



# Headway East Sussex

Rebuilding lives after brain injury

## Newsletter

## February 2019

February has brought some unseasonably warm weather to Newick and there are spring flowers on the way here at Headway East Sussex.

### Changes to the Centre timetable

We would like to say thank you to everyone for their patience, understanding and flexibility during the change to opening hours at the Centre. These changes include:

**Gym** open Monday & Tuesday (private clients) Wednesday – Friday (group & private clients)

**Pastels Art** – Tuesday 10:30-12:30 (£10 per hour)

**Cognitive Rehabilitation** – Tuesday £20 per hour

**Rediscover Group** – Tuesday 10:30-12:30 £10 per group

**Centre** open to all clients – Wednesday – Friday.

Sessions include woodwork, art, potter, IT & crafts. Tai Chi & Yoga are available for an additional charge.

**Outreach Services** are still available to clients Monday - Friday

If you would like any further information on any of these services, then please do not

hesitate to contact us on 01825 724323

### Haywards Heath Lions Club

The Haywards Heath Lions Club Swimathon is taking place on 19<sup>th</sup> April 2019 at the Dolphin pool in Haywards Heath. We are looking for volunteers, marshals and teams of 6 to swim, in relay, for a period of 55 minutes. If you would like to take part in this and raise funds for Headway East Sussex, then please contact Sarah.

### Christmas 2018

There were plenty of activities the week before Christmas with Karaoke & Christmas games on the Monday. Clients tackled a Christmas Quiz on the Tuesday but took a break on Wednesday to watch the Christmas Film "The Nativity". On Thursday, we were joined by Carol Singers from St Pancras Church and Friday was Pantomime time! (Oh no it wasn't, Oh yes it was!) This year was Snow White and was led by Jules Faux, one of our support workers.

### Important Information:

Monday 18<sup>th</sup> March – ALL services closed for staff training

19<sup>th</sup> & 22<sup>nd</sup> April – Closed Easter

### Brighton Marathon Weekend – 2019

We still have a space for the marathon on 14<sup>th</sup> April. 2019. We have also secured 5 cyclists for the 50k bike ride of the same morning. If you are interested in the remaining place, then please contact Yvonne ASAP.

### The Headway Team

Newick Market – 15<sup>th</sup> March 10:00–11:00.

If you would like to volunteer once a month and help at the market, please call 01825 724323 and speak to Yvonne

## Volunteers needed

We now have a regular stall at Newick Village Market, once a month, on a Friday. We are looking for volunteers to man the stand. It involves picking up the boxes from the Centre, setting up the stall at Newick at 9.45 and manning the stall from 10.00 to 11.00. Then afterwards, returning the boxes to the Centre. Anyone interested, please contact Yvonne.

Future dates are: -

15<sup>th</sup> March, 2109  
12<sup>th</sup> April, 2019  
17<sup>th</sup> May, 2019  
14<sup>th</sup> June, 2019  
12<sup>th</sup> July, 2019

### Postcards

Cards of our Brighton Jubilee art work - £2.50 for a pack of 5 postcards

### A4 Prints

A4 prints are now available of our Brighton Jubilee art work - £10.00 each

## Etsy Shop

We are pleased to be able to announce that our Etsy online gift shop is now open. This has been set up by Jo Bareham and Sarah Deedman, third year Occupational Therapy students from the University of Brighton, who have just completed their 8-week diverse placement with

us. The focus of the Etsy shop is to showcase the fantastic artwork produced at the Day Centre, which has been used to create greetings cards and tote bags. Jo and Sarah have set up a vocational client group that will manage the shop with their support. This group will help individuals looking to build skills and confidence in work related skills such as using social media, administration, memory,

planning as well as peer support.

All profits from the Etsy shop will be reinvested in the Etsy project to expand the range and, ultimately, provide funds for Headway East Sussex. Please support the shop at:

[www.headwayeastsussex.etsy.com/](http://www.headwayeastsussex.etsy.com/)



## DATES FOR YOUR DIARY

15<sup>th</sup> March – Newick Village market  
14<sup>th</sup> April – Brighton Marathon  
19<sup>th</sup> April – Haywards Heath Lions Swimathon  
9<sup>th</sup> June – Burgess Hill Bike Ride

### CLOSED –

18<sup>th</sup> March – ALL services closed for staff training  
19<sup>th</sup> April – Good Friday  
22<sup>nd</sup> April – Easter Monday

## USEFUL E-MAIL ADDRESSES

Claire Benson – Rehabilitation & Reablement Services:

[claire.benson@headwayeastsussex.org.uk](mailto:claire.benson@headwayeastsussex.org.uk)

Wendy Pengelly – Finance & Business Development:

[wendy.pengelly@headwayeastsussex.org.uk](mailto:wendy.pengelly@headwayeastsussex.org.uk)

Georgina Baker – Outreach Manager:

[georgina.baker@headwayeastsussex.org.uk](mailto:georgina.baker@headwayeastsussex.org.uk)

Sarah Davey – Marketing & Communications:

[sarah.davey@headwayeastsussex.org.uk](mailto:sarah.davey@headwayeastsussex.org.uk)

Yvonne Summers - Administrator:

[yvonne.summers@headwayeastsussex.org.uk](mailto:yvonne.summers@headwayeastsussex.org.uk)

Dean Shearer – Facilities:

[dean.shearer@headwayeastsussex.org.uk](mailto:dean.shearer@headwayeastsussex.org.uk)

Celia Payne Humphries – Day Services Manager:

[celia.paynehumphries@headwayeastsussex.org.uk](mailto:celia.paynehumphries@headwayeastsussex.org.uk)

Patti and Hugh – Centre Coordinators:

[centre.coordinator@headwayeastsussex.org.uk](mailto:centre.coordinator@headwayeastsussex.org.uk)

Fiona McHugh- Advice & Support:

[fiona.mchugh@headwayeastsussex.org.uk](mailto:fiona.mchugh@headwayeastsussex.org.uk)