



www.herefordshire-headway.co.uk



Headway
HEREFORDSHIRE



@herefordshire-headway.co.uk

HEADS UP!

OUR NEW MEMBERS NEWSLETTER - WINTER 2025



NEWS

NEW CLINICAL LEAD

Herefordshire Headway have a new Clinical Lead. Dr Steve Heptinstall has joined us from the NHS. Steve is a Chartered Physiotherapist with lots of rehab experience. Shown here with our CEO Helen Mapp.

FUNDRAISING NIGHT

In November we held a fundraising event at Brinsop Court and raised £9,809. Our guest speaker was Rebecca Stephens (pictured with Trustee Tim Evans). Rebecca is the first British woman to climb Everest.

FINANCIAL CONTROL

We are pleased to introduce James Smith our new Financial Controller. Jim comes with a wealth of accounting experience (excuse the pun), so we are pleased to have him onboard.



Green Credentials

Our new Green MP Ellie Chowns was able to join us at our recent fundraiser. Ellie became the parliamentary representative for North Herefordshire in July 2024 (pictured here with Trustee Gerry Blyth). Herefordshire Headway is committed to green policies, including utilizing solar panels for heating water in the centre. We hope Ellie will visit us during 2025, to observe the good work being undertaken. In the meantime, we wish her the best of luck in her new role.



COLD SNAP IN THE GARDEN

FOCUS ON GROWING POINT

We are lucky to have a well-managed therapeutic garden overseen by the charity Herefordshire Growing Point. Herefordshire Growing Point helps people living with physical or mental challenges, or ill health, to enjoy the therapeutic benefits of gardening.

At the end of November, we saw our first frost in the garden and then sprinkling of snow.



Christmas 2024

Christmas is always a special time at Herefordshire Headway. The members can have a Christmas Lunch and are entertained by local Choirs.

This year we have produced Christmas cards featuring the artwork of members. These are being sold in packs of five for £5. All proceeds go to our charity. We will be offering them again next year if you missed out this time. We are also selling 'From The Good Book' Poetry by Pat Lowe (see further into newsletter for details).

Our Christmas Hamper raffle was won by Dena one of our valued volunteers (pictured).



WELCOME LINDA & MICHELLE

OUR NEW HEALTHCARE ASSISTANTS

We are pleased to welcome Linda and Michelle (pictured L-R) to our Care Team. Linda has worked in care for over 20 yrs. She also has a Degree in Drama and enjoys using creativity to empower people. Michelle has worked in Adult Social Care for 14 yrs. She is also a Prevention Officer for the Fire Service. In her spare time, Michelle makes scented candles. I think you will agree we are in good hands with both.



Members of Herefordshire Headway have been invited to take part in this year's Acquired Brain Injury (ABI) Games.

The ABI Games will take place at the University of Worcester on the 20th August 2025. Representatives from Headway Worcestershire are planning to visit our centre over lunch on the 25th March to discuss the games with any member that are interested.

Do you think we should take a team to the ABI Games this year? If so let me know. If you want to take part let me know that too and try to make the date above for more information.

Email - info@herefordshire-headway.co.uk

HOW IT ALL CAME ABOUT

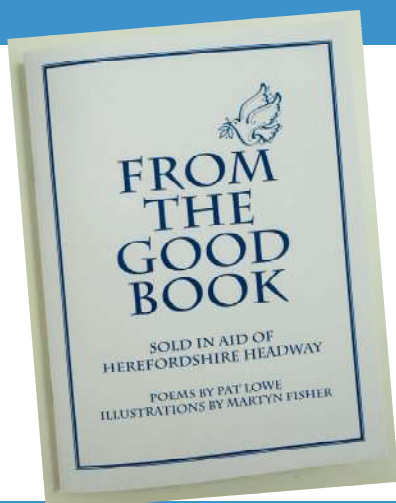
In 2022 we were thrilled to receive this unique opportunity to host the world's first ABI Games™ in celebration of the Queens Platinum Jubilee. This was made possible through a grant from the Lottery Community Fund. This unique event enabled adults nationally to take part in the world's only games for acquired brain injury (ABI). Unless a brain injury causes a physical impairment, those with a brain injury are not eligible to compete in the Paralympics and instead, are eligible for the Olympics.



NEW POETRY BOOK

FROM PAT LOWE

Based on the bible and illustrated by Martin Fisher, our friend Pat Lowe has written a beautiful book of poetry. These are being sold in aid of Herefordshire Headway and are £3 each. They can be bought directly from the centre.



*'Then gently,
oh so gently,
On that heavenly
given night,
Baby Jesus first
drew breath,
Bathed in the starry
light.'*



Congratulations talented Artists!

A group of our members recently entered a national art competition run by coolmimi.com. Karen came third in the Ceramic section, and Oliver, Heather, and Sue got special commendations. What a fantastic achievement this is from all who entered. The winning artwork is pictured below (L-R: Karen C; Oliver C; Heather A; Sue L).



TELL US WHAT YOU WANT!

WE WOULD LIKE TO HEAR YOUR IDEAS

It is important that we listen to the views of members and offer services that matter to them. For example, we are considering starting a Carers Workshop in response to the views of those who help to support someone with an acquired brain injury (ABI).

We would like to explore any other good ideas you might have. Please email or write to me at Herefordshire Headway. We also have a suggestion box on the registration table in the Centre, if you prefer to leave an anonymous comment. Want to put anything in the newsletter? Just let me know.

We are here to support anyone with an ABI and their family in Herefordshire and beyond. It is important we continue to provide services that are relevant, enjoyable and make a real difference.

Would you be interested in volunteering to help others?

Do you have any spare time? Would you like to get involved with helping others? If the answer is yes then we maybe what you are looking for.

Herefordshire Headway are a charity dedicated to the help, support and rehabilitation of those that have suffered an acquired brain injury. Primarily at our specialist day care centre in Credenhill.

We are looking for general help with making drinks and assisting our members during their activity sessions. You don't need any specific qualifications, just a willingness to help and the time to do so.

If you are interested or for more information please contact:

t: 01432 761000

e: info@herefordshire-headway.co.uk



 Herefordshire Headway
Headway House,
Trenchard Av. Credenhill,
Hereford HR4 7DX
www.herefordshire-headway.co.uk

