

HEADWAY MATTER

The magazine of Headway Birmingham & Solih



Wheel'n'Walk 2024

Having enjoyed Wheel'n'Walk 2023 so much, we didn't hesitate to sign up for Wheel'n'Walk 2024!

And it didn't disappoint!

We were among 11 other disability charities taking part, and participants from every organisation turned up and challenged themselves to complete a 1-mile loop of Cannon Hill Park, whether on foot, in a wheelchair or on a bike. And just like last year, many people, including those with acquired brain injury, pushed themselves further than they thought was possible.



Bhav, for example, pictured left, was part of a group of nine who joined us from Mirandas Physio Steps. He walked further than he had since his stroke 18-months ago while others from the group joined us for a second year, but looked stronger again this time around.

Several Leighton House clients also joined in, including James Hinson (see front page) who walked an entire loop of the park and raised over £1,300 in sponsorship as he did so.

As well as the personal success stories, Wheel'n'Walk 2024 helped us raise £3,600 in total, a significant sum which will help us continue supporting those affected by brain injury in the local area.

We would like to pass on our heartfelt thanks to the event sponsors and to those who sponsored individuals taking part.

Congratulations again to everyone who wheeled or walked – we hope to see you again next year!

More than just a ride in the park!



We are so lucky to have Parkride in Sutton Park, an adapted cycling scheme offering the use of bikes and trikes as well as expert tuition.

And our Sutton House clients have certainly made the most of the opportunity over the summer months, signing up and completing a six-week Parkride course.

It proved a chance to take up a new hobby and learn a new skill, and to enjoy getting more exercise by riding a bike, something many clients would not attempt independently.

Congratulations to all the clients who completed the course, including Ash, Steve and Alia, pictured left, looking rightly proud of their certificates!



Dhanyavaad! Or thank you in Hindi!

We would like to say a big thank you to Thompsons Solicitors for helping us get our key Brain Injury Services leaflets translated into six languages - Arabic, Bengali, Gujarati, Urdu, Punjabi and Hindi.

This, alongside the BME Family Support Worker role Thompsons also supports, will help us reach out more effectively to those impacted by brain injury in the diverse communities across Birmingham and Solihull.

Thompsons say they were “pleased to facilitate the translation and by doing so, hope to help more people access the essential services Headway provides”.

Our Family and Carer Services Manager, Ajit Matharu, added: “We can’t thank Thompsons enough for responding to our request for help so quickly. It will make a real difference having access to information on our core services in so many of the languages spoken across our area.”

Our BME Family Support Worker, Indi Kumar, will have printed copies of the leaflet in each of the six languages. Alternatively, please call our Enquiry Line on 0121 457 7541 or email enquiries@headway-bs.org.uk to request a leaflet, specifying which language you require.



Living life to the full!

Working as a Support Worker with our Lifestyle team is never dull – and that’s because our Lifestyle clients have such amazing interests and hobbies!

Client Ian Moore, for example, initially had two Lifestyle sessions a week, the first of which he used to go to the gym at Portway Lifestyle Centre and the second to volunteer at the Headway charity shop in Rubery, all with the support of his Lifestyle Worker.

However, as his confidence and his fitness grew, he decided he wanted to go sailing – and that’s just what he now does, again with the support from our Lifestyle team.

The activity and venue (Edgbaston Reservoir) were carefully risk-assessed beforehand, and now, come rain or shine, Ian heads off for his sailing session, something he is absolutely loving.

And it’s a ‘win win’ arrangement. Ian’s partner gets some extra respite time and Ian’s quality of life has improved no end, with sailing bringing all the benefits of any outside sport – from fresh air, to improved strength and fitness, not to mention the joy of being out on the water, learning new skills as he goes.

Well done to Ian for achieving the goal he set himself!



Tesco grant for DLS

Funding from the Tesco Stronger Starts scheme is set to boost the Daily Living Skills (DLS) sessions we offer at Leighton House.

Thanks to votes from local residents shopping in the Tesco store in New Road, Rubery, we have been awarded a £500 grant which will enable us to buy some adapted kitchen equipment and some extra storage containers. This will make it easier for our clients to prepare food and carry home the meals they cook – if they haven't already eaten them for lunch already, of course!

It will also enable us to provide some ingredients to run these popular sessions which help those with brain injury relearn lost skills and acquire new ones, especially around safety in the kitchen, food hygiene and cooking healthier meals.

Thank you, Tesco!



Client Faisal cooks spaghetti bolognese in a previous DLS session

Many hands make light work!

We've had several groups of volunteers helping with the seemingly never-ending gardening work at our Leighton House brain injury hub over the summer months.



This included a team of eleven volunteers from Virgin Media O2 (pictured left) who joined us for the first time.

They worked hard painting our wooden seating and boundary fences - so hard, in fact, they used up our entire paint supplies!! The team also had a big cheer from clients as they demolished a wooden garden shelter which had seen better days and was deemed to be beyond repair!

Thank you to them and the other volunteer teams who have helped us this summer. It

goes without saying that you are all very welcome to come back again next year!

Further progress following VAP

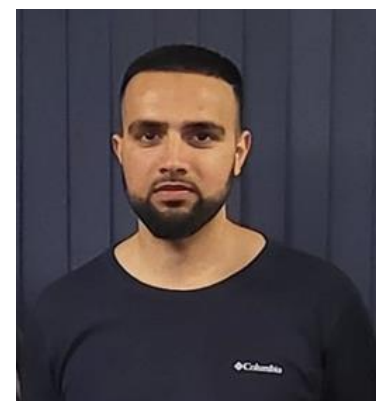
Usman Waheed was among the first cohort of clients to graduate from our new Vocational Assistance Programme (VAP), a 50-week course designed to equip those with brain injury with the skills and confidence needed to take the next steps towards employment, volunteering or further education.

We're pleased to report that Usman is indeed taking those next steps... by enrolling on a college course!

With assistance from staff at Headway House and his case manager, Usman has researched local courses and found one that will help him build on the skills he gained from VAP.

To this end, he will be attending Brasshouse Languages based in the Library of Birmingham from September.

Good luck, Usman! We have every confidence that you will continue to do well!



Menopause support

We have recently signed the Menopause Workplace Pledge, committing to supporting staff at work impacted by the menopause.

Currently, over two-thirds of our staff and volunteers are female and so it is an issue which will affect a significant proportion of our workforce over time.



We pledge to take positive action to encourage open, positive and respectful conversations about menopause and support colleagues impacted. This includes establishing a Menopause Champion at each of our hubs to help promote greater understanding at work and be a first point of contact for those who may need support.

Focus on Safeguarding

Congratulations to our Head of Services, Becky Whenham, for successfully completing a Train the Trainer course in Safeguarding Adults.

The certified CPD course with Insight Care Training cements Becky's position as Safeguarding Lead at Headway Birmingham & Solihull and means she is qualified to train other staff in our Services departments on safeguarding matters. This includes safeguarding responsibilities, types of abuse, responding to a disclosure, reporting and the charity's safeguarding policies and procedures.

It also centres on 'Making Safeguarding Personal' which is all about listening to the person affected and putting them at the centre of the safeguarding process.



Hospital Link role extended

Thanks to funding from Thompsons and Express Solicitors, we have been able to employ additional staff to visit the hospitals in our region and offer vital support at the very outset of the brain injury journey.

This means we will be visiting Good Hope Hospital, Heartlands, Moseley Hall, Moor Green and The Circle, as well as the new hospital in Smethwick due to open shortly.

We will also continue to visit the QE thanks to ongoing support from the panel of legal firms – CFG Law, Higgs LLP and Slater & Gordon.



Join the Family Fun!

We hope to see you at our Family Fun Day on Saturday 12th October at Rowheath Pavilion from 10am – 2pm.

Entry is free and there will be a choice of refreshments as well as fun activities for all ages to enjoy.

Email ajit.matharu@headway-bs.org.uk for more details or check out our Facebook page.

A 200-year milestone donation!

We would like to say a huge THANK YOU to the Cadbury Foundation for donating an incredible £12,000 to Headway Birmingham & Solihull as part of their '200 years of Cadbury' celebrations.

John Cadbury opened a small grocery store in Bull Street, Birmingham back in 1824 and to mark this 200-year anniversary, the Cadbury Foundation have donated a total of £200,000 to local charities as voted for by employees.

"We are delighted to have been one of the charities selected." said Sue Tyler, CEO at Headway Birmingham & Solihull.

"Sincere thanks to everyone who voted for us and of course to Cadbury Foundation for this generous gesture to celebrate the 200-year milestone. A donation of this size will make a real difference to us as we continue our work providing services to improve life after brain injury within our local communities. Thank you so much!"

New Year's Knees Up: SAVE THE DATE

Saturday 18 January, 2025

Kings Heath

Tickets £10 adults; £5 under 10s

to include music, dancing & buffet food

Contact Helen Bourke on 0121 457 7541 or at helen.bourke@headway-bs.org.uk for more details

Erdington Rotary visit Sutton House

We would like to say thank you to the Rotary Club of Erdington for their ongoing support.

Following a donation towards our local brain injury services in the summer, a group of seven from the club took an hour out of their busy lives in early September to visit our brain injury hub in Wylde Green.

Led by our ABI Co-Ordinator, Emma Hale, they were given a tour of the premises which included a chance to see some group rehabilitation sessions underway on the ground floor as well as the new kitchen facilities and the new therapy suite on the first floor.

They also had an opportunity to chat with clients and hear first-hand the difference our charity makes on an individual level.

Left: Client Adam explains why he likes attending his Sutton House sessions



Improving life after brain injury

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