

**Headway Dover** As well as coping with ‘lockdown’ and its aftermath, Dover clients have had the extra upheaval of returning to Headway in July at a new venue. Attending the new premises involved a little extra travelling time and change of routine for some of the clients. They were all very keen to get together again and have coped really well with the new arrangements.

The overwhelming reaction from the clients to St Radigunds Community Centre is that “it is a very welcoming, friendly, sociable place to be. The Centre staff have made us all feel really welcome and have done their best to accommodate us.” The clients love the airy light room, the friendly atmosphere and community spirit plus the opportunity to socialise with other groups in the main hall.

Just a few weeks into opening we were able to take part in a Boot Fair and Fun day on 22nd August. There were many stalls, we raised some money and made some good connections with Dover District Council, Town Council, KCC and invited the Community warden to come and give us a talk in the near future.

The middle picture below has been put on the main webpage for the Community Centre to advertise and welcome us to the centre. [www.stradigunds.org](http://www.stradigunds.org) by Sheila, Headway Dover Facilitator.

Ken & Marion enjoying the  
open day



Dover clients enjoying being back with  
their friends in the new day centre



### Headway East Kent Adapting to Covid 19

This photo depicts a detailed look at how we have implemented Health & Safety measures in all our premises to enable clients and staff to safely return to their day centres.

Everyone has their temperature recorded prior to entering the premises.

Adhering to social distancing, individual hand sanitisers for each client and staff members.

Covid 19 information banners on display and markings to the floor and tables to ensure safe movement whilst here.

Thorough cleaning at the end of each day.

Everyone being kept informed of any changes and amending policies as required.

Over 70% of our clients are now enjoying being back with their peers whilst others choose to continue with the virtual services.

For more information contact your local branch.

Here are some photos of our Folkestone Headway ladies making good use of their time during the height of lockdown.

Alison and Kathryn busy enjoying the contents their activity packs.



Debbie with her colouring to support the NHS and key workers.



and all the things Sophie made with her mum and carers during lockdown.



## Well done Headway Ashford



### CERTIFICATE OF APPRECIATION

This certificate is awarded to  
**HEADWAY EAST KENT,  
ASHFORD**

In appreciation of  
accommodating, assisting and supporting Ashford  
College students through real-time work  
experience and thereby helping them to achieve  
their goal towards being a positive member of the  
future workforce

Signature:

Date: 9<sup>th</sup> August 2020



Headway East Kent  
Monthly

## Lottery Draw

£12 Yearly subscription  
Contact Head office  
01227 783002

### Vacancies

Headway East Kent  
currently have two  
vacancies available.

**Day Centre Facilitator at  
Ashford  
21 hours pw**

**Area Co-ordinator  
28 hours pw**

For further information  
please contact  
Jenny Walsh  
07860 226682

### Coping with the pandemic

When you are faced with an unknown virus, and asked to deal with it as asked by the Government, life seems to be changed forever. Things that you thought were normal are gone. Shopping involves wearing a face covering and keeping the correct distance from other people. The same rules apply to the local bus travel. No visiting or visiting others is hard to accept. With social activities postponed or cancelled is just devastating especially if you live alone.

I used to look forward to my weekly visit to Headway, this is a charity that supports people that have head injuries. The way the staff, Sheila especially helped us was to learn to use skype and to telephone each other. Because they were concerned about us, they helped us learn this and provided a weekly activity pack to keep us in good spirits. such things as word searches and colouring were included  
Thank goodness we are slowly getting back together and sharing these new skills with each other, from a safe distance of course.

**Peter, Dover client**



Here are just some of our amazing Volunteers that have supported us over the years, including Makki who went on to become one of our Facilitators at Headway Thanet

## Thank you





## Headway Ashford clients, pleased to be back in their day centre again.



I felt a bit down at home stuck indoors. Just not being positive about things in the first few months. Really missed Headway. Thank you, Diane for Skype, it really helped all of us and whatsapp too.

**Caroline, Headway Thanet**

## NEW Headway EK SERVICES DURING COVID 19

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

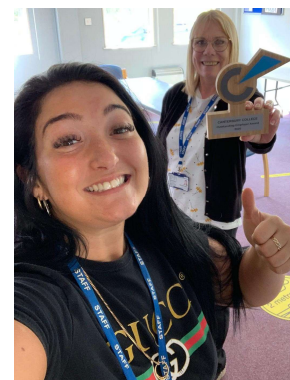
These include:

- 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 have already responded to these requests

## Well done Headway Canterbury



Ian 'ramps' Rampton has been a great supporter of Headway over the years whilst being the Local public house landlord at The Albion.

Ian made his last charity donation of £932.68 to Headway Ashford when leaving The Albion in March. Malcolm Webb [pictured right] kindly presenting the cheque

**Thank you**



This beautiful Sunflower was grown by Claire from Headway Folkestone, one of the many clients who took part in the sunflower growing competition that was won by Roger S, as his flowered first,

Well done Roger.

Headway clients enjoying the virtual day centre sessions on skype. Not even Covid 19 could stop our annual 'Hats for Headway' day.



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>

### AGM

Saturday 3rd October 2020 @ 10.30 am

Due to COVID19 and limited venue capacity restrictions and for your own protection you are cordially invited to join via our Facebook page for live streaming of this event @ <https://www.facebook.com/headwayeastkent>

**Carolyn Wibrew** is the Client Assessment & Carers' Support Officer. For further information regarding the referral process, Carers' support meetings and lunches contact Carolyn: **mobile 07828475379** [Tuesday– Friday 9-4pm] or email [cwibrew@headwayeastkent.org.uk](mailto:cwibrew@headwayeastkent.org.uk)

Meet other Carers over a relaxed lunch. There will normally 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

**Due to COVID 19 all meetings lunches and face to face assessments have been cancelled until further notice.**

**However, Headway are still accepting new referrals and assessments will be completed over the phone wherever possible, Any Carers and community clients wanting telephone support can contact Carolyn direct details above**

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.**

I need to thank all those who renewed their £10 yearly membership and also made generous donations totalling £1,000  
I was so grateful to them all.  
Also, a big thank you to the staff for all their hard work.

*Thank you*

Linda Kerley CEO



### Goodbye and good luck to Jill Twyman

Jill has been at Headway East Kent for 21 years working alongside CEO Linda at head office as Administrator.  
Jill will be greatly missed by staff and clients alike.  
Victoria will be joining us to take over this role.

Contact us:  
Headway East Kent  
Headway House  
Kent & Canterbury Hospital  
Ethelbert Road  
Canterbury  
CT1 3NG  
01227 783002  
[www.headwayeastkent.org.uk](http://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.**

It has been brought to our attention of recent incidences of possible fraudulent activities in other areas where there are also Headway organisations.  
We need to stress; we will NEVER make unsolicited calls via phone or doorstep asking for donations of any kind.  
Thank you.



### Special Thanks to

One of our clients **Keith** for donating £200, Carer **Teresa** for donating £420 from the sales of face masks that she made and sold, supporters **Barbara & David Walker** raised £80 for Hats for Headway pictured below and many more

**Susan Preston**, Dover Technical College, for craft supplies.

**Church and Dwight** for Hand sanitiser.

**Local organisations** that hold our collection boxes.

**Local Councils**

**Grant funding bodies**

Two of our **landlords** for a period of reduced rents

**Charles Pottle from East Kent**

**Freemasons** £500 donation and many more. Thank you



Headway East Kent  
Online Client Community

