



www.herefordshire-headway.co.uk



Headway
HEREFORDSHIRE



@herefordshire-headway.co.uk



HEADS UP!



OUR MEMBERS NEWSLETTER - AUTUMN 2025

Our ABI Games Special



The ABI Games were a terrific success. Congratulations to all the teams that took part from across the UK. Herefordshire Headway did exceptionally well and were easy to spot in their bright yellow tee shirts. We are all looking forward to the next ABI games in 2027!



Herefordshire Headway, Headway House, Trenchard Avenue, Credenhill HR4 7DX

 SayAphasia

APHASIA SUPPORT GROUP



**STARTING 11TH
SEPTEMBER**

Hereford Support Group
Every 2nd Thursday of the month
10.30am to 12.30pm

Is communication a struggle?



Meet other people with aphasia.

Find support after a brain injury, such as Stroke.

Learn how to adapt to living with aphasia.

Relax and be yourself - you don't have to talk.

E: hello@sayaphasia.org

T: 07796 143118

W: sayaphasia.org

A new SayAphasia Support Group has started at Headway. It is every second Thursday of the month from 10.00-12.00. Contact details above if you wish to join.

All clients, members and staff now have access to free NHS Health Checks from Headway House. Scan the QR Code to book

TALK WELLBEING

**Free! NHS
Healthchecks**
and wellbeing support
at Headway House

Come
and see us

Scan the QR
code to see
dates and book
or drop in



Checks Include...
Cholesterol
Blood Pressure
Diabetes
BMI

As well as well being
support and onward
referrals



25th ANNIVERSARY SUMMER BBQ

In July we held our Summer BBQ celebrating 25 years at Headway House. Prior to our purchase the building used to be an RAF Naavi. Food on the night was provided by the Plymouth Brethren and music by HUG (Hereford Ukelele Group). St Mary's Primary School provided us with additional parking which was helpful as we had 98 people attend. The weather was kind, and everyone agreed what a wonderful evening it was. Here is to the next 25 years.



BINGO & CHIPS NIGHT @ Headway £10pp

Thursday 20th November from 6.00-8.00pm.
Pay Michelle or Brenda to attend. Spaces limited.

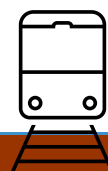
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Steve's Quiz

What has keys but can't open locks? July answer: 543 trains



Growing Point organised pottery classes for clients with local Ceramic Artist Miles Johnson over the summer.

An open evening was arranged to introduce the work, and these have adorned our garden ever since. Wonderful art!



Members Meeting

It was agreed at September's Meeting that staff would wear yellow name badges to help identify them. Volunteers will wear lanyards with a name badge.



Carer & Partner Support Training After Brain Injury

A two-session training and support programme for those living with and/or caring for someone with a stroke or other acquired brain injury e.g. after an accident or illness. This course is free, but you need to reserve a place.

27th Nov & 4th Dec - 1 - 3pm @ Headway House, Credenhill HR4 7DX



Headway Arts Exhibition

Herefordshire Archive and Records Centre

Fir Tree Lane, Rotherwas, Hereford HR2 6LA

28th October - 19th December 2025: 10-4pm

Free Entry – please go along!



Caribbean Christmas 2025

This year's festivities are going to have a tropical feel. It will be a buffet lunch and Xmas Carols with a twist. Dig out your Hawaiian shirts and get ready to shake your maracas.

Date: 16th & 17th Dec

More details to follow



We are pleased to welcome Rosie Jarman to the team. Rosie is our new Communication and IT Support Worker. Michelle Gillam has also taken over as our new Buddy Coordinator and Music Therapy Assistant. Both posts are funded through our 3-year National Lottery Community Fund. *Thank you, UK lottery players.*

Herefordshire Headway AGM

10th December 2025 4pm

All members welcome