

# HEADWAY SWANSEA NEWSLETTER



The brain injury association

*Issue 27 July 2017*



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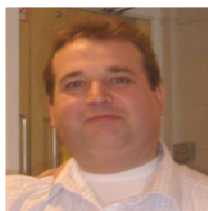
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## Welcome from Headway Swansea

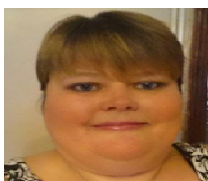
Welcome to our July edition of the newsletter . We have organised lots of activities throughout spring and summer and we hope you will be able to join us. We have also set up a new Headway South West Wales website, details of which can be found at page 8.

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**

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**

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 Morriston Hospital, Swansea. At these meetings the committee talk any business issues. Everyone is welcome to join us.



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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.





the brain injury association



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 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto:headwayswansea@hotmail.co.uk)  
Website: [www.headwayswansea.yolasite.com](http://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 including kiting, boccia, archery, rifle shooting





**SOUTH WEST WALES BRAIN INJURY GROUP CONFERENCE**  
Headway recently had a stand at the South West Wales Brain Injury Conference at the Liberty Stadium Swansea on 12 May 2015. The conference was attended by over 260 people



## Well Being Day

Along with the other groups in South West Wales, Headway Swansea attend the Well Being Day which was organised by Rodger Weddell. This took place in St Fagans and included a music therapy session and treasure hunt. A great time was had by all. Further pictures will shortly be available on our website.





# Headway South West Wales Website



the brain injury association

Registered Charity No : 1025852

Headway branches in South West Wales have joined together to create a new website. On this website you can find information in relation to the following groups:

Headway Bridgend  
Headway Carmarthenshire  
Headway Ceredigion  
Headway Merthyr  
Headway Neath Port Talbot  
Headway Pembrokeshire  
Headway Powys  
Headway Swansea

Please come along and visit our new website

**<http://www.headwaysouthwestwales.org.uk/>**



## FUNDRAISING

Penllergaer crafters recently held a craft fayre.

All proceeds were donated to Headway Swansea and they recently presented us with a cheque in the sum of £1,000. A big thank you to them !



## 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:** 07842 976287  
**E-mail:** [headwayswansea@hotmail.co.uk](mailto:headwayswansea@hotmail.co.uk)  
**Websites:** [headwayswansea.yolasite.com](http://headwayswansea.yolasite.com)  
[headwaysouthwestwales.org.uk](http://headwaysouthwestwales.org.uk)

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.

