

HEADWAY SWANSEA NEWSLETTER



The brain injury association

Issue 30 August 2018



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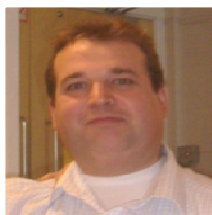
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Welcome from Headway Swansea

Welcome to our latest edition of the newsletter. We hope that you are enjoying this glorious weather and we look forward to seeing you at our activities throughout 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

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

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)

Swansea Headway meets several times through the month:

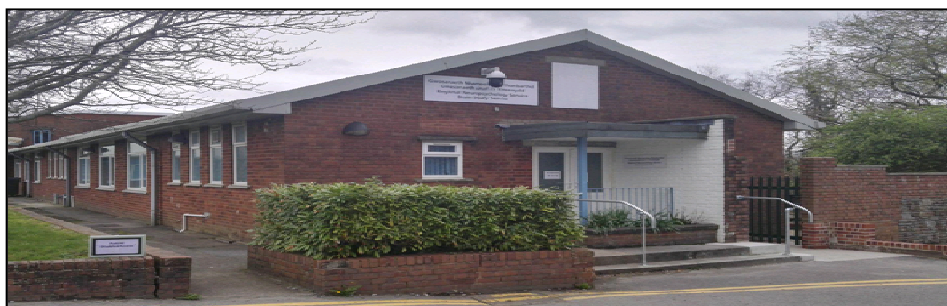
Activity Centre - held at **Llewelyn Community Hall, Penllergaer, Swansea**. Our activity centre runs twice a month and offers the opportunity to socialise with others in similar circumstances, enjoy board games, play pool, have tea/coffee and a chat. There is the chance to join in with some art and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

Active Group Photos

In the last 3 months, the active group held days out including
A cinema trip, Fishing and Ski-ing
If you wish to join us on any of the activities please email
headwayswansea@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!

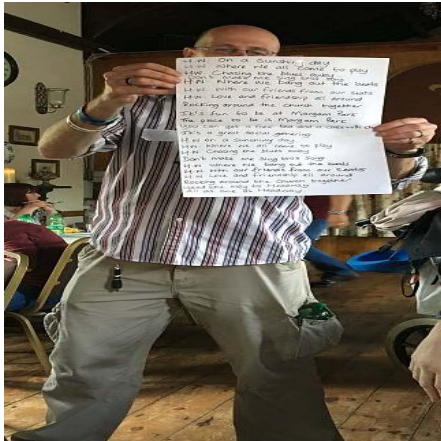
Anyone can take part, whether you get everyone in your office or company to join in, or your school or college, or perhaps if you're holding a coffee morning with your friends - either way, you'll have great fun!

If you require further information please contact us



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 Margam Abbey and included a music therapy session and treasure hunt. A great time was had by all.



Fundraising

Richard Batchelor participated in the JCP Swansea Half Marathon on 24 June 2018. In the 23 degrees heat, Richard amazingly tackled the cobbles at the top of the wind street and finished with a time of 2 hours and 57 minutes and 35.1 seconds. He raised a total of £270 which he split between Headway Swansea and Swansea Storm Wheelchair Basketball Club. Congratulations Richard and thank you for your support.



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
Websites: headwaysouthwestwales.org.uk
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.

