



Cambridge &
Peterborough

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Gift 2 Grow
Campaign
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Winter Newsletter 2024



A Message From Our CEO



I am delighted to be appointed as the new CEO of Headway Cambridge & Peterborough Ltd. having worked with adults with a brain injury for over 20 years. We are a new start up (not for profit) company working towards charitable status. We have an experienced, highly regarded staff team with long-established roots in the area delivering much needed psychosocial support across the county. We are keen to grow our service offering and extend our reach to support and enhance the lives of more people impacted by brain injury. Whether someone has acquired their injury from an accident/trauma, infection, stroke or brain tumour we are here to help. We provide a range of therapy options as well as a non-judgemental and supportive space for individuals, families and carers. I hope this newsletter will give you a taste of the amazing work we do. We greatly need your support if we are going to deliver our ambitious growth plans and reach out to more people. Whether it is a one-off financial donation, giving of your valuable time to share your skills as a volunteer or running a fundraising event in your community or your place of work, or Corporate Sponsorship, please join our 2024 Gift2Grow Campaign and get involved. We would love to hear from you with your ideas. Likewise if you know of someone with a brain injury in need of support, advice or a listening ear, please reach out. We are here to help.

Sarah Green

Chief Executive Officer

Headway Cambridge and Peterborough

Our Services and New Projects

Improving Lives impacted by brain injury

Cambridge & Peterborough Day Service



Our Day Service provides opportunities for people to relearn skills, allow them to connect with others and empower them to forge a new path beyond brain injury.

Major Trauma Signposting Partnership



Emilie is the Headway Adviser at Addenbrooke's, providing information and support in understanding traumatic brain injury and its impact to major trauma patients and their families.

Brain Injury Counselling,



Providing Psychoeducation and Rehabilitation Support for Clients. Our mission is to help clients develop effective coping strategies, empower them to make positive changes, and identify and achieve significant life goals.

Horticulture Therapy & outdoor projects



Headway Cambridge & Peterborough's "Growing in Confidence" project is provided in partnership with Fen End Projects and offers social and therapeutic horticulture for adults with a brain injury in Cambridge and the surrounding areas. We are fortunate to have the use of a wonderful site at Fen End Farm in Cottenham on a Tuesday and a Thursday morning

One to One outreach



At Headway Cambridge and Peterborough, we understand that one-to-one support in the community is sometimes needed to help enable individuals with brain injury to relearn skills.

Personal Training



Our qualified personal trainer offers 1:1 personal training sessions, with experience working with people with brain injury.

Head to the Stage



A 6 week programme designed for our Headway clients, exploring communication, creative writing and movement in Our Brain Injury Theatre Group

Shaping the future with our 12 week Early intervention Rehabilitation programme Launching in 2024



Our team is dedicated to developing a comprehensive 12-week early intervention rehabilitation program in 2024, this fosters new partnerships with trusted neuro-occupational therapists, neuro-physiotherapists and psychotherapists enabling us to provide specialised assessments, rehab goal setting and a multi-disciplinary approach to early rehab provision to achieve identified outcomes. Please feel free to contact us for more information.

Gift 2 Grow

Campaign

Improving Lives impacted by brain injury



In 2023, we established Headway Cambridge & Peterborough, a not-for-profit organisation dedicated to assisting individuals and families affected by brain injury. Our primary objective is to help our clients lead fulfilling and improved lives by providing support and resources.

We aspire to create a safe and welcoming community where our clients can connect with others who have shared similar experiences and receive the assistance they require to thrive.

We are grateful for the support of Headway Norfolk and Waveney, who have helped us in continuing providing exceptional services in Cambridge. With their support and that of our community, we are confident that we can continue to expand our services and reach more individuals requiring our support. We encourage anyone interested in supporting our mission to join us as a volunteer, donor, or advocate.

Your generosity will assist us in making a real difference to the lives of those we serve.

Click 2 Gift

Gift 2 Socialise

£2

Will spread warm, fuzzy feelings by gifting a delightful hot drink to our clients to sip on, in one of our awesome social cafes!

Gift 2 Create

£10

Will deliver a personalized bundle of artistic goodies to our clients!

Gift 2 Be Outside

£20

Get ready for a green thumbs-up! Gifting some essential horticulture equipment, perfect for sharing in our upcoming outdoor projects.

Gift 2 Workout

£40

Gifts clients an unforgettable fitness treat - one personal training session with our very own brain injury specialist instructor!

Gift 2 Talk Therapy

£200

Will grant client or loved one access to four sessions with our brain injury psychotherapy specialist.

Click 2 Gift



*Time 2 Grow and share
experience*

Volunteer

With Headway Cambridge and Peterborough

Volunteering with Headway Cambridge and Peterborough can be an incredibly rewarding experience. Not only does it allow individuals to give back to their community, it can also provide volunteers with the opportunity to make a significant impact in the lives of those affected by brain injury. By dedicating their time and skills, volunteers help provide support and resources to our clients, while simultaneously building new connections and skills along the way. Whether it's through fundraising, event planning, or simply offering fun conversations, volunteering with Headway CP is a meaningful and much appreciated way to contribute to our clients experience and support our valuable service.

We are recruiting

Join Our Peterborough & Cambridge day services and Social Cafes!

We are currently seeking volunteers who are available between approximately 10 am to 2 pm to be part of our team in both Peterborough and Cambridge. This opportunity offers flexibility to work around your existing commitments. Join us and make a difference in your community

[Click 2 Contact](#)

We are Recruiting

Volunteer as a Trustee

With Headway Cambridge & Peterborough

Click 2 Contact

Join Our Team of Trustees in Cambridge and Peterborough

As part of our 2024 gift 2 Grow campaign, we are seeking skilled professionals or individuals who have lived experience of brain injury to contribute to our services. We're looking for people who can gift 2 hours per month to share their expertise and knowledge. As a valued member of the board of Trustees, you will play a crucial role in growing and expanding our services. Whether you have previous Trustee experience, a clinical background, or expertise in finance, HR, public sector or charity management or someone looking to to use their time and skills to make a difference we would love to hear from you.

Grow with us in 2024.

A Few Notes From Clients ,Volunteers and Staff

Chloe



“I’m the Senior Support Worker, working across services in the county, as well as liaising with other professionals. Recently, I’ve particularly enjoyed leading emotive cognitive and communication sessions, promoting resilience and group identity after brain injury. I believe that it’s important for clients to feel validated and supported and know that Headway is also a space to share many laughs.”

These values particularly motivate my one-to-one sessions with Gavin, where we work together to set goals and share our experiance to ensure support is working and respectful.

Gavin and Sara



Working alongside Chloe has been an excellent experience for me, both at home and out and about. Compared to other support workers, Chloe stands out for her deep understanding of brain injury and the comfort she provides.

I strongly believe that more social and health care staff should be trained on the topic to provide the best possible support.

Chloe and I also share a passion for the Marvell series and other films, this helped us communicate on equal terms and strengthens our working relationship. We work around my social anxiety, daily routine, and confidence-building, which has been a significant help in my life. Since my first stroke, I have found it difficult to be viewed as a service user, having worked as a residential care manager before. Nonetheless, I continue to support people as an admin of two Facebook groups - brain injury support uk and Brain aneurism support.

Sara , Gavin’s wife Sara adds “I would really appreciate it if more days were available with support workers like Chloe . Headway CP have been great”

A Few Notes from Clients, Volunteers and Staff



Sadie: "I like Headway because I'm not treated differently, or looked down upon. I love interacting with likeminded people, and I've built the confidence to lead a meditation session."

Sadie



"Headway is a safe space. It's nice to interact with others and offer ideas for the service."

Paul



"I like being around like-minded people. My favourite sessions are the cognitive and games sessions."

Karen



Headway gives positivity, credibility and support which might be rare elsewhere.

In my case Headway has tuned in to my own differences.

When I was a child, I was attracted to the idea of being a 'rag and bone' man collecting up rubbish to good effect.

My experience of Headway has encouraged me to collect drinks cans and other metal for a good cause. (Headway got about £1600 this year in this way).

As a child I was an introvert. I walked around looking at the floor. This enabled me to spot all sorts of rubbish and pennies.

Since my head injury I now talk to everyone.

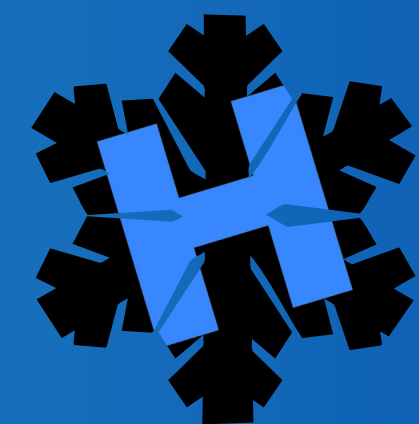
Glyn



Our Christmas Card Success



We had so much fun making our very own christmas card collection. Selling well and awaiting a final total. Look out for our 2024 collection later in the year



Thank-you to all our clients, families , supporters who have supported us in 2023



Chesterton Methodist Church

Cultivating a valuable partnership,
Our team has established an
excellent relationship with Deacon
Ian Murray, and we are grateful to
rent this space Thursdays and
Fridays. Our clients can now work
and socialize in their gorgeous, sun-
filled rooms.



Peterborough Citadel Salvation Army

Our team is incredibly grateful to
share space with the wonderful
Peterborough Citadel Salvation
army , and we would like to
extend our gratitude for making
us feel welcome in such a short
span of time. Our clients are
enjoying the space on a weekly
basis.



Ron Cardwell

We extend our sincerest
gratitude to Ron Cardwel for
his exceptional printing and
packaging of the Headway
CP Christmas Card artwork.
The outstanding quality and
his excellent communication
made a significant impact
towards our fundraising.
The cards were well received
by our clients families and
local businesses.



A special thanks to
Irwin Mitchell
Valued Sponsors of our
121 Community Outreach
Programme



Headway Cambridge & Peterborough Introduction to Services Event

**SAVE THE DATE for our new FREE online event
(Thursday 14th March 12:30pm-13:30pm)**

Signposting our new services across the county and what support is on offer!

Sponsorship opportunities

A brand new event for Headway Cambridge & Peterborough, we have a variety of sponsorship packages available to help raise further funds for our services. Let us help you find the right sponsorship package and showcase your organisation at this special event. Contact us for more information by clicking on the button below:

[Click 2 Contact](#)

Please visit our website to make a referral

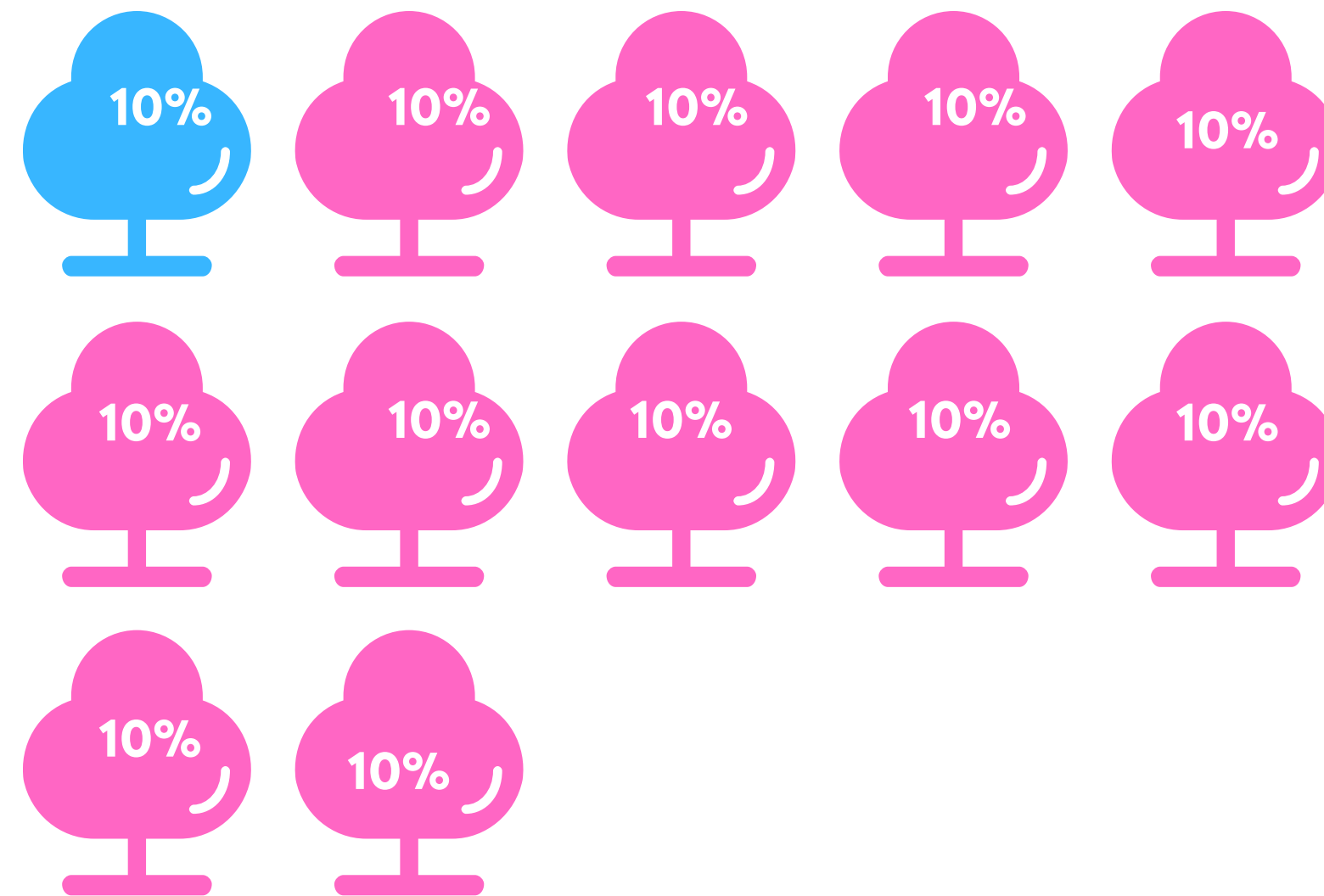
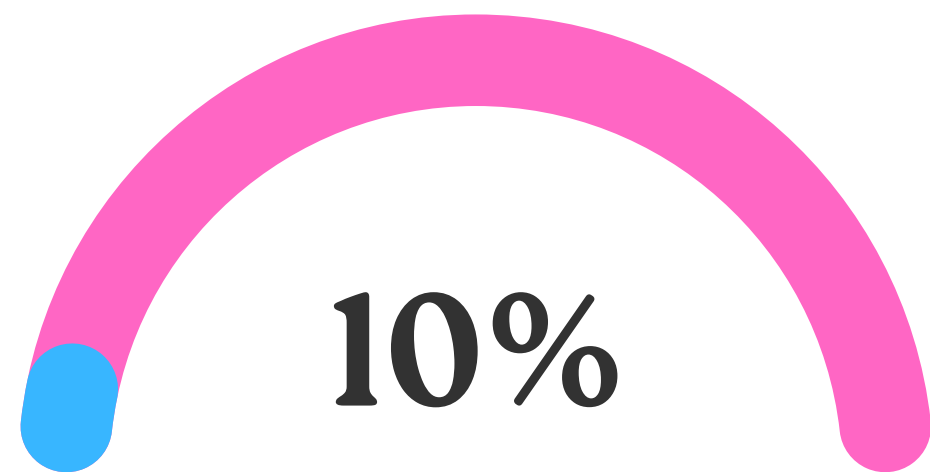
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Watch us Grow

Our Mission in Action for 2024!

Look out for our progress in our next Newsletter arriving in April

We aim to increase the number of people we support with brain injury by 10% per month. I am so pleased to say that we have already reached our target For January





Join Our *Journey of Growth*

Reach out to us. We'd love to connect!

Visit our website

Click here

<https://www.headwaycp.org.uk/>

01223576550

Email contact@headwaycp.org.uk

Facebook - Headway Cambridge and Peterborough

Instagram - Headwaycp

Twitter - @headwaycp

LinkedIn - Headway Cambridge and Peterborough

