



Mission Statement.

To support persons who have suffered brain injuries, and reside in the county of Northamptonshire, by the provision of such services, persons and facilities required by them and their relatives.

Headway Northampton CIO

Heathfield Way, Kings Heath,
Northampton NN5 7QP
Tel. 01604 591045
Fax 01604 587679

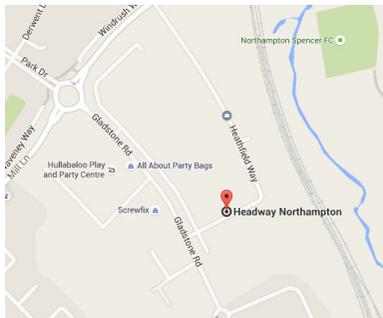
administrator@headwaynorthampton.org.uk

www.headwaynorthampton.org.uk

www.facebook.com/Headway-Northampton-CIO-658830120877089/

Registered Charity No. 1158332

Headway Northampton is a not for profit organisation



*Affiliated to Headway - the brain injury association.
A registered charity*

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Think it
can't happen
to you?

Brain injury
doesn't
DISCRIMINATE!



1982—2019

Headway Northampton
Charitable Incorporated
Organisation

Registered Charity No.
1158332

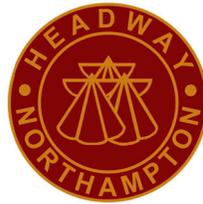
To move forward,
stimulate and inspire.

Telephone 01604 591045

www.headwaynorthampton.org.uk



CREATIVE WRITING



Headway – A Haven

Away from Headway “out on the streets” I can’t help but feel different. I carry no physical signs of my accident, but I can’t shake the muddled different person that now lives in my head. Silly as it is, I know, but this causes me a great problem.

At Headway though, this problem no longer matters and as soon as I walk in the gates, the muddled, stumbling, stuttering fool turns into a well together easy going chap, who no longer feels a million miles removed.

For giving me back my self and my sanity twice a week, I love Headway and all the people in it; helpers and patients in a way that I’ve never felt before. I guess that coming to Headway is having friends – **REAL FRIENDS.**

Written by one of our service users



SUPPORT OUR CHARITY SHOP

Because of the difficulties with ensuring we have enough income to continue to provide the services that we do. We have now allocated some space within the unit to sell items that have been donated much as you do in a charity shop. This is very much in it’s infancy, we are also going to have an Ebay Shop and sell on Facebook. Please support us in this new venture, if you can donate good quality clothing, or small item of furniture that could be upcycled and then sold through the unit. Eventually we would like our own Charity Shop away from the unit, with its own staff and manager this would all need to be funded either though a grant or fundraising. We do need volunteers to help., It would be excellent if we were able to find volunteers that perhaps have previous experience managing this type of venture. We will also need volunteers with the practical skills to upcycle, as well as others to help sort the donations.

If you are interested or feel you can help us in anyway then please contact us on 01604 591045 or email administrator@headwaynorthampton.org.uk



In a recent survey, 95% of our service users report that attending Headway Northampton has significantly improved their quality of life and enjoyed their time spent here. All of this in turn provides much needed respite and support for carers and relatives. Since 1982 we have supported thousands of people dealing with the trauma of brain injury either as relatives, Friends, or the brain injured person themselves. We know we have made a difference and the help we have given has been at times invaluable.

Please help us to continue with this work, we can no longer do it all alone.

PLEASE CONTACT US IF YOU CAN HELP

01604 59104

www.headwaynorthampton.org.uk

administrator@headwaynorthampton.org.uk

Headway makes my life a lot better than it would otherwise be. As well as the groups, the social side is very important to me, and it gives me strength to carry on.

If it weren't for this place, I don't know where I'd be

I think Headway Northampton is awesome! The staff are lovely and friendly! I really enjoy my time here.

Headway Northampton History

"37 Years of Service"

- ◆ Headway Northampton was established in 1982 and was one of the first groups in the country. It ran under the National Body; Headway – the brain injury association.
- ◆ Headway Northampton became a charity in its own right in 1992.
- ◆ We moved to our present home at Heathfield Way, Kings Heath in December 2008. The unit has developed into a centre of excellence.
- ◆ In October 2014 Headway Northampton was one of the first Headway's to become a C.I.O (Charitable Incorporated Organisation). The C.I.O. was set up so the trustees do not have to take any financial liability for the charity.
- ◆ The trustees are governed by the voting members of Headway Northampton, to have a say in our future please become members

Headway Northampton is a unique facility for people who have an acquired brain injury and their families in Northamptonshire.

In many cases people make a full physical recovery after their injury but are left with a number of psychological problems.

Memory Loss

Behavioural Problems

Communication Problems

Cognitive Problems

Mood Swings

EVERY 90 SECONDS Someone in the UK is admitted to hospital with an ABI	EVERY 3 MINUTES Someone in the UK is admitted to hospital with a HEAD INJURY	EVERY 4 MINUTES Someone in the UK is admitted to hospital with a STROKE
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- ◆ Summer BBQ
- ◆ Open days
- ◆ Christmas Lunches
- ◆ Entertainment
- ◆ Fundraising events
- ◆ Family Days
- ◆ Awareness days
- ◆ Meetings
- ◆ Workshops

Headway Northampton front line services are available to all.

Our day service is open to brain injured people between the age of 18 and 75.

Our unit offers a safe haven for three days a week and includes workshops and many other facilities.

Help us rebuild shattered lives

FRONTLINE SERVICES ARE FREE AT THE POINT OF DELIVERY AT HEADWAY NORTHAMPTON

HOWEVER

“Our frontline services do not receive any funding”

All fundraising for Headway Northampton is greatly appreciated and very important as it allows the work of the charity to continue.

All sponsorship and fundraising is used to benefit the service users and the specialist facilities, we provide at Headway Northampton.

If you wish to be a voting member of Headway Northampton contact us direct. Voting members are essential to the continued work of Headway Northampton.

Since losing all formal funding a significant strain has been placed on the service and despite our best efforts, we are struggling to compensate for this loss. Funding for placements by Northampton County Council in the current climate is difficult to obtain. We are overwhelmed by referrals for those who need us but are having to wait, for funding in some cases over eight months, or worse, be turned away. Despite this, we remain unwavering in our resolve to support our community, but we are in need of help.

We ask that you take a moment to consider the “**what if’s**”, there are 445 admissions to hospital as a result brain injury every single day, over one million every year, yet we are struggling to provide the specialist services we have done for over 37 years. Take a moment to reflect on the “**What if**” Headway Northampton wasn’t there.

We hope you would like to work with us to move forward, to stimulate and to inspire.

Please contact us 01604 591045

www.headwaynorthampton.org.uk

Useful Numbers

- ◆ **Northampton Adult Care Team**
0300 126 1000
- ◆ **Northamptonshire Centre for Independent Living** **01604 588501**
- ◆ **Community Brain Injury Team**
01933 235829
- ◆ **Stroke Services NGH** **01604 545804**
- ◆ **Community Law Service**
01604 621038
- ◆ **Citizens Advice Bureau** **03444 111 444**
- ◆ **Community Mental Health Team**
0121 522 7007
- ◆ **Northampton General Hospital**
01604 634700
- ◆ **Police 101**
- ◆ **Job Centre** **0845 6043719**
- ◆ **Samaritans** **01604 637637**
- ◆ **www.headway.org.uk — downloading of factsheet on brain injury**

Brain Injury - The Facts

Traumatic Brain Injury

A traumatic brain injury (TBI) is an injury caused when the head receives a severe jolt or blow, for example, a fall, accident or assault.

Each year an estimated 1.4 million people attend accident and emergency departments in the UK following a head injury. Of these, around 135,000 people are admitted to hospital as a result of a traumatic brain injury.

Men are two to three times more likely to have a traumatic brain injury than women. This increases to five times more likely in the 15-29 age range

Acquired Brain Injury

An acquired brain injury is an injury to the brain, which is not hereditary, congenital, degenerative, or induced by birth trauma. Possible causes include stroke, haemorrhage and infection.

There are estimated to be over 450,000 people in England living with severe disability as the result of a stroke

An estimated 13,000 people are diagnosed with a brain tumour each year in the UK

It is estimated that across the UK there are around 500,000 people (aged 16 - 74) living with long term disabilities as a result of a brain injury.

Workshops

Arts and Crafts

- ◆ Oils
- ◆ Pastels
- ◆ Acrylics
- ◆ Watercolour
- ◆ Mosaics
- ◆ Jewellery making
- ◆ Paper crafts
- ◆ Mixed Media
- ◆ Sculpture
- ◆ Textiles
- ◆ Doodle Art
- ◆ Expressive art



Educational

- ◆ Photography including photoshoots. This course is with a commercial photographer
- ◆ *This is a six week course and places are limited*



Educational

- ◆ Discussion groups
- ◆ Creative writing



Social Activities

- ◆ Music
- ◆ Bingo
- ◆ Quiz
- ◆ Team Challenge
- ◆ Pool
- ◆ Games

Fundraising



Thank you to everyone that has raised money for the unit. To the companies that have given some staff time out of the working day to come and help at events, Christmas Lunch for 80 clients, and the BBQ for up to 100 clients and their families we really couldn't put on this type of event on for our clients without this support, so once again thank you. For everyone that shakes tins, organises fundraising days and events to raise money for us. All of the money raised is used to benefit the clients none is used to provide staff, or administration. Sometimes money is raised for a particular thing, such as the garden, which is also really appreciated.

How can you help?

There are a number of ways to help Headway Northampton to continue its valuable work.

MAKE A DONATION

Donations by cash/cheque to Headway Northampton. Regular donations via standing order.

ORGANISE AN EVENT

Raise money by organising a fundraising event. Set up a fundraising page for any event you are doing to raise money for Headway Northampton by going to:

<https://.virginmoneygiving.com> and searching for Headway Northampton's page

If you shop on Amazon—use Amazon Smile, by using this every time you buy through Amazon, Amazon donates 0.5% of the net purchase price to the Charity of your choice for more information go to: <http://smile.amazon.com/> register and then choose Headway Northampton CIO as the charity you wish to support

Become a member of Headway Northampton, it's free if you attend Headway Northampton or just £5 for a family membership, we will send out a newsletter regularly and information about other events and open days. If you care about the future of Headway Northampton by becoming a member you have a vote and a say in it's future.

TOGETHER

we can make a difference.

Structured Programs

Headway Northampton offers all of our service users structured programmes, and a timetable.

All our workshops are aimed at improving cognitive skills, behaviour, self confidence and learning new skills as well as remembering old ones. Our activities are continuously evaluated in order to ensure that we provide varied, inspiring, practical and educational activities.

The interaction between both staff and service users enables staff to reinforce appropriate social behaviour and encourage social integration, in a safe, fun, environment that is fully accessible to all.

Staff and Tutors

The staff of Headway Northampton are experienced, committed to offering help and support to the service users and their families, ensuring that the services we provide are of a very high standard. Headway Northampton is an approved provider of Northampton Adult Social Services.

Tutors who facilitate some of our group workshops are experts in their own field and through group work are passing on their expertise to our service users, enabling our service users to fulfil their aspirations, build self esteem and confidence.

Oils



Observational drawing



2019 UNIT PROJECT WIZARD OF OZ



Every year we choose an annual unit project that can be worked on by the staff and clients, ready for our biggest open unit event for the public. We always try to find a project that although the topic maybe well known, a bestselling storybook classic dating back to 1900 that carries a deeper meaning that staff and clients can relate to and are inspired by. The story of the Wizard of Oz has a number of well-known characters. Dorothy and Toto, Dorothy, a young orphaned girl, who has been uprooted from all she knew to live on a small farm, in a bleak and colourless landscape with an Aunt and Uncle she hardly knew. She always has with her, a small dog, her beloved, faithful companion Toto. The other main characters that we all know are the Tinman, The Scarecrow, and the Lion, she meets and takes them with her on her journey to the Enchanted City of Oz. The Tinman is the conscience of the group, he shows compassion and care, ensuring that their actions don't hurt anyone else. The Scarecrow, the intelligent, cunning, character with good ideas that help the group get out of difficult situations, and finally the Lion, who presents as cowardly but actually, this character symbolises bravery and courage in the face of adversity. All of the characters have varying degrees of self-doubt, they see themselves as incomplete carrying with them an element of pain. Their sense of inadequacy makes them more relatable. We can relate our own experiences to theirs, as they search to find that something they believe is lost, or that they never had. The Tin man – a heart, The Scarecrow – a brain, and the lion – courage. They all undertake the journey together, following the yellow brick road to their goal the Enchanted City of Oz, where they hoped to find the answers they sought. The road they travel is not an easy road. It is uneven with up's and down's symbolising life's journey. showing that life itself is not easy. Every journey different for each of us, never knowing what is around the corner, and understanding that as we travel we make friends and perhaps in some cases enemies.



Volunteering

If you wish to volunteer with Headway Northampton, you should initially contact us direct for a volunteer application pack. You must be at least 17 years of age and have no previous criminal convictions. You will be subject to a DBS check. We welcome volunteers from all walks of life and you will be trained in-house to gain experience in the field of brain injury. We will provide an induction course of training to all volunteers starting in the unit.

We also welcome students on work placements , or those companies looking for “away days” to help in the community. We have had some fantastic support from local companies which we are so grateful for. If you are interested in volunteering please contact us on;

01604 591045 or via email

administrator@headwaynorthampton.org.uk



Hospitality and Dining

We have a hospitality area (5 star rating) where we offer a menu of homemade food for lunch as well as a takeaway service. All of the food is subsidised by the charity at a low cost to Service Users.

Dietary needs are catered for where possible. Throughout the day, we provide refreshments. All our unit staff hold a Food and Hygiene certificate.



Examples of food we serve in our hospitality suite

Well-being Service

Service users can access calming and relaxing treatments helping to improve their self-esteem and reduce anxiety. It is fully accessible and can be used by individuals who do not regularly attend Headway Northampton.

Information available on request.

Tel. 01604 591045



administrator@headwaynorthampton.org.uk

2019 UNIT PROJECT WIZARD OF OZ



The story begins at Dorothy's Aunt and Uncle's farm, a peaceful home where Dorothy has lived since orphaned. She has her faithful companion, a little dog called Toto who is her only friend, and brings her immense happiness as she often finds herself feeling

very lonely. One day her home is enveloped by a massive cyclone and the house, she and Toto are carried away into a world she doesn't know. Into a world filled with challenges she has to face, meeting characters that join her all travelling their own journey along the yellow



brick road to Oz the enchanted city. How does this relate to any of us and in particular to brain injured people and their families? Just imagine without warning and out of the blue, a new course to your life's journey is thrown at you or someone you love, a life's event that throws you into disarray. You are spiralling out of control, whirling on and on, landing down into a place unfamiliar at the beginning of an unknown journey. Imagine the feeling of despair and isolation when in a split second life changes – when your history maybe distant memories boxed away in a place that you don't know how to find. Where you are carried away by a "force of nature", typhoon or cyclone, where you are waiting for the constant swirling to stop, and when it does finding yourself with no map to follow either into the future or back into your past. This could give us some idea of what it might feel like for someone whose loved one has a brain injury, how they have to watch on as their loved one's life spirals out of control, where the brain injured person is battling to begin a journey into the unknown, to travel on their own "yellow brick road". Every day they will have to face their own fears of the unknown, battle their own demons, and find strength and courage to win through eventually finding their own Oz.



WIZARD OF OZ - THE JOURNEY

Along the journey they will need support and understanding from family and friends, both will need to know that others are facing similar journey's, to know they are not alone to find their own way of "travelling the yellow brick road – a road to recovery and a new way of living their lives. Families will look on from the outside feeling helpless, as they know they have to be strong, shelving their own feelings of grief until their loved one is stable enough to begin to travel the unpredictable journey that is ahead. Family, friends, and the brain injured person will need help and support throughout the journey, from those that have travelled the road and can offer a helping hand or a listening ear, so that they know they are not alone.

In a recent survey, 95% of our service users report that attending Headway Northampton has significantly improved their quality of life and enjoyed their time spent here. All of this in turn provides much needed respite and support for carers and relatives

Headway Northampton has been there since 1982, offering this assistance to brain injured people, their families and friends. However times change, unlike the Wizard of Oz, brain injury is not a best seller. Until touched by something as devastating as brain injury we all naturally assume help will be there, offering a helping hand to lead them showing the way on the journey they are now facing. No-one really understands completely the power of the brain, so much is still not known about this very powerful part of us, the thing that governs everything we do, that makes us who and what we are. Because it doesn't make the best seller list and is still "the silent epidemic" where disability is hidden, we need to speak up, so that resources are put in place. Those that have not been touched by brain injury, still don't recognise that the brain injured are facing unknown challenges, trials and tribulations as they begin travelling on a new, unmapped journey, having to conquer their fears, they also have to fight for recognition, to enable access to the limited resources that are available.

THE JOURNEY CONTINUES

In 1982 when Headway Northampton undertook the challenge of proving the need for a specialist service for brain injured adults, travelling its own "yellow brick road", on the journey that was completely unknown. Over the past 37 years, although we have travelled a long way we still have a long way to go to find the "Enchanted city of Oz" where things would be different for brain injured people and their families.

Unfortunately they are not, and to continue with our work we need resources, we have no formal funding to continue on the journey. We are asking that you take a moment to think about how much your life would change if a cyclone happened to you or your loved one.

Statistics show that there are 350,000 people admitted to hospital every year, that's one every 90 seconds. We are one of the frontline services in Northamptonshire offering a listening ear or helping hand to those that contact us for support. Over the past 37 years Headway Northampton has helped hundreds of people walking their "yellow brick road", we need your help to help hundreds more.



*Hold fast to Dreams, for if dreams die,
Life is a broken winged bird that cannot fly,*

Langston Hughes

Help us to continue to fly.

Contact us 01604 591045
administrator@headwaynorthampton.org.uk