

Heaton's Centre on Wednesday Afternoons 1-3pm
Refreshments: Meeting friends-Socialising-games- Dominos Scrabble-Pool
Thursday evening meetings at 7.30pm in committee room on first floor- press intercom to enter



Headway South Manchester & Stockport Branch

NEWSLETTER

****March 2016****

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Hi Members,

October 15th – Stockport Heritage talk – Stockport Viaduct

We had Thursday evening meeting we had wonderful talk from **Kevin Dranfield**, on the history of Stockport Viaduct on how it was built and the history of it was very interesting thank you to Kevin for coming to give us a talk about it. If anybody would like some more information about the history of Stockport you can go to St Marys Church in the market place Stockport.

Sunday November 8th – Hat Museum & Air Raid Shelters

Eight of us had a Tour around the Hat museum on how they produced the hats in Stockport and all their different processes in making them, and all the machinery they used, it was a very interesting tour. After lunch we went on a Tour around the Air raid shelters they used in the war. They showed how people lived in there and how they slept while there was bombing was going on. Many questions were asked many thanks for the tour, thank you to **Janet** for organising both tours.

Thursday November 19th – AGM

We held our AGM which was a very special occasion as **Steve Davies** who has been involved in our branch from its very earliest days was presented with a certificate from Headway UK commending him for his outstanding contribution as a volunteer. Another success year was reported and the committee voted in.



Steve Lomas Receiving His Achievement Award at Headway Lunch at Dorchester London 11 December



Congratulations to **Steven Lomas** who won the Headway UK Achiever of the year award. Steven was nominated because he worked consistently for 5 years to achieve a 1st Class Degree in Professional Broadcast Techniques. For his final project Steven shared his story by making a video about his journey since his brain injury and wanted to raise awareness of Headway & wanted to thank Headway Stockport & South Manchester for their support. Steven attended a ceremony at The Dorchester in London in December where he was presented with his award.

THE HEATONS CENTRE Stockport Signpost for Carers

Thornfield Rd, Heaton Moor, Stockport, SK4 3LD

Prepared by Richard Dann-Rachel Rees

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Saturday December 5th – Pantomime (Mother Goose) & carvery

We all enjoyed the pantomime Mother Goose there was a lot of singing dancing and well-mannered banter. Some heckling as well oh no there wasn't ! Oh yes there was! After the pantomime we went to the Sheldon Arms for a meal and drink. All in all much fun was had, thank you to **Keith** for arranging this.

Wed December 16th – Drop-in Christmas buffet

On the 16th December we had our final meeting. A wonderful buffet was prepared by **Sue and team** which was lovely. Also we were all chuffed to bits as our local celebrity Steven Lomas and his wife Jo joined us. We all congratulated him on receiving the national Headway achiever of the year which was extremely well deserved. There were people from the That's Manchester channel filming and doing a couple of interviews to see what Headway was all about and to find out how Steven felt after winning this award.

Future Thursday Evening Meetings & Trips
(talks in committee room on second floor NOT Basement)

Thursday 17 March – Dr Christian Salas, Consultant Neuropsychologist

Meet at conference room upstairs at the Heaton's Centre at 7.30pm. Will speak about "*fighting social isolation and inactivity after brain injury*" and "*why I admire Headway?*" Please come along as Christian has extensive experience of working in brain injury rehabilitation and will provide you with very helpful strategies.

Additional date *Tuesday 22 March* - Ten Pin Bowling at Parris Wood, Didsbury

Meet at 6:30pm for 7pm start. Games, snacks and drinks will be provided, we always have a great night when we go bowling so please come along for this social occasion.

Thursday 21 April – Quiz Night

Meet at conference room upstairs at the Heaton's Centre at 7.30pm. By popular demand **Keith Davies** will be present a quiz which is always great fun and very competitive so start thinking of your team names now.

Future Events

Thursday 19 May

Meet at conference room upstairs at the Heaton's Centre at 7.30pm. Speaker/activity to be arranged. We are hoping to arrange singing/music workshops this year and an update

from Stockport Signpost for Carers – details will be emailed nearer the date.

Monday 6 June – Carer's Information Day at Stockport Town Hall 12 noon – 4pm

We will have a number of volunteers manning the stall to provide information to raise awareness about brain injury and how Headway can help. There are many other interesting organisations that will also be present if you want to find more about what is on offer locally. Refreshments are available in the town hall.

Saturday 11 June – Didsbury Festival

All day Didsbury Festival where we will have our fantastic stall selling items to raise funds and also raising awareness about brain injury.

Thursday 16 June – Social night buffet

Meet 6:30pm for 7pm. Social night NB. We will not be at the Heaton's Centre this evening as we will be going for a buffet style meal at a local restaurant – details to be confirmed later.

Save the date

Thursday 21 July - Crown Green Bowling and annual raffle following Didsbury Festival at the Red Lion Pub, Withington

Meet at 7pm.

Sunday 7 August – New Horizons Boat Trip

Meet at 12:30pm. New Horizons Boat Trip at Marple – numbers are limited to 12 so please sign up as soon as possible. If we can't accommodate everyone we may book a second canal trip and we will also be arranging a day trip on the **Manchester Ship Canal to Liverpool** where numbers won't be so limited – look out for the next newsletter/emails giving the date for this.

October 2016 – Activity weekend

We are aiming to have another trip to **Bendrigg Activity Centre** in the Lake District for 2 nights – details will be provided by our Member Representatives at the drop-in.

Future Newsletters

We would also like further ideas for future venues/outings etc. from you our Headway Members. Do you have any ideas about trips or events for our group?

Please have a word with Nicola or Robin at the Drop-in with any ideas for future trips/outings and they will pass these on to the committee

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