



Headway

Cambridge &
Peterborough



Spring Newsletter 2024



A message from our CEO Sarah Green



Welcome to our Spring Newsletter. It has been a busy few months delivering drama workshops as well as "Insights" sessions where we have been helping clients to look at their personality traits, explore differences and consider how we can each work together to complement each other's personalities. We are making the most of the milder (and drier) weather to engage in more outdoor activities with our clients. We are fortunate to have use of outdoor spaces in both our Cambridge and Peterborough hubs/day services and we would love to do a makeover on both of these areas to create inviting calm spaces where clients can engage in meditation, horticultural/gardening therapies and for the more active, outdoor personal training and physical exercise. Our Gift 2 Grow campaign remains in full swing so if the green fingered/DIY enthusiasts amongst you wanted to Gift 2 hours of your time a week to help clear and improve these areas please do get in touch. We would love to hear from you. Alternatively, please click on our DONATE button to Gift £20 to help us buy plants/equipment to help us improve these areas. We remain hugely grateful to all of our supporters for their kindness and generosity during our first year. Like any new not for profit service, we have faced financial and logistical challenges along the way but we remain committed to delivering the highest quality support to our clients, their families and carers. We could not do this without your continued support. Thank you.

Weekly Timetable of Services



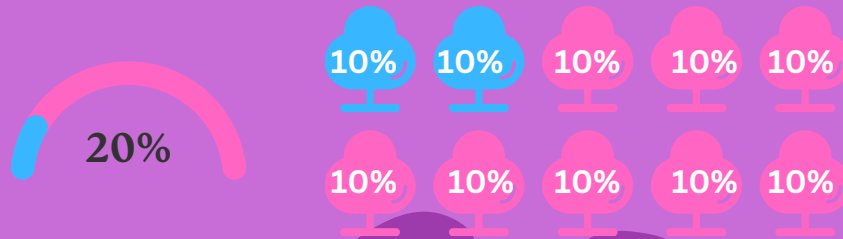
	Monday	Tuesday	Wednesday	Thursday	Friday
	Addenbrooke's hospital Headway Advisor	Addenbrooke's hospital Headway Advisor	Peterborough Hub day service	Cambridge Hub day service	Cambridge Hub day service
	Community outreach service	Community outreach service	Community outreach service	Community outreach service	Community outreach service
	Telephone Support	Personal Training (Gym)		Personal Training (Hub)	Personal Training (Hub)
			Making Connections Health and Wellbeing	Making Connections Social Cafe	

Headway CP
Spring
Newsletter

Please follow the link below to make a referral or contact us with any questions.

[Click to Refer](#)

Our Services Continue to Grow



Our aim is to double the number of clients attending our services across the county by the end of 2024 .
As of March 2024 we have increased delivery to clients by 20%



MAKING CONNECTIONS COMMUNITY GROUP SERVICE

We have now launched our first two "Making Connections" groups.

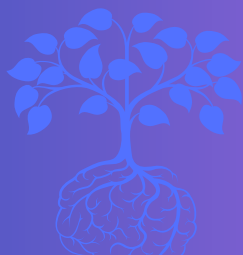
Peterborough- 2-5pm Wednesday- facilitated by specialist brain injury support workers qualified in delivering both Personal Training sessions for people with disabilities as well as a Certified Life Coach and Level 2 Counsellor / CBT therapist. This small group service focuses on cognitive/ brain injury strategies and promoting independence through improving mental and physical health and wellbeing. (FEE APPLIES)

Cambridge - 3-5pm Thursday - Provides a valuable opportunity for peer support and emotional connectedness. Social Cafe / games and conversation. (FREE DROP-IN) - Volunteer Lead

Growing in Confidence Outdoor Service



The serene setting of our partner farm in Cottenham provides the perfect backdrop for our horticulture sessions, allowing participants to connect with nature and each other in a meaningful way. As we cultivate not just plants, but also friendships and a sense of community, we witness the blossoming of both gardens and spirits. The synergy between cultivating the earth and cultivating personal growth is truly remarkable, and we are excited to continue nurturing this partnership for the benefit of all involved.





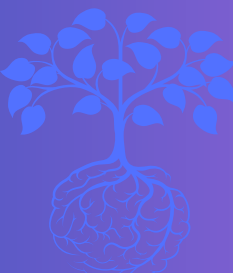
Understanding Brain Injury

Our teaching sessions aim to cultivate a deeper understanding of the complexities associated with brain injuries. Through our expertise, we shed light on the various ways in which these injuries can influence one's professional endeavours or their role in caring for a family member or friend. Additionally, we extend our educational offerings to university students, contributing to the enhancement of their knowledge in this critical field. We take pride in our role of improving the journey of individuals with brain injuries, supporting them throughout by educating and raising awareness. Please contact us for details. We are also very happy to deliver sessions in team meeting or events. Contact us for booking information.

Our Hub Services



The Brain Injury Hub service in Peterborough (Wednesday) and Cambridge (Thursday and Friday) is buzzing with activity, with our garden spaces undergoing exciting development. Our art, drama, and cognitive sessions continue, providing a dynamic and engaging environment for all participants.





Social Cafe

Any adults with an Acquired Brain Injury are welcome to drop-in to our Making Connections Social Cafe every Thursday 3-5pm at the following address:

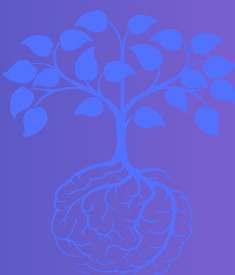
CB4 Cafe
150b Scotland Road
Chesterton, Cambridge
CB4 1QQ
(Parking available at Chesterton Methodist Church opposite)

This is an opportunity to make social connections, chat and relax.

Our Outreach Services



We continue to offer a limited Outreach (1:1) Service for those clients for whom group services are not appropriate. Our Outreach Workers and Personal Trainer are dedicated to delivering specialised sessions tailored to individual needs, both within our partner gym and out in the community. We are committed to providing excellent support to our clients, ensuring a well-rounded and enriching experience for everyone involved.





Rob Burrow's Marathon

We are thrilled to rally support for Liam as he takes on the Rob Burrow's Marathon. With a spring in his step, he is raising funds for Headway Cambridge and Peterborough, aiming to exceed his personal record. Liam, an avid runner, is championing our fundraising efforts and we would appreciate a donation however small.

We wish him the best of luck and are grateful for his support for our clients. Thankyou Liam.

Click below to donate and quote 'marathon' or visit our website.

headwaycp.org.uk

DONATE

Gift 2 Grow



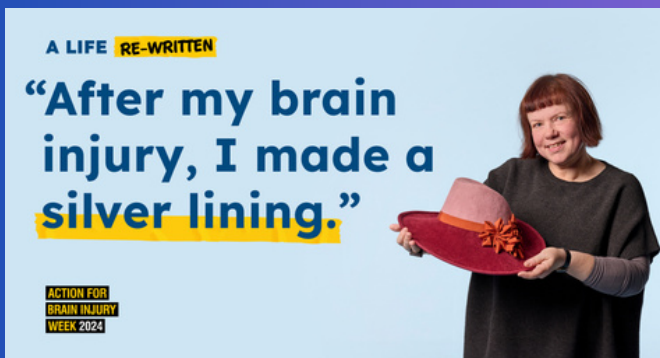
Spring has arrived, bringing with it a sense of renewal and growth. As we embrace this season of new beginnings, our mission to flourish and make a difference is made easier with every contribution, no matter how big or small, playing a vital role in enhancing our services and assisting those who have experienced brain injury. Your generosity truly makes a difference, and we are immensely thankful for the unwavering support from our community. As the sun is shining perhaps your organisation is hosting a hospitality event or you are taking part in a sporting challenge. Please consider us when fundraising.

Click below to make a donation and be a part of this wonderful journey of growth, compassion and support.

DONATE

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Action for Brain Injury Week 20th - 26th May

Action for Brain Injury Week (ABI Week) provides an annual platform on which we raise awareness of brain injury and this year, the campaign is called: A life re-written. It will take place between the 20th and 26th May. [Click here](#) for more info.

FUNDRAISING



Hats for Headway Day Friday 17th MAY



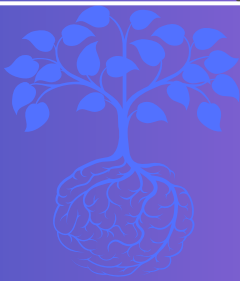
In the lead up to Action for Brain Injury Week - join us in fundraising on our annual Hats for Headway day. Send us pictures with your office hat, pet cat hat, aunty Pat's hat or your good old woolly hat and a smile.

A great office fundraiser or Whatsapp group challenge. We just ask that you donate a Hattrick (£3 +) for each hat adorned. We can't wait to share all your efforts.

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A warm welcome to Tessa

We are delighted to welcome Tessa to our Peterborough team. She will be joining us on a Wednesday both in our Hub sessions and Making connections groups.

“I am thrilled to be a part of Headway CP. With a background in counselling and mental health, I bring years of experience and knowledge with me. Outside of work I'm a dedicated mother and grandmother. Along with helping others to achieve their goals, dance is my passion, and I channel that into running SasSync Performance Academy, a dance and theatre group. I am also a motivational speaker and body confidence coach. I cant wait to contribute to the team and a make a positive impact.

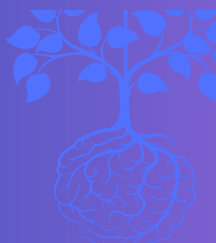
Congratulations to Shubhayu, our amazing volunteer



Shubhayu has been named a 2024 Paul & Daisy Soros Fellow. A full-page dedicated ad was taken out in the New York Times to highlight the news! Amazing!

Paul & Daisy Soros Fellowships for New Americans supports outstanding immigrants and children of immigrants who are pursuing studies in the USA.

During his PhD in clinical neurosciences at Cambridge University, Shubhayu volunteers at Headway C.P, contributing three years of dedicated time and experience to us. [CLICK HERE](#) to read the full details of Shubhayu's neuro dedicated journey.



Volunteer with us. Grow our amazing team



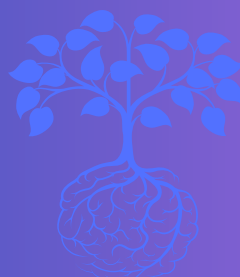
Your willingness to offer your time and skills to our various programs and projects is truly commendable. Whether it's lending a listening ear, sharing laughter, or providing support in our arts, cognitive, or exercise sessions, your involvement is invaluable. Joining our new "Making Connections" service, facilitated by our brain injury specialist support workers, would further enrich our clients experience.

Our gardening projects at our Cambridge and Peterborough Hub sites are eagerly seeking individuals with green fingers or budding design talents to help nurture and beautify these spaces. If you have availability 3-5pm on a Friday to volunteer in our Chesterton gardening project, please do get in touch.

If you have a flair for administrative tasks or are adept at managing social media platforms and websites, please contact us. Your expertise could significantly enhance the efficiency and reach of our services.

Perhaps your organisation offers staff volunteer days. We can guarantee a perfect opportunity. Please keep us in mind.

Every contribution, no matter the size, plays a vital role in creating a positive impact together.



A thank you note to some of our latest contributors.



BARR ELLISON

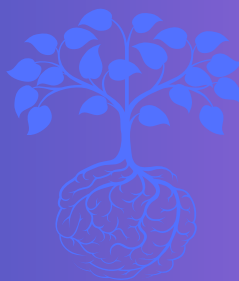


CAMBOURNE FITNESS
AND SPORTS CENTRE

everyone
ACTIVE



WITH THANKS TO



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