

## Headway East Kent

Providing five social rehabilitation centres across East Kent



East Kent  
Brain Injury Support  
Registered Charity  
No. 1103215

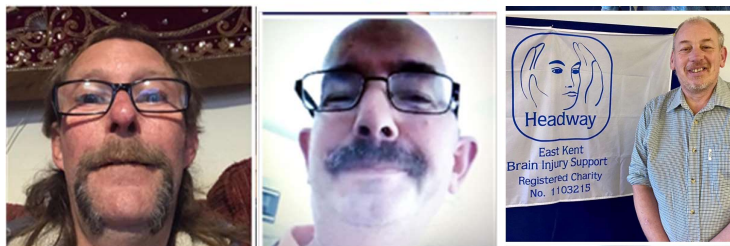
**Headway East  
Kent  
is an  
"Approved KCC  
Provider"**

## Headway East Kent Christmas Newsletter 2020

### Getting Hairy For Headway

Fundraising has been a challenge this year due to the impact Covid-19 has had on us all, so we have all put our heads together, and our clients came up with the idea - 'Get Hairy for Headway'.

Starting on 1st November 2020, many of our male clients put their razors aside for the month and let their facial follicles flow free in support of, and in the hope of raising funds for Headway East Kent.



They raised over £500 so far between them, well done to them all and a big 'Thank you' to everyone that sponsored them.



**Carole Southern**  
Headway East Kent Counsellor

Covid 19 saw Headway East Kent closing its Day Centres during the lock down and providing 8 new vital services which included Befriending, Virtual Day Centres, Supported WhatsApp group for each Day Centre, Supported Facebook Groups to tie in with the virtual Day Centres, one to one telephone calls, Buddy System, home delivered Activity Packs and CBT Counselling.

The counselling proved to be one of the most sought-after new services with clients reporting feelings of anxiety, social isolation and depression. One Headway Client who received the counselling during the lockdown said it literally saved their life as they felt so alone and scared.

Headway East Kent has self-funded the counselling for it to continue and is desperately seeking funds so more people can be helped.

**John Callaghan from Superior Health Care** has generously donated £780 towards the counselling, which will fund 4 Headway Clients counselling. Jenny Walsh, Deputy Chief Executive, said: 'This donation is fantastic and it will allow us to help people with an acquired brain injury receive specialist counselling by people who understand brain injuries and the added pressures it has on their mental health. I cannot thank Superior Health care enough. People often treat the brain injury but forget about the socio-economic issues our clients face and lock down really exacerbated this. I am so proud that our team can offer this new service'.



## *The end of an era!*

It is with a very sad and heavy heart that I leave Headway East Kent after 30 years at the end of December. I can remember very clearly my interview for the post of Co-ordinator with Headway, the panel had asked me to visit the Canterbury Day Centre (the only centre they had) before the interview and I was happy to do so. Well to be honest that was not a good visit, what I saw were a few brain injury survivors playing cards and smoking away. At the interview I told the panel that the brain injured survivors deserved better support than that from Headway. That did not go down well as I did not get offered the job even though I knew I was well qualified.

Two weeks later they telephoned me asking if I would take up the position of Manager, of course I said yes but pre-warned them that there would be big changes. Changes for our clients but also for me, I knew that I had to dedicate myself completely to this charity. My priority at that time was to secure funding from Social Services for our clients in order to offer a good rehabilitation service. Second to that was to raise the profile of Headway East Kent so that the brain injured people living in other areas of East Kent could benefit from our support.

Within just a three year period we achieved quite a lot, lost count of how many meetings with Social Services and the Health authority we had before we got a good result but I was supported all the way by Carol Allen who was the Chairperson of Headway East Kent I believe for around 20 years. With funding achieved I moved on to raise awareness in other areas looking to open Headway Day Centres to allow the brain injured to access rehabilitation locally. Thanet was our second Day Centre to open, and then over the next few years we opened in Folkestone, Dover and Ashford.

Of course a lot of hard work and dedication went into this development with some very good members of staff on hand who have encouraged clients to attend and help raise the funds we needed to continue to develop our services. A lot of credit must also go to our volunteers (I could not imagine where we would be without them).

I never forgot through-out my time about the families and carers that were also going through difficult times, I knew we had to get them supported through the changes to their lives. It took me a while but eventually got the funding for a Family Support Worker. Such a very important role and we have never looked back, Carolyn Wibrew who now supports them all does a very good job and is on hand for all Carers and family members in their 'time of need'.

On a happy note some clients and carers/family members will remember taking part in painting and decorating day centres, gardening and the taking away of rubbish, also the many fund-raising events such as the OLD TIME MUSIC HALL , the MEDIEVAL NIGHT, CHRISTMAS FANCY DRESS BALL, and not forgetting the JAMES BOND NIGHT AND MANY OTHERS. I must mention the Headway holidays the first one a week sailing down the Rhine and the second one a week in Exmoor for an activity holiday. Such a great time we had giving our carers a little bit of respite but supporting the clients in their attempts to be more Independent.

Going through my 30 years at Headway so many nice, rewarding and unforgettable times took place. I will remember for ever the 21<sup>st</sup> Headway birthday party we had at the Canterbury Cricket Pavilion plus the 25-year birthday celebration we had at the Kings Hall. Difficult to explain how it felt seeing more than 150 clients not just enjoying themselves but supporting each other.

Talking of 'support' I will always be grateful for the support given to me by the staff, Jill my secretary for 21 years who retired some months ago and Caroline Flint the current Chairperson.

Good Luck to you all especially the new members of staff coming into the organisation. You will not be sorry that you joined Headway East Kent.

*Linda Kerley*

I am sure everyone would agree that Linda will be greatly missed from the Headway East Kent family.

*Goodbye and good luck Linda, may you enjoy a long and well-deserved retirement!*



## Covid-safe clay crafting!

Our groups love getting stuck into an activity, and one of our clients came up with the idea of making their own fairy houses using empty jars/bottles and air-dry clay after watching a tutorial video online. Here are some of our budding artists at work.



## A message from our Patron Kate Chivers

Dear Carolyn,

I have just read the Autumn Newsletter and felt I must write and thank you for a superb summary of the activities which have taken place during the past several months since the beginning of the Coronavirus pandemic. We all face an uncertain future as the danger has not passed and we all must ensure that those in need of our care are safe and well.

I am filled with pride to be your Patron as I read of the outstanding ingenuity, hard work and total dedication of staff and volunteers, who have ensured the services we provide for all our clients have continued unabated. Thank you for publishing the letters from clients who have missed the companionship of friends, and the activities they enjoy at Headway Houses. I share with them the desire to meet again when this virus is finally under control.

Just like you, I have spent the past six months isolated, only venturing out when necessary, and look forward to when we can all meet again without restriction.

Thank you all so much for the splendid work you do. I send my love and very best regards to all.

Kate.

Our lovely Tuesday group at Ashford having a spooky sketch at Halloween



*Goodbye and good luck  
to Jill Twyman  
After 21 years of service*



*Welcome Victoria*

Victoria Joined us in September taking over the Administrator role from Jill. She has worked with Headway East Kent since 2014 not only personally but professionally. Victoria worked closely with the ladies at our Folkestone Branch organising events at a local venue for several years, before leaving that role to start a family. Victoria would like to thank all the staff and clients she has met so far for making her feel so welcome and part of the Headway family.



The Brain Injury Identity Card: Can be used if you find yourself in a difficult or emergency. 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>

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.

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 must 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.

### Nick Wilson's Lock down routine:

I used to work in the Stock Exchange in London before I had my brain injury and so I am still in the habit of waking up very early in the morning. I get up and go for a walk with my dog Mowgli.

Mowgli is a Shih tzu/Pomeranian cross and is a great companion. We walk the streets nearby to my new bungalow and listen to the early morning birdsong. On Tuesday's and Thursday's, I join my friends at Headway on Skype. During the summer once the pubs and restaurants were open, I started meeting another Headway client James in Ashford for lunch and a beer (or two!).

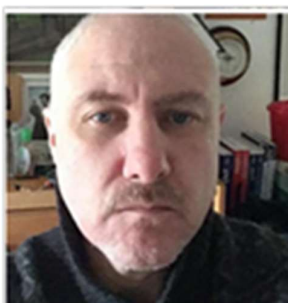
I am one of the clients who have been getting hairy for Headway.



### Congratulations

to Ashford client Warren Buckley. He has got through the many rigorous stages of Royal mail's recruitment to get himself a Christmas job. He is working part-time at the sorting office wading through all our letters and parcels. Let us hope that it leads to a permanent position.

*Well done Warren.*



### 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.

*Thank you*

### Christmas Closing

Headway will be closed from 4pm 24<sup>th</sup> December until 9am Tuesday 5<sup>th</sup> January. Due to Covid and government guidelines these may be subject to change before and after these dates. Please contact your local day Centre for more information.

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.

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)

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

*Headway East Kent would like to thank all our supporters and Volunteers and Wish them a Merry Christmas and a Healthy New Year*