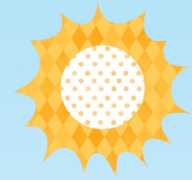




Welcome to our end of summer newsletter. Lots going on as you can see from Hats for Headway in May to a Trustee being covered in custard pies in August!!

We're delighted to say that (with social distancing etc still in place) our services are all back open. It's great to see everyone again.

September will see our first Headway Somerset Boccia Tournament – watch this space.....



Talking Headway - 01823 215014

Our information and support line is staffed from 1pm to 3pm on Tuesdays, Wednesdays and Thursdays.

Talking Headway is available for anyone in Somerset living with an acquired brain injury and anyone supporting someone with an ABI – a family member or professional

Latest News ...

Introducing our New Trustee - **Ian Topping**

After a 30 year career running large manufacturing and retail businesses, I returned to Taunton in 2020 with my wife when I led the acquisition of Relyon Beds Ltd where I am now Chairman. Established over 150 years ago, Relyon is an important local business in Wellington employing nearly 300 people



I have had personal involvement with Headway through my wife who suffered a serious brain injury in a horse riding accident. I am very pleased to be able to work with Headway Somerset in my role as a Trustee and Treasurer as I understand the importance of support in aiding the recovery of people suffering with traumatic brain injury.

We're delighted to welcome our new Plymouth University Psychology Student Nina Davies who has joined us for a year on placement. Nina will be experiencing all aspects of Headway Somerset work and in particular will spend time in the different rehabilitation centres. Nina will also be working on several projects for us including developing a new client survey, preparing new ABI awareness presentations for use with external organisations and researching how we can improve our reach to diverse communities in Somerset.



Fundraising Update



The things our trustees do for us! Aly had custard pies and wet sponges thrown at her, all in the name of Headway Somerset. This was all part of her 30 Challenge, some of the other things achieved are:

- * Sponsored Walk
- * Sponsored Swim
- * Teaching in fancy dress
- * Make over by her children
- * Swear jar
- * Christmas jumper day

Aly has smashed her target of £1000

THANK YOU!

Lots of you will have been using our new Get Active bags with the hand therapy balls, bean bags and resistance bands. These bags and the contents came from a grant from SASP Somerset, we have links to videos on the website so you can continue to be active at home. <https://www.headwaysomerset.org.uk/seated-exercise/>



Over the last 18 months lots of our usual fundraising events have been cancelled.

There are ways you can help, if you shop online try using <https://www.easyfundraising.org.uk/causes/headwaysomerset/?invite=DL3J6C&referral-campaign=c2s> Over 5,200 online retailers including John Lewis & Partners, Argos, Uswitch, eBay and M&S are ready to give a free donation every time you shop online. Plus, once you've signed up and raised £5 in donations, easyfundraising will give us an extra £5 bonus donation! Or if you are buying cards <https://makingadifference.cards/system/login/headway-somerset>

We rely on individual donations to provide much of the support we give. Any size of donation makes a difference. If you're able to give a regular gift, this helps to run vital community services.

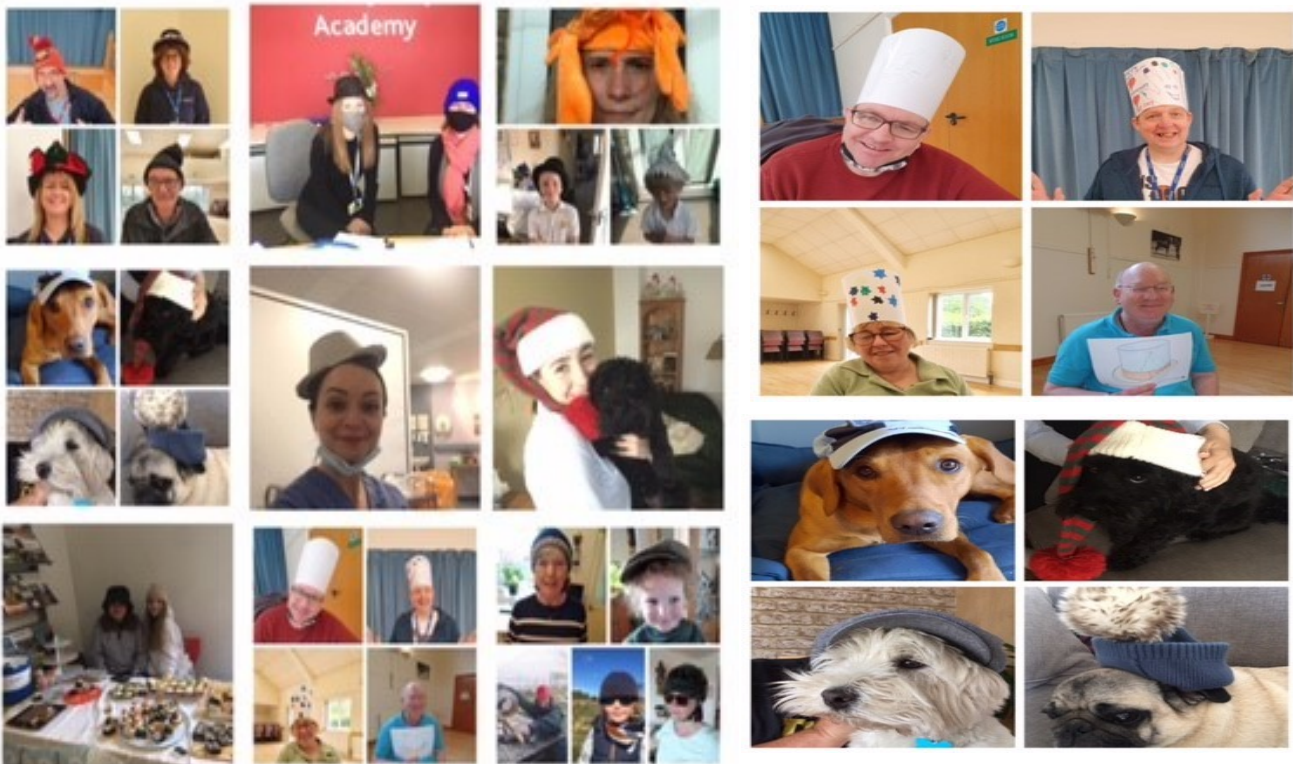
You can follow us on social media to keep up to date with what we doing any ideas email me Krista@headwaysomerset.org.uk

SUPPORT HEADWAY SOMERSET TODAY!

To donate £5, text ABI to 70711 you will be charged £5 plus one message at your standard network rate. Headway Somerset will receive 100% of your donation. You will be given instructions if you wish to opt-in for future marketing messages.

Hats for Headway - Friday 21st May 2021

Thank you to everyone who took part -



Brain Injury Education Group

In August, our Hospital Liaison workers Wendy Copeman and Jane Allin launched a brand new five-week brain injury education course, run via Zoom over five consecutive evening sessions. The course has been designed specifically for **unpaid supporters** of people with an acquired brain injury, with the aim of promoting understanding of common post injury issues and development of strategies to help with them.



The course sessions are:

Session One – Understanding the Brain – How it Works and What Happens When Injury Occurs

Session Two – Fatigue, Memory Loss & Helpful Strategies to Manage These

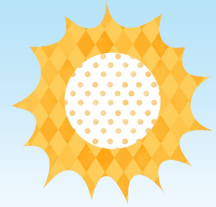
Session Three – Stages of Coping & Managing Feelings

Session Four – Executive Functions & Insight

Session Five – Keeping Rehab Going, Practical Issues

Whilst the current group completes in mid September, please do let us know if you would be interested in attending this course in the future by emailing info@headwaysomerset.org.uk, or by contacting Wendy or Jane direct:

Wendy Copeman: 07514 753384 / Jane Allin: 07561 032329



One of our clients has been working on stencilling some sweet peas onto a wooden heart to honour her mum, who has passed away.



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