



www.herefordshire-headway.co.uk



Headway
HEREFORDSHIRE



@herefordshire-headway.co.uk

HEADS UP!

OUR MEMBERS NEWSLETTER - WINTER 2026

It was a sunny celebration of Christmas year this with our Caribbean Christmas Lunches – there were songs and dancing a plenty!



**COMMUNITY
FUND**



We continue to add new services supported by the National Lottery Community Fund. Thank you, to all lottery players across the UK. Your support is making a real difference to our charity.





EMPLOYER RECOGNITION SCHEME

BRONZE AWARD

Proudly supporting those who serve.

Herefordshire Headway is now a member of the Armed Forces Covenant.

The Armed Forces Covenant is a promise that together we acknowledge and understand that those who serve or have served in the Armed Forces, and their families, including the bereaved, should be treated with fairness and respect in the communities, economy, and society they serve with their lives. Being so close to the Camp and having veterans in our midst makes this an important promise to make.



easyfundraising



We have joined Easyfundraising. You shop and we get a small donation. See our Facebook page for more information



MERRIE MAGGIE'S

LAUGHTER YOGA SESSION

All our clients enjoyed this fun class which explored how to use breathing and laughter to relax the mind and body.

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

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The Say Aphasia Support Group meet every second Thursday from 10.00am here at Headway. This group supports anyone with communication difficulties after an ABI. Nick is the Peer Leader (photo right). For more information contact sayaphasia.org or E: hello:sayaphasia.org / T: 07796-143118.



TRUSTEES SKITTLES EVENING - WED 11TH FEB @ 6PM

A CHANCE TO CHAT WITH OUR TRUSTEES

Our Trustees want to meet you over a friendly (*I hope*) game of Skittles at the Centre. You do not have to play, just come and cheer on your team instead. More info to follow.



A big shout out to Dawn and Carl who clean and maintain the Centre. Hardly anyone sees them and yet they keep the place running.

GAMES DAY

PRE NEW YEAR FUN

Our Games Day between Xmas and New Year proved very popular.



MEMBERS MEETING DATES @12.45:

- Thurs 22nd Jan
- Tues 27th Jan
- Tues 24th Feb
- Thurs 5th Mar
- Wed 11th Mar
- Tues 24th Mar

All members welcome!

COUNSELLING SERVICE

IT'S OKAY TO ASK FOR HELP.



Herefordshire Headway are excited to offer low-cost counselling and psychotherapy with Mike Browning. Mike is currently training for his Masters degree and will be volunteering his services as a trainee therapist.

kate@katejones-therapy.co.uk

Please email Kate with your name and phone number for an initial conversation and to book your first session
Each 50-minute session costs £20

Help in Mind!

We are pleased to welcome Mike Browning to the Centre. Mike is a Counsellor offering support to clients, carers and staff, as part of his M.Sc.

Sessions are on Wednesdays and Thursdays. Anyone interested should email (the address listed on the poster) to set up a brief telephone assessment with Kate Jones, Mike's Supervisor. An appointment will then be made to see Mike at Headway.

No problem or concern is too small. If you need to talk, Mike is happy to listen and offer support.



easyfundraising

WELCOME ALISON

Alison Rushgrove has joined us as our new Enablement Support Officer. She will work alongside Linda supporting clients.

ART EXHIBITION

A GREAT SUCCESS

Herefordshire Headway's Art Exhibition at Herefordshire Archives & Record Centre was well received by the public. Attendance was high and comments in the visitors book wonderful to read. Here are a few:

- *"Absolutely incredible. Moving. Special."*
- *"Wonderous beyond words. So heartfelt it makes me weep."*
- *"An inspiring display of talent."*
- *"Fantastic exhibition - so varied and inspirational."*
- *"Beautiful assortment of impeccable and creative items. Thank you."*



Steve's Quiz

If you don't keep me I will break, what am I?

Autumn answer: A piano