



Hello and welcome to our Spring 2023 news bulletin. We hope you are all well and enjoying the lighter nights and warmer weather!

With best wishes from the Headway Central Lancashire Team.

The National Lottery Community Fund awards £170,000



Thanks to the National Lottery Community Fund and all its players, Headway Central Lancashire has been awarded £170,000 over four years to continue supporting patients in hospital after a major trauma and brain injury.

The Major Trauma Patient Support Service (MTPSS) started in 2018 and provides non clinical support in the aftermath of a sudden life changing injury.

The service includes assistance to claim welfare benefits, obtain legal advice, housing support, and advice around employment matters, enabling the person to concentrate on their recovery and family members to come to terms with what has happened.

A small emergency fund supports families who struggle to pay for travel to and from hospital and can supply clothing and toiletries for patients in need. After discharge from hospital, ongoing help is available at our community sessions.

Liz Bamber HWCL Manager said, 'We are thrilled to be awarded this grant from the National Lottery Community Fund. We know that MTPSS is needed and have received numerous messages of appreciation from the families we have helped since 2018. We look forward to helping many more families over the next four years'.

A warm welcome at Headway Community Meetings

Our Community meetings are for adults with acquired brain injury or after a major trauma. So whether you're struggling to get out and meet people, need to talk to someone, or get advice over a cup of tea, our Drop In's and Activity Days are available for adult clients, family members and carers.

First Tuesday: Drop in at the Salvation Army welcomes guest speakers with a question and answer session, then a fun quiz over a cup of tea with a chance to chat to other members .

Third Tuesday: Drop In at Cottam invites clients to enjoy a creative activity with demonstrations and workshops.

Last Tuesday: Activity Days at the Salvation Army includes an Art workshop for all abilities, Chair Yoga and Relaxation with a qualified instructor, Talking Group, card making and board games. Refreshments and a range of useful information, memory aids and advice on legal and welfare benefits is available.

Community Services Coordinator, Margaret Cliffe said, "you do not need to book for our sessions, but if you are attending for the first time, we will take your details and a brief history. If you need specific advice we can organise a one to one appointment at our head office at PNE in Preston".



Team building exercise at Cottam

For more information or if you would like to speak at one of our meetings please contact us:
Office: 01772 791460
Margaret on 07808 648728.

Summer Afternoon Tea

We are pleased to announce we will be holding a special Summer Afternoon Tea and Drop In on Tuesday 4th July at the Salvation Army PR1 7BN from 12.30 until 4.00pm.

We hope you will be able to join us for an enjoyable afternoon with food, a raffle, entertainment, tombola and our ever popular "Headway Bake Off" Competition. Tickets are £3.50 each and are available from Headway meetings or you can contact Margaret 07808 648728 or email:



margaret@headwaycentrallancashire.org.uk to reserve your tickets.

Headway Central Lancashire Tel: 01772 791460 or
07557123493

Email: services@headwaycentrallancashire.org.uk

Sir Tom Finney Way, Preston PR1 6PA

Charity number 1144388

Sapphire Ball 2023

£9000 was raised at our annual Sapphire Ball at the Marriott (Delta Hotels) Preston.

A sparkling night was had by all on 11th March 2023, at our main fundraising event of the year .

Liz Bamber, organiser said, "After a break of 3 years due to Covid-19, it was wonderful to share an evening with our business supporters who donate so much time and funds to Headway Central Lancashire.

We want to say a big thank you to headline sponsors, Fletchers and JMW Solicitors, and Glenn Slater

Contractors and Express Solicitors, who sponsored activities on the night". Thank you to all guests who gave so generously and to all the many contributors who provided auction and raffle prizes.



Benefits and Legal Advice

The welfare benefits and legal advice services we offer are the most requested of our charitable services. Over the past 12 months alone we have supported 720 adults.

Welfare benefits: help includes claims for Universal Credit, ESA, PIP, Attendance Allowance and more.

Legal advice: through our expert trusted partners provides advice and support around employment, mental capacity, criminal injury and personal injury.

One to one appointments are available at the office see back page for details and to book an appointment.

John's running 500 miles

Volunteer John Storey is taking part in a virtual run following the jubilee trail, running 500 miles for Headway CL.



He hoped to raise over

£200 and has already exceeded his target!

John said, 'I volunteer at Headway and see first hand the important work they do supporting adults after a brain injury. I wanted to help raise some funds and thought this challenge would be a good idea'.

To donate please go to: [John Storey is fundraising for Headway Central Lancashire \(justgiving.com\)](https://www.justgiving.com/John-Storey)

HATS 4 HEADWAY DAY 2023

Hats 4 Headway is a national campaign to raise awareness of acquired brain injury and help Headway groups and branches to continue their services. This year we are holding the event at the Cottam Drop In on 16th May 2023 and will have hats and a photo booth all ready for our 'Hat parade'.

Walking Group

Why not join us on one of our monthly walks?

Visiting local parks and woodlands, our easily accessible walks are open to all. It's a chance to enjoy lovely views, fresh air followed by a light lunch.



See back page for dates.

Bookings: 01772 791460 or 07808648728

Spring/Summer community meetings, appointments and activities

DATES 2023	Drop In Salvation Army 1pm - 4pm	Walking Group Tuesday Booking required minimal charge.	Drop In Cottam Centre 1pm - 3.30pm	Activity Day Salvation Army 1pm - 4pm
APRIL	4th April	11th April	18th April	25th April
MAY	2nd May Coronation Event	9th May	16th May Hats4Headway	30th May
JUNE	6th June	13th June	20th June	27th June
JULY	4th July Summer Afternoon Tea	11th July	18th July	25th July
AUGUST	1st August	8th August	15th August	29th August
SEPTEMBER	5th September	12th September Day Trip	19th September	26th September
OCTOBER	3rd October	10th October	17th October	31st October
NOVEMBER	7th November	14th November	21st November 28th November	-
DECEMBER	-	-	5th December	-

12th DECEMBER FESTIVE GET TOGETHER ST GERARDS LOSTOCK HALL PRESTON

Every Wednesday Booking required for first time visit. **Exercise Class** at Heartbeat, Headway CL, Sir Tom Finney Way Preston PR1 6PA 1.30pm - 2.30pm £2.50 per session

Check bus timetable here: www.prestonbus.co.uk/services

Thank you to our volunteers!

We welcomed some new volunteers this year. Lucy Jones and Adrienn Baczur are both Psychology students from Edge Hill University and have been helping at our community sessions.

Nicola Jones is a student from UCLAN studying psychology and she is based in the hospital, shadowing our Headway hospital team.

Laura Brown, Assistant Manager and Volunteer Coordinator said,

“I would like to take this opportunity to thank all the volunteers that help Headway Central Lancashire. It is very much appreciated, and we would not be able to deliver our services without their support and dedication”.

Volunteer roles available include, administration, refreshment duties or even a hobby you would like to share.



Contact: Laura Brown Tel: 07583637197

E: laura@headwaycentrallancashire.org.uk

<https://twitter.com/HeadwayCL>

<https://www.facebook.com/HeadwayCentralLancashire>