

Headway Newsletter

Summer 2017



Registered Charity No.1160319

Fundraising & Events

Look out for our events and we will let you know about more as they happen

- 6th August 2017 - Swanfield Fete - Chichester
- 10th August 2017 - Fashion Show & Charity Lunch, Lavant Memorial Hall, Lavant, PO18 0AH Tickets £16 (£8 aged 21 & under) mikingsford@hotmail.com 01243 527414
- Photography Exhibition - Lost Identity (see back page)
 - 15-24th July, Littlehampton Library
 - 30th September-25th November, Horsham Museum
- 8th October - Bognor Regis Marathon
 - George Ide solicitors are running this in aid of HWS. Please support them on the day!

Hurray For Volunteers!!

Welcome to our summer 2017 newsletter. This summer all charities celebrated Volunteer Week and by happy coincidence we are welcoming new volunteers to Headway West Sussex. We also welcome new volunteers into our support groups and you'll find some details about volunteering on our events fundraising team later in the newsletter. So, please do get in touch if you would like to know more about helping us to raise the money we need to support 200 people a year living with brain injury and being part of our happy and dedicated team.



Hats4Headway week

Support Group News

Our Horsham support group relaunches in September and we are delighted to tell you that we are opening a new group in Storrington in October. The two groups will run on alternate months and details will be available on our website and Facebook nearer the time. We are doubly delighted to announce a new Carers Support Group which will open this year. We really look forward to being able to offer this dedicated carers service.



Three Year Strategy

We have completed our three year strategy and we want to share our five goals for the next three years with you. More on this next time.



- Raise Awareness
- Improve Experience
- Provide Information
- Enable Independence
- Strive for Quality



Fundraising & Events continued...

- 3rd November - Classical Music Concert - Chichester, Venue TBC
- 7th December - Meal at Honey Pot Cafe - 19 Sea Lane, Rustington, BN16 2RD
Tickets available soon.

If you are holding an event for us and would like us to publicise it for you, get in touch, we can share your event on social media & our newsletter.

Other News



Are you a customer of the Yorkshire Building Society or know someone who works there? If you are or do, did you know that you can recommend Headway West Sussex and we could receive funding of up to £3000.00?



Please go to ASDA.com to nominate HWS to take part in the green token scheme. We have been trying to get into the scheme in Ferring ever since the store opened but we have not yet struck green! We need your help and it's a quick and easy online form. You can nominate in all West Sussex stores online or instore. <http://storelocator.asda.com/store/ferring>



We have an Amazon wish list – help us spend our funding on people, not stationary!! We need items from staples to stamps and a gift would help us enormously. https://www.amazon.co.uk/gp/registry/wishlist/ref=nav_youraccount_wl?ie=UTF8&requiresSignIn=1

Trustee, Kim, visits Support Groups

Hi, I was able to visit both south coast groups this month, Worthing and Bognor Regis. You are all friendly and welcoming. Again I had light bulb moments when I wondered if the story I had told myself for the last 34 years since my surgery was true. Helen, our support group facilitator, spoke about feelings of lethargy, flat, demotivated, I had always thought of these times as depression, something I shouldn't have and needed to get rid of. Maybe sometimes it has been depression but maybe had just been overload or even 'boredom'. Helen spoke about adding sensory experiences which I've yet to try.



At both groups the peer support is brilliant, positive and encouraging. You challenge my way of thinking about my ABI and often that is very freeing. I hope you all come away and reflect on your story. Has it changed without you noticing? Do you have more interests this year than last year? Kerry's story and her use of art and creativity to make her happy and fulfilled is great – what passion is lurking for us to discover?

See you again, *Kim* - Trustee living with brain injury



Events Committee

We have a small and burgeoning events committee but we would like to have some more members. We would dearly love and need to hold more fundraising events, attend fetes, fairs and fundraisers across the county but we are stretched very thin. If you are someone who LOVES raising money, enjoys organising and would like to help HWS keep supporting over 200 people a year, we would like to chat with you. You will be joining a team of committed and friendly people here at HWS and we'd love to meet you.

ABI week & Hats4Headway

Thank you to everyone who took part in Hats4Headway fundraising events for us. This was the first year we really went for it and we raised £500 and lots of awareness. Barbara at our Bognor Regis support group held a hat competition and raffle at Southern Water, Kim our trustee held a cake sale and I set up a JustGiving page and wore my hats to the office during ABI week.

Brain Injury Training

We are running our 'What is Brain Injury?' Training and info sessions this year. We have had brilliant feedback and if you are caring for a loved one with brain injury this course is really helpful in understanding ABI fully and supporting your loved one. We also run a professionals 'What is Brain Injury?' Training and info sessions and we have added some additional professional's courses. We want all professionals in West Sussex who support people with brain injury, their families to understand the effects of brain injury on the individual and the family.

Raffle Prizes Needed

We need raffle prizes to raise as much money as possible at our events. Do you have any unwanted gifts or items that you could donate to us to raffle? Do you know any businesses who could donate a prize such as a meal for two, cinema tickets, spa treatment etc etc? Please get in touch.

Address:

Headway West Sussex
Dove Lodge
49 Beach Road
Littlehampton
West Sussex
BN17 5JG
☎ 07938 858153
www.headwaywestsussex.org.uk
info@headwaywestsussex.org.uk

Make a donation:

It's easy to donate to Headway West Sussex using our JustGiving Page.

 www.facebook.com/headway.westsussex

 @HeadwayWS

ABI week & Hats4Headway continued...

Our Bognor Regis support group was joined by Kerry Jeffs for an art session and together they made some great hats for headway.



Southern Water



Bognor Support Group

Digital Awards

We were delighted when Shake It Creative, the marketing, PR and design company that takes care of our website for us, received a nomination for the work they had done in completely redesigning our website, at the Sussex Digital Awards. It was great for both Shake It Creative and Headway West Sussex to be recognised and take part in this industry highlight. Take a look at our website for life stories, videos and news.



Meg, Rachel & Sam.

New name for the newsletter

We would like you to choose a new name for our newsletter. There are 4 options to choose from:

- Headspace
- Headlines
- Making Headway
- Heads up

Please email us your preference, vote on Facebook, or let your support group facilitator know.

Lost Identity



My Name is Chris Kew; I am 32 Years old and a survivor of a brain haemorrhage. This is my story.

I was 18 years old when I started suffering from severe headaches. I went to hospital many times over a few days and was sent away and told I had Sinusitis. My headaches become worse and eventually I collapsed and was taken to hospital to find out I had a blood clot behind my eye.

I was rushed to Haywards Heath hospital where a medical team was waiting for me to start operating straight away. My parents were told that I would probably not survive the operation or at best would be heavily disabled if I did manage to survive.

I did survive the operation and was put into a medical coma, I eventually woke from the coma and was paralysed and had no memory.

I was asked questions a few times a day, like what's my name, how old am I etc. I did not know the answer to any of these questions. I was just stuck lying in a bed trying to figure out what was going on.

After a short time in hospital I was able to sit up, a week or so later I was able to start learning to walk again. Shortly after I was able to walk with a frame on my own.

I was sent home with my parents, I didn't know they were my parents at the time, I was just advised that they were and I was being sent home into their care. I remember looking around the house not recognising anything or anyone.

After a few months I was trying to put my life back together, I have never gained back my memory so I had to try and build relationships with my family and friends all over again. I also had to re-learn a lot of life skills so I could try and work again and build new relationships.

Over this journey I had some huge stumbling blocks and issues to overcome. I took up photography so I could keep hold of my new memories forever as losing a lot of old memories was hard to overcome.

Fast forward 12 years and I am happily married and have two beautiful children. I work full time and have learnt to drive. Honestly I never dreamed I would get this far, but somehow I stumbled through life never giving up and I am where I am today.

Over the last few years I have used photography in a way I never have before. I used it to help me overcome issues I have been going through for years. I suffer from depression and anxiety. I also have many issues I struggle with like fatigue, memory issues. These in turn can cause me to feel stressed, frustrated and lonely.

Over the last few years every time I experienced emotions like these I tried to capture it on camera as I wanted to turn it into something positive. I also wanted to share it with others that may be going through something similar. Most of all, I wanted to make other aware that people may be dealing with a lot of hidden issues.

After my recovery, with the help of Headway West Sussex, I began to put my life back together. Believe it or not this was the hardest part of my recovery.