

HEADWAY PEMBROKESHIRE JANUARY NEWSLETTER

Hello All!

Welcome to the January Newsletter. I hope that this rather gloomy month is being kind to you. I've always thought that the best thing about January is that it is only two months away from March! Reminds me of the old Dame Edna Everage joke that the great thing about Melbourne is that it is only 24hrs away from somewhere really interesting! Anyway, with lengthening evenings and six nations rugby around the corner we can still find reasons to be cheerful!

Christmas Dinner

This was held on Friday the 13 January at the Bristol Trader. In spite of the inauspicious date, the evening passed off without incident! Indeed, it was a very enjoyable evening and the staff looked after us well.



Quarterly Magazine

The next edition is due for publication on the 1 March as a St David's Day edition. If there are any late entry articles please pass them on as soon as possible to Barbara Phillips at babsp68@btinternet.com.

Next Social Meeting

A reminder that this will take place on Thursday 9 February at 6.30pm. Dr Rodger Weddell, Consultant Neuropsychologist will kindly be in attendance during that meeting to talk to any members who would like to avail themselves of that valuable opportunity.

Headway Training Course: Wednesday 12 April

Headway will be running a training course on the above date at the BIRT Centre, Llanelli. The topics for the course are "Understanding Brain Injury" and "Challenging Behaviour". If you would like to attend the Course then please register via the Headway Website.

Radio Pembrokeshire Local Hero Awards 2017

This award ceremony is taking place on Friday 24 February 2017. These awards recognise and reward the unsung heroes and people who make a real difference to life in the County. We have been approached by Radio Pembrokeshire as they feel that some of their categories may be particularly relevant to us, including "Carer of the Year", "Mum of the Year" and "Dad of the Year".



The nominations close on Sunday 12 February. If you would like to nominate a worthy candidate then you may do so online at www.radiopembrokeshire.wales.

Action for Brain Injury Week 2017 (8 – 14 May)

ACTION FOR
BRAIN INJURY WEEK 2017
8-14 MAY

The theme for this year's *Action for Brain Injury Week* is "a new me". This is intended to provide a platform for people to create/share their experiences in order to challenge misperceptions of brain injury while demonstrating the value of having access to the right help, at the right time – such as the support

provided by Groups and branches. The idea is to use the power of social media and a targeted press campaign to increase the public's understanding of brain injury.

People affected by brain injury across the UK are invited to express in creative ways how brain injury has changed their lives and created "a new me". Examples are a poem, a song, a painting, a picture, a blog or even a short video. A selection of the creations will be displayed on a dedicated campaign website during the week, with each creation accompanied by a short biography of the author/artist/creator to give context to the work. In addition, an exhibition of the art work will be displayed at The Way Ahead.

If you would like to become involved by creating a piece of work for submission to Headway, please email me on headwaypembrokeshire@hotmail.co.uk so that I may arrange for it to be submitted.

In addition, Hats for Headway Day will be held on Friday 12 May to provide a fundraising focus.

All the best

Matthew

Contact Details

Telephone: 07958 105596

Email: Headwaypembrokeshire@hotmail.co.uk

Royal Mail/Monthly Newsletter Items – Matthew Owen, Headway Pembrokeshire, Venture Court, Waterside Business Park, Valley Way, Enterprise Park, Swansea, SA6 8QP.