



# Making Headway



Hello and welcome to the 2017 winter edition of the Headway West Sussex newsletter. Thank you to everyone who voted to give our newsletter its new name, we had a clear winner. So, please imagine me breaking a bottle of champagne across this newsletter as I officially name it **Making Headway**. I hope you like the new name and our new header, which some of you will recognise as a piece of Kerry's artwork.

This newsletter is a little longer than most but at Headway West Sussex we feel it's really important that you all feel part of our 'Headway family' and to do that I'd like to share with you our successes, our challenges, what we've been up to and our plans for next year and the future.



Lavant Fashion Show



Hats4Headway at the Bognor Regis group

## What we've been up to in 2017

We kicked off January by developing a three year strategy. The strategy lays out our five goals for the next three years. These goals will keep us on track to achieve our aim 'to improve life after ABI for people who live in West Sussex'. You can read our strategy in full by heading to our website <http://www.headwaywestsussex.org.uk/about-brain-injury/strategy-2017-2020/>

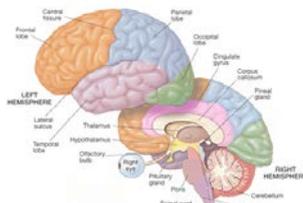
Raise Awareness



Improve Experience



Provide Information



Enable Independence



Strive for Quality



Our support groups continue to welcome new members and we have been delighted to open a new group in Storrington. Our Support Group Facilitators continue to lead discussions on lots of subject that are close to the hearts of all those affected by brain injury. Our groups provide a safe place where people are understood and where their own experiences are a valued part of helping each other with life after ABI. *We'd like to thank all our group members for sharing their experiences with others.*

Our Support & Information Service continues to provide 1-1 outreach support to people across the county and what has been most telling for us this year is how complex the issues and support we are giving can be. The very positive news is that the service has made some very real life changing differences to people's lives.

We have been developing, with the help of co-opted trustee, Viv Cooper, a 'Carers Training Course'. Thank you to all of you who helped us with our questionnaire. We have some funding from WSCC and Sussex Community Foundation to enable us to start running this course as a pilot study very soon. We are still trying to think of a more appealing name for the course (any ideas?), which will run over 4 weeks and will help carers and family members to understand ABI, support their loved one and to take care of themselves.

There are big changes coming to how social care and health care support people in West Sussex. It's going to be a long process but we are determined that brain injury is not forgotten in these changes! So, we have been attending lots of meetings and we hope this will translate into us being able to ensure everyone involved in planning services and health care provision recognises people living with brain injury and the support they need.

Sadly, we had to stop running our Counselling service at the end of August. In part this was due to us struggling to find the funding to continue the service and other issues that made it difficult for us to deliver the service successfully. We are looking closely at ways to fill the gap and ensure everyone has the emotional support they need.

Fundraising in 2017 has been tougher than last year. It is very hard for small charities like Headway West Sussex as competition for funding is fierce. Despite some great applications to trusts and grants raising the funds needed to keep us running, about £80,000.00 a year, continues to be very challenging. The challenges in gaining grant and trust funding makes us more reliant on people raising funds for us and HWS holding its own events. We hope that in 2018 you will support us in any way you can to raise the money we urgently need.

A new me - The Headway  
UK 2017 campaign



# Fundraising

We shared a brilliant Family Fun Day at the United Services Club in Haywards Heath with Headway East Sussex. The club organised a brilliant day and we took our new gazebo, display items and lucky dips on their first outing. I think we look pretty good!

## Hats4Headway

What a great response this year! We raised about £1000 and must send a special thank you to Barbara who held a best hats competition and raffle at Southern Water. The Bognor Group sent us a brilliant photo of their H4H night, where under the guidance of Kerry Jeffs they made some great hats (see page 1 for photo).

## Fashion show

Les Hixon organised an amazing and very enjoyable Fashion Show and lunch at Lavant this summer. We raised over £800.00 and as you can see from the photos everybody really got into the swing of things and put on a lively and fun show. At the show we were joined by Ben Dunbar, Ben is the survivor of brain injury and he talked about his journey and how Headway West Sussex had played such an important part in it. It's vital that the voices of people who are living their life with brain injury are heard and we are very proud to announce that Ben is now an Ambassador for Headway West Sussex.

## Chichester half marathon

George Ide did it again and raised well over £1800.00 running the Chichester ½ Marathon

George Ide have raised over £10,000.00 in the past six years, we thank them not only for running the ½ marathon for us but also for their continued support and sponsorship of our information pack.

## Chichester String Ensemble

The ensemble hosted their third fundraising concert for us and our volunteer Les ran the interval bar! We raised over £1100 and wish to thank those involved in helping the night be a great success it was.



United Services Club Family Fun Day



Hats4Headway @ Southern Water



Lavant fashion Show



George Idea running the Chichester half marathon



Chichester String Ensemble

## Mince Pie Morning

There is still time to hold a mince pie morning, phew! You can download the poster and the recipe for success from our website to promote your event. Every £30 raised means that we can offer someone a place in a Support Group...Oh and you get to eat as many mince pies as you can!



## A note from Sam

It's been six and a half years since I joined Headway West Sussex and although that six and half years has flown by, it is time for me to move on to pastures new as I pursue an MA. As I leave this amazing charity I hope that I have done my best to raise awareness about ABI, that families feel they have a place to come to for support, information and understanding and that the future for everyone living with brain injury in West Sussex is a bit brighter. It's amazing to think that in six years we have quadrupled the numbers of people that we support, now engage with over a thousand people on social media, have built a website full of information that is visited by up to a thousand people a month, have sent out hundreds of information packs, raised over a quarter of a million pounds and opened new services that deliver life changing results for people and their families.

The work that is done by Headway West Sussex really does change lives and it's been a great honour to see that happen. As the demands on small charities such as ours increase, I would urge those that can to support this small, busy and dedicated team of staff, volunteers and trustees to ensure that Headway West Sussex is there for someone else when they need it. I leave Headway in the capable hands of Kate O'Neil, my job share partner, who will continue her role as Chief Officer. I wish everyone at Headway West Sussex and all those who use our services a happy future and continued success.

Sincerely,

Sam

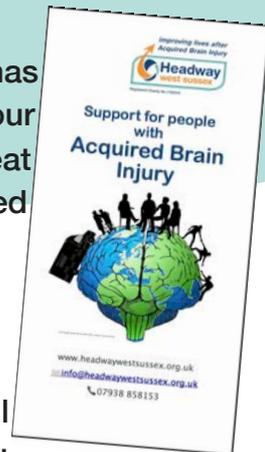
Chief Officer

# Raising Awareness

We have been working hard to ensure that in West Sussex brain injury is no longer a hidden disability. We've been doing some of this through our social media streams and we've had great responses. So many people reacted to our 'What not to say to someone with brain injury' posts; thank you, it was great to open that conversation up and share frustrations. Please do join the 1000+ people following us on Twitter, Facebook and getting our e-bulletins. This is a great way for us to share info you may find useful and tell you about our events. We've also distributed 1000 new leaflets across the county this year and over 14000 people visited our website in just the first 6 months of 2017!

We had amazing cross county publicity for our **Lost Identity** exhibition, appearing in lots of newspapers. If you can't get to any of the exhibition spaces in 2018 you can see the photographs and hear Chris talk about his life after brain injury via our website <http://www.headwaywestsussex.org.uk/what-is-brain-injury/lost-identity-photography-exhibition/> We will be continuing to show the exhibition across West Sussex in 2018 and we are holding an event to celebrate its success and raise as much awareness as we can in the summer at Littlehampton Museum, we hope you'll join us.

Kerry Jeffs has continued to support us with her incredible art work and has designed images that we have used on our new leaflets, a tablecloth for our events and across all our design work. I'm sure you will agree they look great and many thanks to everyone at the Worthing Support Group who helped Kerry with the design process.



## Events in 2018

We have some great fundraising events planned for 2018, we hope you will join us to not only raise funds but to have a great time. We will keep you updated as we add to the list throughout the year, but here's a little flavour of what's ahead and if you'd like to hold an event please let us know.

- 📍 Murder Mystery night – date TBC
- 📍 Celebration event/Exhibition viewing – Littlehampton Museum June 9<sup>th</sup>
- 📍 Hats4Headway – May (ABI awareness week 14-20<sup>th</sup>)
- 📍 Quiz and food night – Worthing and Bognor – dates TBC
- 📍 Mince Pie mornings

*On behalf of the trustees, myself and Kate, I'd like to wish a Merry Christmas & a Happy New Year to all our staff and volunteers as well as a huge 'thank you' for your dedication and hard work. Thank you to everyone who has supported us in 2017, whatever you did it will help makes lives better for survivors of brain injury. Thank you if you have raised money for us, every penny raised has allowed us to support more families.*



# Help us to help others

It's easy to raise money for survivors of brain injury. Pop to our website for all this information and more.

Fundraising Pack

Hats4Headway

Events

Ideas



How to Fundraise

Posters & Sponsorship Forms

Set up a JustGiving Page

Gift Aid Forms

Fundraising Tips

**Date and time**  
Before setting the date, make sure you have plenty of time to plan, make a note in their diaries. Pick a date that is easy and convenient for friends and family. It may be better in the school holidays with any other local events that are likely to draw people away. Don't coincide with any national days or major sporting events.



JustGiving



Quick Fundraising

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One-off & Regular Donations

Corporate Giving



Coming soon!



In Memory Forms

Legacy Giving

Mince Pie Morning

Amazon Wishlist



Coming soon!

