

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



## Headway South Manchester & Stockport Branch

# NEWSLETTER



**\*\*May 2015\*\***

**Contacts: Rachel Rees 0773320049, Janet Penny 07545182658**

### **Hi Members**

#### Nicola's coffee morning last Nov

Nicola Scott is a very supportive member of the group and raised £77 when she held a coffee morning at her new house and sold her homemade cards. Nicola made everyone very welcome with coffee and homemade cakes and even out on a stew for all her visitors.

Nicola also make personalised cards for our members on special occasions and her mum Sue and Sue Elliott donate beautiful gifts which are sold at the Heaton Centre at our drop-in. Many thanks to them for all their hard work.



#### Please Support the Headway Shop at the Heatons Centre

All proceeds are given to our Headway branch to cover the costs of tea and coffee, biscuits etc.

#### John Wellock talk on Cycle Helmets Wednesday 11 March

John Wellock, one of our members spoke to us about the importance of wearing a cycle helmet, and how using one had saved his life. John was badly injured when a car knocked him from his bicycle; he sustained a traumatic brain injury which meant a long stay in hospital and rehabilitation and learning to walk and talk again.

John described the huge difference his injury had made to his and his family's life. The fact that John

was able to deliver his important message so eloquently showed clearly all his hard work and determination in proving his doctors wrong! Supported by his Speech & Language Therapist (Rachel Wyper) and his Occupational Therapist (Sarah Butterworth), John gave a powerful and passionate speech which sparked a lively debate on the use of helmets, keeping ourselves as safe as possible and counting our blessings. Good luck in your campaigning to make the wearing of cycle helmets on British roads compulsory and thank you for sharing with us your story, your optimism and your wise words John!



#### Tenpin Bowling at Parrswood Didsbury Night Thursday 15 January

We had a brilliant time bowling at Parrswood. We took over a couple of lanes with some people enjoying themselves so much they took to dancing! Food and refreshments laid on. Many thanks to Janet for organising the event.

#### Thursday 19<sup>th</sup> February Planning Meeting

The annual planning meeting took place during our February evening meeting. There was lots of discussion about what we can do during the coming year for trips and evening events which are on the list

**(The Basement) THE HEATONS CENTRE Stockport Signpost for Carers**

**Thornfield Rd, Heaton Moor, Stockport, SK4 3LD**

*Prepared by Richard Dann-Rachel Rees*

**Headway South Manchester & Stockport Branch**

[Heatons Centre on Wednesday Afternoons 1-3pm](#)  
[Refreshments: Meeting friends-Socialising-games- Dominoes Scrabble-Pool](#)  
[Thursday evening meetings at 7.30pm in committee room on first floor- press intercom to enter](#)

with this Newsletter. To ensure you have a place on any trips you are interested in make sure that you have put your name on the list in the diary and complete a Booking Form which Steve/Richard bring round at the drop-in each week

#### [Thursday 19<sup>th</sup> March 2015 Quiz Night](#)

3 teams that took part, there was a great mixture of questions and Keith was quiz master for the evening. Congratulations to the winning team, Ann, Hazel, Richard & Paul. Many thanks to Keith for organising a great night.



#### [Thursday 16 April Oriental Buffet Grand Central](#)

This outing for a slap-up meal is becoming one of our favourite annual fixtures; another lovely gathering of friends with great food, thanks Janet and Dan for organising.

#### [Future Thursday Evening Meetings & Trips](#)

##### [Thursday 21 May](#)

**Meet in the Heatons Centre committee room upstairs at 7.30-9pm** to hear a talk by **Dr. Christian Salas-Riquelme, Clinical Psychologist** on **“Managing Stress after a Traumatic Brain Injury.** This will be very informative as Christian has worked in brain injury rehabilitation in the UK and in S. America and is currently based at the Headforward Centre in Withington. He wants to hear from you with your questions/experiences so he can offer some helpful guidance so please come along. Family members also very welcome.

**Thursday 18 June** **Meet in the Heatons Centre committee room upstairs at 7.30-9pm** to hear a talk by **Liz Taylor-Neuro-Occupational Therapist** who has specialist knowledge and skills in working with people with brain injuries and will talk to us about how she helps them and their families/carers to develop goals and personalised treatment to help them achieve these goals and will give members some helpful strategies for managing everyday tasks which may cause them problems.

**Thursday 16 July Crown Green Bowling and Raffle draw at the Red Lion Pub, Wilmslow Rd, Withington, Manchester, M20 4BT Meet at pub**

#### [in the garden at rear at 7pm \(Janet/Amanda will reserve tables earlier\)](#)

Our annual outing to relax and enjoy a game of bowls hopefully in fine weather and the exciting raffle draw after Didsbury festival.

#### [Didsbury Festival 13 June 2015 Didsbury Park-all day event](#)

Our biggest fundraising and awareness raising event of the year. It poured down last year so we are due to have a scorcher! Volunteer helpers welcome, your donations of cakes very welcome. Please visit our stall and enjoy the other varied family activities and stalls on offer at this great day out! See Janet if you'd like any more information about times/ volunteering/ raffle donations from any contacts you may have.



#### [List of events for the Year \(evening talks in committee room on second floor NOT Basement\)](#)

**May 21<sup>st</sup>** – evening -speaker Dr. Christian Salas-Riquelme Clinical Psychologist. “Managing Stress after TBI”

**June 13<sup>th</sup>** – all day Didsbury Festival Headway stall **June 18<sup>th</sup>** – evening -Speaker, Liz Taylor, Neuro-Occupational Therapist

**July 16<sup>th</sup>** – evening-Crown green bowling & raffle draw

**August 2<sup>nd</sup>** – 12.30pm New Horizons Canal Boat Trip Marple

**September 17<sup>th</sup>** – evening-speaker to be confirmed

**September 25<sup>th</sup>/26<sup>th</sup>/27<sup>th</sup>** – activity trip Bendrigg Lake District

**October 15<sup>th</sup>** – evening- Stockport Heritage talk – ‘Stockport Viaduct’

**November 8<sup>th</sup>** – daytime-Hat Museum & Air Raid Shelters

**November 19<sup>th</sup>** – evening-Annual General Meeting

**December 5<sup>th</sup>** – afternoon/evening-Pantomime (Mother Goose) & carvery at Guide Bridge

**December 16<sup>th</sup>** – Drop-in Christmas buffet

**December 23<sup>rd</sup> – drop-in closed**

**December 30<sup>th</sup> – Drop-in closed**

**January 6<sup>th</sup> 2016 – Drop-in re-opens**

#### [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 your ideas on to the and she'll pass on to the committee](#)

[\(The Basement\) THE HEATONS CENTRE Stockport Signpost for Carers](#)

[Thornfield Rd, Heaton Moor, Stockport, SK4 3LD](#)

*Prepared by Richard Dann-Rachel Rees*

[Headway South Manchester & Stockport Branch](#)