

# HEADWAY SWANSEA NEWSLETTER



*Issue 29 April 2018*

The brain injury association



## **Also in this issue:**

Page 2	:	Headway Swansea
Page 3	:	Upcoming dates for your diary
Page 4	:	Groups & Meetings
Page 5	:	Headway Swansea Social & Activity Group
Page 6	:	Active group photos
Page 7-8	:	Hats for Headway
Page 8-9	:	Brain Injury Conference
Page 10	:	Headway South West Wales Website
Page 11	:	Contact Us

## Welcome from Headway Swansea

Welcome to our April edition of the newsletter . We have recently moved our committee meetings to the Traumatic Brain Injury team offices at Morriston Hospital. This has been a great move for us with better facilities and access. We look forward to seeing you at our activities throughout spring and summer 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 24 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.



**Activities Organiser - Annamarie Stenner** became involved with Headway Swansea in 2017. Annamarie organises activities and arranges days out.

# Upcoming Dates for your Diary!

## **Dates for 2018**

### **Committee Meetings**

16 April  
21 May  
18 June  
16 July  
20 August  
17 September  
15 October  
19 November

All meetings start at 7.00 p.m. and take place in the Brain Injury & Neuropsychology service, Old crèche building, Morriston Hospital, Swansea, SA6 6NL

### **Activity Centre**

9 & 23 April  
14 May  
11 & 25 June  
9 & 23 July  
13 August  
10 & 24 September  
8 & 22 October  
12 & 26 November  
10 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)

**Friday 18th May Brain Injury Conference & Hats for Headway Day**

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 the Brain Injury & Neuropsychology service, Old crèche building, Morriston Hospital, Swansea, SA6 6NL. 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.





### **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: 07842976287  
 Bus Routes: X13 from Swansea  
 & 141 from Gorseinon



## Active Group Photos

In the last 3 months, the active group held days out including  
Ten pin bowling, a visit to the museum and a theatre trip,  
If you wish to join us on any of the activities please email  
[headway swansea@hotmail.co.uk](mailto:headway swansea@hotmail.co.uk)



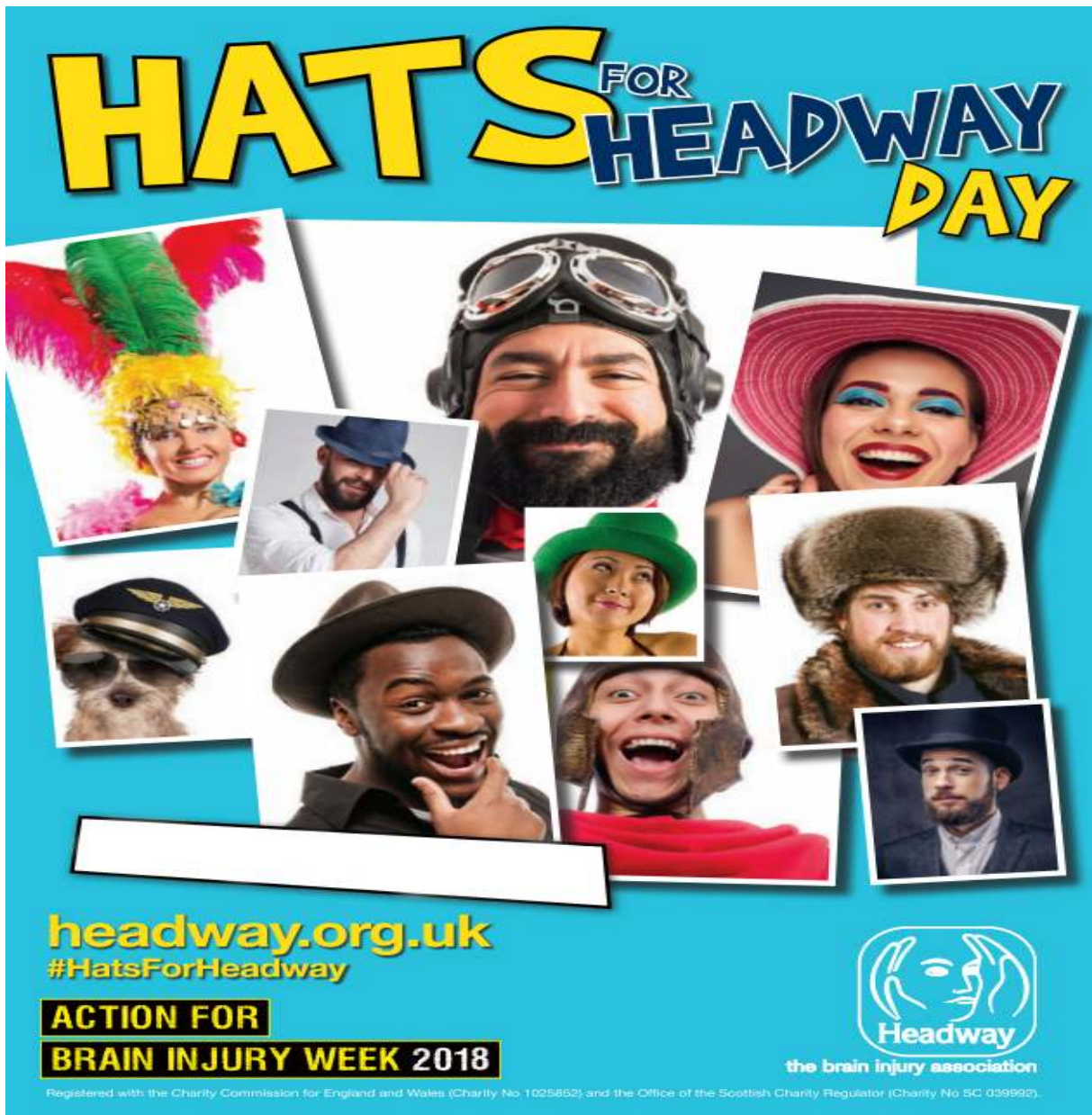


## HATS FOR HEADWAY

Hats for Headway Day is a simple, fun, and easy way to raise money for Headway. All we ask you to do is wear a hat (as novel and wacky as possible!) for the day in return for a **donation**. Simple!

Anyone can take part, whether you get everyone in your office or company to join in, or your school or college, or perhaps if you're holding a coffee morning with your friends - either way, you'll have great fun!


If you require further information please contact us



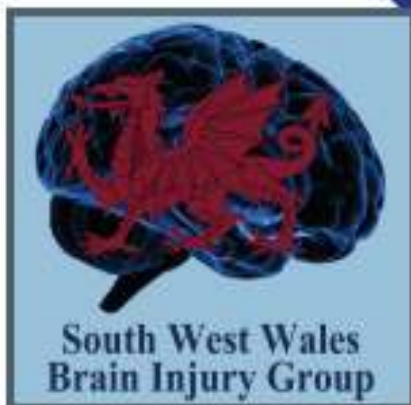
**HATS** FOR **HEADWAY** **DAY**

[headway.org.uk](http://headway.org.uk)  
#HatsForHeadway

**ACTION FOR**  
**BRAIN INJURY WEEK 2018**

  
the brain injury association

Registered with the Charity Commission for England and Wales (Charity No. 1025852) and the Office of the Scottish Charity Regulator (Charity No. SC 039992).



**Friday 18 May 2018**  
**Liberty Stadium, Swansea**

# The South West Wales Brain Injury Conference 2018

**£35 Professional and Corporate**

**£20 Students**

**Free for non-professional Headway  
members, brain injury survivors & non  
paid carers**

*Pictures will be taken at this event to be  
used on our website and social media, if  
you do not wish to have your picture taken  
please advise us prior to or on the day of  
the event.*

**Book your place at:**  
[swwbic-2018.eventbrite.co.uk](http://swwbic-2018.eventbrite.co.uk)

**Tweet your questions using**  
**#swwbic2018**





Chair - Dr Jeremy Tree  
Associate Professor - Psychology Department,  
Swansea University

### Morning Agenda

9:00 Registration, refreshments & networking

9:25 Welcome address

9:30 Identity Change after Brain Injury  
Dr Fergus Gracie - Senior Research Fellow and  
Consultant Clinical Neuropsychologist

10:15 Epilepsy after Brain Injury  
Professor Rob Powell - Consultant Neurologist

11:00 Refreshments break & networking

### 2nd Registration Opens

11:30 Survivor Story  
Joanna Rhydderch and Dr Nia Wyn Davies,  
Clinical Psychologist

12:00 Managing Headaches after Brain Injury  
Dr David Abankwa - Consultant in  
Rehabilitation Medicine

12:45 Lunch & networking

### Afternoon Agenda

13:45 Return to plenary session

14:00 Break into workshops

14:15 Workshop choice 1

15:00 Move to second workshop

15:15 Workshop choice 2

16:00 Return to plenary session  
SWWBIG chair's closing remarks

16:30 SWWBIG AGM  
optional for members

## Workshops

On booking you will be asked to choose TWO of the below workshops to attend.

**A. Dr Andrew Kemp - Associate Professor - Enhancing Positive Emotion and Laughing Yoga** - This presentation will explore the tight linkage between our mental and physical health, by drawing on the most recent science and engaging in several interactive activities. Recent scientific studies link positive and social emotions to a longer lifespan, effects that may rival many traditional risk markers for morbidity and premature mortality, such as diabetes, obesity and physical inactivity.

**B. Joanne Humphreys and Nordoff Robbins – Benefits of Music Therapy** - In this workshop we'll explore the ways in which we use music in everyday life, and consider how music therapy builds on this to achieve positive outcomes. There will be an opportunity for listening to examples of music therapy work, thinking about the role of music therapy in the MDT, and some active music making.

**C. Fieldbay – Positive Behaviour Management** - Positive Behavioural Support is a person centred approach to managing behaviours that can be challenging. During this workshop you will hear about the approach and its application in a residential setting for people with complex needs.

**D. JCP Solicitors - Powers of Attorney and Wills – Know the Basics** - This session aims to provide basic training for healthcare professionals working in the community, about how these legal documents could help to provide peace of mind to individuals and their families, to plan ahead for a situation where capacity could be lost unexpectedly.

## 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/>***



Dr Rodger Weddell, Consultant Neuropsychologist, has a section on our website about “Feel Good”, the aim of which is to focus on good experiences in the process of moving forward. You are invited to share your positive experiences – and you could win a prize.

**The most positive and inspiring post each month wins a £10 Amazon voucher.**

***Why not give it a go ?***

## 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: [headwaysouthwestwales.org.uk](http://headwaysouthwestwales.org.uk)  
[headwayswansea.yolasite.com](http://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.

