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Headway
HEREFORDSHIRE



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HEADS UP!

OUR MEMBERS NEWSLETTER - SPRING 2025



The end of an Era, as we bid farewell to Jane (Centre Manager), Shelley (Finance) and Helen (CEO); with over a decade of service they will be missed by all at Herefordshire Headway. Your new CEO is Steve Heptinstall and Jim Smith has taken over from Shelley.



ABI games™

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.

If you have not registered to take part yet, complete a form at the Centre of email us below.

Nearer the time we will have to organize transport arrangements. If you can lend a hand with this also let us know.

Email - info@herefordshire-headway.co.uk

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



An Artistic Joint Effort

Our friends who recently left were given lots of gifts. They received pottery (see below), Lazy Susan's from woodwork, vouchers and lots of flowers. Helen also received this wonderful picture of blossoms from 18 different members of our Art Class. I am sure you will agree what a wonderful mosaic of spring colour it makes. The artists who contributed were - *Karl, Jean, Pat, Mike, Heather, Hats, Maggie, Peter, Janet, Oliver, Sue, Guama, Mark, Jacky, Chris, Steve.*

SPRING HAS SPRUNG IN OUR GARDEN





BIG LOTTERY FUNDING

WE WOULD LIKE TO HEAR YOUR IDEAS.

We have secured Big Lottery Community Funding for the next three years and want to invest in new services.

We would like to explore any 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.

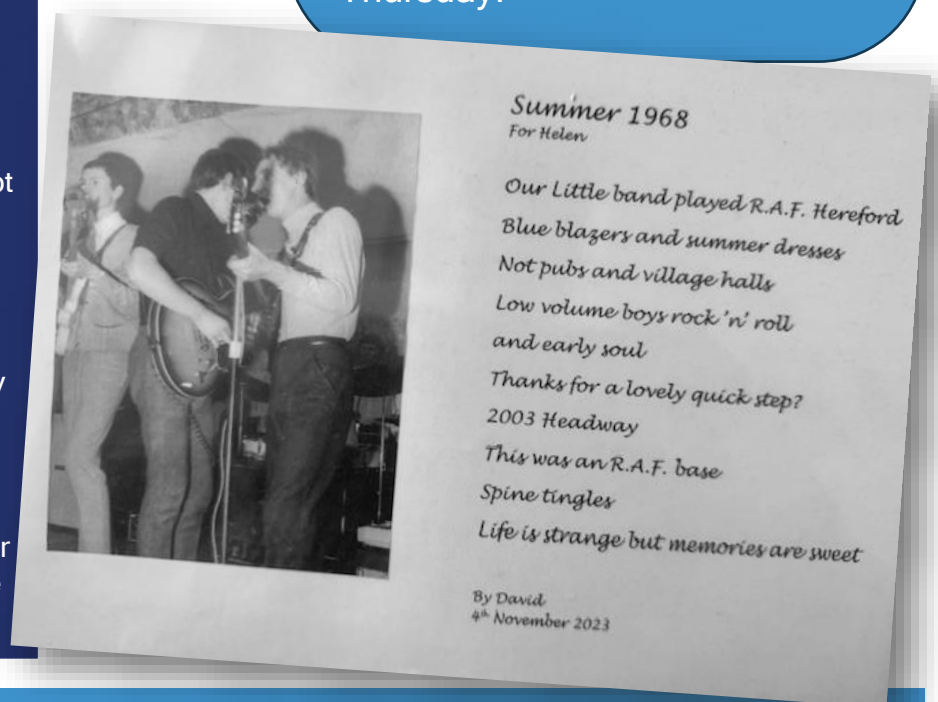


25th Anniversary

The 21st of July 2025 will mark the 25th Anniversary of Herefordshire Headways move to the old RAF Building. The Centre was opened by Herefordshire Headway President Merial Oliver. We do not have a President anymore (a few of you might be relieved to know, in the current climate).

One of our members wrote a poem about when he used to play here back in the sixties.

We are looking to mark the occasion with a BBQ on Wednesday 23rd July. Look out for more information about this in the next few weeks.



Some of the ideas people have mentioned up to now:

- Creative writing
- More computer support
- More finances support
- Drama
- Tai Chi
- Belly / Pole Dancing! 😊
- Cooking
- Weekly Weigh In
- More art
- More woodwork
- Activity session - pool, skittles, Connect Four etc.
- Carers Support Group
- Patang (out of Centre)
- Snooker (out of Centre)

Do any of these options sound good to you? Let us know if they do. Hopefully we will soon have more sessions available on a Thursday.

HATS FOR HEADWAY

13th-14th May 2025



Get Out Your Hat!

We are going to celebrate 'Hats For Headway' by inviting you to come to the Centre in a hat on Tuesday 13th and Wednesday 14th May 2025.

Hats can be posh, cool, silly, even home-made. The choice is yours.

One person will be chosen as our winner on each day with a second and third place too!

Steve's Quiz

What dries the more it gets wet?

What is taken to the FA Cup Final but never used?

Winner is the first to let me know the answers to both!



HEREFORDSHIRE HEADWAY
Headway House, Trenchard Avenue, Credenhill,
Hereford HR4 7DX

Coffee Morning



Thursday 1st May 2025

Coffee and Raffle from 10:30-11:30

All welcome
Please come for a catch up and support us

WINNERS OF POUND IN A BUCKET

1st prize = Mark P

2nd prize = Rob L



Often small is beautiful - like this chess piece made by John T. He has now completed two full sets in woodwork. The Knight here is made of a wood call Purple Heart.

The Crafty Ladies are selling their lovely wares at Marden Church on Saturday 28 June 10.00 to 3.00. The Marden craft group are also holding a display of their arts and crafts that day.

Perfect Pottery!

Finally - here is a photo of the wonderful pots given to Shelley, Helen and Jane on their retirement. Each person attending Pottery Classes contributed to these wonderful vessels, adorned with butterflies, other insects and flower patterns. Each is inscribed with personal messages to our leaver. They a perfect pots in my humble opinion!

