

HEADWAY SWANSEA NEWSLETTER



The brain injury association

Issue 25 November 2016



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Welcome from Headway Swansea

Welcome to our November 2016 newsletter. We hope you have enjoyed the activities that we organised throughout 2016 and we look forward to seeing you all in 2017. We hope you enjoy the newsletter!

If you have anything you would like to put into the next edition of our newsletter please contact us.

The Headway Swansea team



Chairperson - Chris Evans has been involved with Headway Swansea for 23 years and has been the chairperson for more than 10 years.



Secretary - Melanie Lewis has been the secretary of Headway Swansea since July 2006 and has been working on developing our website and getting us on Facebook.



Treasurer - Glyn Phillips has been treasurer since 2005 and has been a volunteer with Headway Swansea since 1992. He also offers regular support as a volunteer at the activity centre.



Activity Centre Co-ordinator - Clive Davies became involved with Headway Swansea over 21 years ago. As well as organising the activity centre, Clive also arranges days out and visits patients with brain injuries and their families to offer support and advice.

Upcoming Dates for your Diary!

Dates for 2017

Committee Meetings

16 January
20 February
20 March
10 April
15 May
19 June
17 July
21 August
18 September
16 October
20 November

All meetings start at 7.00 p.m. and take place in the Seminar Room,
New Education Centre, Morriston Hospital.

Activity Centre

9 & 23 January
13 & 27 February
13 & 27 March
10 & 24 April
8 & 22 May
12 & 26 June
10 & 24 July
14 August
11 & 25 September
9 & 23 October
13 & 27 November
11 December

The activity centre starts at 1 p.m. and finishes at 4 p.m. and takes place in
Llewellyn Community Hall, Swansea Road, Penllergaer, Swansea
(Just off junction 47 from the M4, opposite the Old Inn)

Swansea Headway meets several times through the month:

Activity Centre - held at **Llewelyn Community Hall, Penllergaer, Swansea**. Our activity centre runs twice a month and offers the opportunity to socialise with others in similar circumstances, enjoy board games, play pool, have tea/coffee and a chat. There is the chance to join in with some art and craft activities at the centre, You can also get advice and support from our volunteers.



Active Group – held at various locations dependant on activity. The Active Group offers opportunities to enjoy a variety of group activities, recent activities have included Archery, Falconry, Tenpin Bowling, and walks around Swansea Marina and Singleton Park. We have many more fun activities organised and welcome ideas from new members!



Committee Meetings - held at **Morrison Hospital, Swansea**. At these meetings the committee talk any business issues . Everyone is welcome to join us.



If you are interested in joining any of these groups or meetings, please contact us for further information. Contact details can be found on the back page.



LLEWELLYN HALL
SWANSEA ROAD,
PENLLERGAER,
SWANSEA SA4 9AQ
Junction 47, M4
Opposite Old Inn pub

Headway Swansea Social and Activity Groups

Headway Swansea is a local charity for people with brain injuries and their family, friends and carers. Our members have experienced different types of brain injuries, which includes: Stroke, Haemorrhage, Aneurism, Traumatic Brain Injury, Brain Infections, Brain Damage, etc.

We meet regularly to socialize in friendly and welcoming surroundings. Our Activity Centre is held at Llewellyn Hall, Penllergaer, Swansea SA4 9AQ and you are welcome to come along for a cuppa, company and chat. All our activities are free, so come along and enjoy! Meetings are held on the 2nd and 4th Mondays of the month (except Bank Holidays) between 1 – 4pm.

Headway Swansea Outdoor Activity Group helps people to enjoy their spare time, by offering interesting and enjoyable indoor and outdoor activities. Activities include walks, bowls, cinema visits, archery, surfing, etc.

We welcome new members and volunteers and are open to new ideas. We look forward to seeing you at Headway Swansea.

Email: headwayswansea@hotmail.co.uk
Website: www.headwayswansea.yolasite.com
Phone No: 01792 526124
Bus Routes: X13 from Swansea
& 141 from Gorseinon



Active Group Photos

In the last 3 months, the active group held days out included 10 pin bowling, Gower Heritage Centre, a visit to the Gwili Railway and a trip to the cinema



Donations



Adam North has recently suffered from a Traumatic Brain Injury. Three of his friends Tegan Bowen, Amber Davies and Robert Tanner had the idea to have a coffee morning and non school uniform day in Bryn Tawe school to raise money for Headway Swansea. The total raised was £194.



We were recently presented with a cheque in the sum of £800 from Sally Flynn. The donation was in lieu of flowers in relation to Sally's mum who had recently passed away. They also held a cake sale which had raised £200 and a charity event at mumbles castle had raised £500.

HEADWAY VOLUNTEERS

We would like to thank our dedicated volunteers, both old and new, for all their hard work, enthusiasm and commitment to making Headway Swansea a success!

If you are interested in becoming a volunteer for Headway Swansea please contact us for further information.



If you would like further information about anything in this month's newsletter then please contact us using the details below:

Telephone: 01792 526124
E-mail: headwayswansea@hotmail.co.uk
Website: headwayswansea.yolasite.com

We would like to say a big thank you to everyone who has donated funds to Headway Swansea; we wouldn't be able to offer so much support to our members without your generosity. Thank you!

We would also like to thank JCP Solicitors for their continued support and for sponsoring this newsletter.

