

# HEADWAY AYRSHIRE

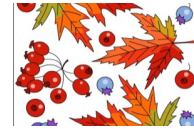


the brain injury association

## Raising Awareness of Brain Injury



Welcome to our Autumn Edition  
Volume 18, Issue 3



### HEADWAY AWARDS 2016

'ALEX RICHARDSON ACHIEVER OF THE YEAR AWARD'

We are delighted to announce that Michael Mabon, client of Headway Ayrshire is one of the three finalists nominated for this Award. Michael will be attending the Award Ceremony on the 16th December 2016 in London.

**"GOOD LUCK MICHAEL FROM ALL AT HEADWAY AYRSHIRE"**



### HEADWAY AYRSHIRE 2017 CALENDAR

On sale in our office now  
£5.00 each



### COMMUNITY REHABILITATION GROUPS CHRISTMAS COFFEE MORNINGS

- ◆ Ayr Group Coffee Morning  
29th November 2016  
11.00am - 12.15pm  
Admission - £2.50
- ◆ Kilmarnock Group Christmas Fayre  
1st December 2016  
10.00am - 11.30am  
Admission - £2.50

### Community Rehabilitation Groups Christmas Holidays



The Ayr Group will finish up on 13th December 2016 and return on 10th January 2017.

The Kilmarnock Group will finish up on 15th December 2016 and return on 12th January 2017.

### Office Christmas Holidays



The office will close on:

Friday 23rd December 2016 at 12.30pm  
and re-open on Wednesday 4th January  
2017 at 8.00am.

If you have an emergency please contact  
your GP, or the NHS 24 helpline on 111.



### HEADWAY CLIENTS CHRISTMAS LUNCH

This will take place on Wednesday 7th  
December 2016.

Photographs of the lunch and details of  
Headway Ayrshire Annual Awards will be  
detailed in our next newsletter.

## CONCUSSION CAMPAIGN 'IF IN DOUBT, SIT IT OUT'

Headway Ayrshire has launched a Concussion Campaign to encourage sports clubs, schools, colleges and universities to ensure their members or pupils are aware of concussion and sign up to an 'if in doubt, sit it out' approach.

If your sports club, school, college or university would like to receive a presentation on concussion, and a range of material, please contact Ian Sharpe, Benefits & Training Officer on Tel: 01292 618090.

## CARERS MEETINGS

The final Carers Meeting of 2016 will be held on the 24th November 2016 from 6.30pm to 8.30pm at the Headway Ayrshire's office in Ayr.

2017 meetings will be held on the last Thursday of every month.

Please contact the office for further information.

## CARERS EDUCATION

This will take place the 10th and 17th November 2016. A further session will be held during February/March 2017 and details will be included in the next newsletter. If you have any queries about the Carers Education please contact the office.

## DONATIONS

A big "Thank You" to everyone who kindly made donations to Headway Ayrshire, some of whom were:

- \* John & Gus Boyle who held a Coffee Day.
- \* Alan Wallace who held a Fundraising Night.
- ◆ John Fulton and friends for competing in a Tough Mudder .



## SCHOOL PRESENTATIONS

Ian Sharpe, Benefits & Training Officer, continues to attend Secondary Schools across Ayrshire to present on the risk factors for young people in terms of brain injuries. If your school would like to receive a presentation, please contact the office.

## NUMERACY & LITERACY

Our Tutor, Moira Stewart, provides Numeracy & Literacy Tuition at the Headway Office on Wednesday Mornings.

If you are a Client of Headway Ayrshire, and feel that you would benefit from some assistance with numeracy & literacy skills, and coping strategies, please contact the office for further information.

## FLU VACCINE

Please note that the Flu Vaccine is now available at your GP Surgery.

### OUR CONTACT DETAILS

Headway Ayrshire, Suite 4, Beresford Court, Beresford Lane, Ayr, KA7 2DW  
Tel: 01292 618090  
info@headway-ayrshire.org.uk www.headway-ayrshire.org.uk Scottish Charity No: SCO13340

### MISSION STATEMENT

To promote understanding of all aspects of head/brain injury and to provide information, advice, and support services to people with a brain injury (or who have had a traumatic head injury and show signs and symptoms of a brain injury) their families and carers. In addition, Headway will campaign to reduce incidents of head/brain injury.

Headway Ayrshire, Suite 4, Beresford Court, Beresford Lane, Ayr KA7 2DW  
Registered Office at the above address  
A Company Limited by guarantee  
Registered Company Number: 177535

