



the brain injury association

HEADWAY AYRSHIRE

Welcome to our Christmas 2020 Newsletter



Weekly Rehabilitation Groups Online

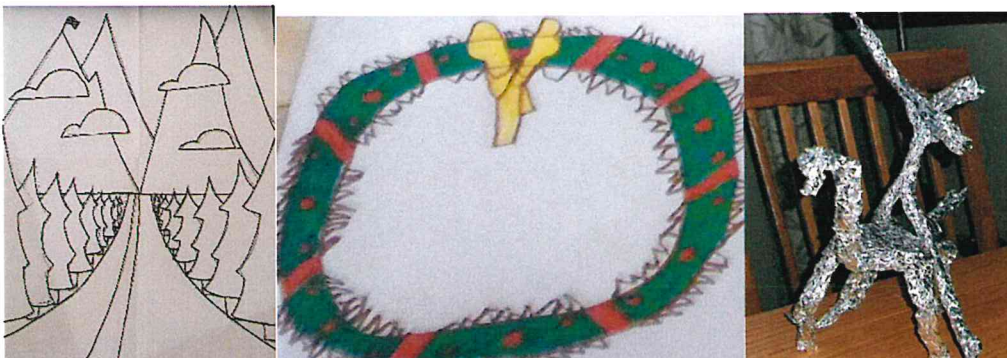
Our Client and Family Support Workers have been working hard to support our clients with weekly group meetings on Zoom, with lots of discussions, quizzes and activities!

Ayr Group – Ali - Tuesday 11am **Kilmarnock Group – Linda -Thursday 11am**

Our Arts and Crafts tutor, Jocelyn, facilitates the activity sessions including drawing and sculpting, and are always good fun.

If you would like to join our online group sessions please contact Ali, Linda or Helen.

Here's a selection of photos of some of the activities.



Fundraising & Donations

Co-op Local Community Fund

At the start of the year, Headway Ayrshire was chosen by the Co-op as one of their Good Causes in South Ayrshire. Despite lockdowns and all the restrictions in place, we received the fantastic amount of £1916.69 at the end of the fundraising year. Jayne, Manager at Headway Ayrshire, and Evelyn, our Chair, are seen here receiving the funds in a DIY presentation! We would like to thank Jean Jackson and everyone involved in the Local Community Fund for all their hard work. These funds will go towards the brilliant work Headway Ayrshire does with our Community Rehabilitation Groups.



smile.amazon.co.uk

Headway Ayrshire is eligible to receive donations from the AmazonSmile programme. When Amazon customers select our charity and shop at smile.amazon.co.uk you will find the exact same prices, selection and shopping experience but with the added bonus that AmazonSmile will donate 0.5% of the net purchase price of eligible purchases to Headway Ayrshire. Supporters simply shop through smile.amazon.co.uk or in their AmazonSmile-enabled app.

The AmazonSmile banner will also be promoted on our website.

Fancy



and a chat?

Come along and join **Helen** on Wednesdays at 1pm in our Virtual Café on zoom. Contact Helen on 07534 140334 for details on joining.



Christmas Café



We will be running a virtual Christmas Cafe from the week commencing 14th December on Mondays, Wednesdays and Fridays between 1pm – 2pm

Contact your Client Family Support worker for details and join us for festive fun.



And now something to keep you busy

Send us your pictures!

Easy Strawberry Santas



Ingredients: 12 large strawberries, double cream for whipping, small chocolate chips

Method: Cut leaf end of each strawberry to leave a flat surface. Cut a small piece from pointed end of each strawberry and reserve for the hats.

Whip double cream until thick.

Place strawberries wide side down and pipe on double cream, place hat on top and add a small blob of cream to top of hat. Push chocolate chips into the cream for eyes...
Santa!

Changes to our Services – January 2021

With effect from Monday 11th January 2021, the Charity will be enhancing its service provision and will be offering Clients the opportunity to access the following support in addition to the successful telephone engagement calls which have been taking place since March 2020:

- Door Step Chat
- Home Visits
- Office Visits

The above services will be available by appointment only on Mondays, Tuesdays and Thursdays between the hours of 10.00 am and 2.30 pm. If you would like to make an appointment, please contact one of the Client/Family Support Workers below to make an appointment:

- Linda: 07534140296 (Wed, Thurs, Fri 9.30am – 3.30pm)
- Alison: 07534140293 (Mon to Thurs 9am – 1.45pm)
- Helen: 07534140334 (Mon, Tues, Wed, 9.30am – 3.30pm)

Please note that all safety measures will be put in place to allow these services to be conducted in accordance with Government Guidelines.

Timetable of Festive Activities for December 2020

Monday 14 th	Tuesday 15 th	Wednesday 16 th	Thursday 17 th	Friday 18 th
Virtual Café (1pm - 2pm)	Group Zoom Session (11am – 12noon)	Virtual Café (1pm - 2pm)	Group Zoom Session (11am – 12 noon)	Virtual Café (1pm – 2pm)
Monday 21 st	Tuesday 22 nd	Wednesday 23 rd	Thursday 24 th	Friday 25 th
Virtual Café (1pm to 2pm)	Group Zoom Session (11am – 12noon)	Virtual Café (1pm – 2pm)	Office Closes at 12.30 pm	Closed

Please note that the Headway Ayrshire Office closes on Thursday 24th December 2020 at 12.30 pm and re-opens on Tuesday 5th January 2021 at 9.00am.

Useful Information

Prescriptions

A reminder to everyone to ensure you have all the medication/prescriptions you need before your GP closes for Christmas.

Emergency Contact Information

If you are feeling unwell during the festive break, please contact your GP or NHS 24 on 111 for assistance.

*Wishing you all a very Happy Christmas
from all at Headway Ayrshire*



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