



the brain injury association

## Headway Ayrshire

### 'New for 2022' – Your Summer Newsletter

Spring and summer are a time for new beginnings and growth, and this is very apt given all the changes we have introduced, and storms we have weathered, in recent times. Following a successful move to new office hub and the introduction of a new way of doing things through our new service delivery model, we are primed, ready, and full of enthusiasm for what is to come.

We would like to thank you for your continued support.

Evelyn McNair  
Chair – Headway Ayrshire

Jayne McClymont  
Manager – Headway Ayrshire

#### Hats for Headway Day 2022

Thank you for all your support during ABI week this year. The South and East Community Rehabilitation Groups wore 'Hats for Headway', donating to do so. Both Groups also held a raffle with all proceeds going to Headway Ayrshire.



East Community Rehabilitation Group raised £79.00 and South Community Rehabilitation Group raised £57.00, which along with private donations raised a combined total of £236.00. What a fantastic effort!

## **Community Rehabilitation Groups**

We have been absolutely delighted to welcome back our Clients to our Community Rehabilitation Groups. It has been just fantastic to be together in person again and to return to delivering this much valued service.

Following a Client consultation exercise last year, we have made some changes to the way the groups operate and have extended the running times to allow more Clients to attend and to offer more activities.

We have two Community Rehabilitation Groups running as detailed below:

- **South Group:** Tuesday's – Sutherland House, Ayr.
- **East Group:** Thursday's – Hurlford Community Centre, Hurlford.

### Timetable for the Groups

10.00 am until 12.00 noon – Morning Session

12.00 noon until 1.00 pm – Break (lunch)

1.00 pm until 3.00 pm – Afternoon Session

### Cost for Attendance

Attendance for morning or afternoon only - £3.00

Attendance all day - £5.00

At both Groups we have an exciting and varied programme of activities on offer.

At the South Group, there is the opportunity to take part in arts and crafts activities, a discussion group, cognitive education, literacy and numeracy, health, wellbeing and nutrition, and needlecrafts.

At the East Group we offer the chance to participate in a discussion group, Cognitive Education, health, wellbeing, and nutrition, and have recently held mindfulness sessions.

There is a small donation payable for attending the Groups. This contributes towards tea/coffee/biscuits and the cost of room hire.

If you would like to attend all day, you are welcome to bring a cold packed lunch to enjoy during the break period. Please note, we are unable to heat up or cook any food on the premises, so something like a sandwich is ideal.

Both Groups are very friendly and welcoming places and provide an excellent opportunity to meet others and access very valuable peer support – and learn a new skill or improve on some old ones!

If you would like to come along to a Group and give it a try, please call the office for a chat with one of the team.

## **Outreach Clinics**

It has been a real pleasure to be able to return to meeting face to face and offer appointments at Outreach Clinics across Ayrshire. Here you can meet with one of the team in a confidential environment, for information, support, and advice. The Outreach Clinics are free to attend and by appointment only. If you would like an appointment, please contact the office.

Clinics are held at the following locations:

### **South Ayrshire** (x2 Monday per month)

- 24 Fullarton Street, Ayr

### **East Ayrshire** (x1 Friday per month)

- CVO Offices, 16 Brewery Road, Kilmarnock
- The Portland, 2-4 Cross, (Galston Community Trust)

### **North Ayrshire** (x1 Friday per month)

- Douglas Grant Rehabilitation Unit, Ayrshire Central Hospital, Irvine

If for any reason you are unable to attend your appointment, we kindly ask that you notify us as soon as possible to allow the appointment to be offered to someone else.

## **Other Services Available**

We are fully committed to being Client led and will continue to deliver other important service provisions as follows:

- Advocacy
- Carers Meetings
- Arts & Crafts
- Literacy & Numeracy
- Group Outings
- Volunteering
- Home Visits
- Carers Education Sessions
- Clients Cognitive Education Course
- Memory Work
- Prevention and Awareness Raising Campaigns

## **Fundraising**

As you will realise, COVID has of course impacted our fundraising opportunities. However, as restrictions ease and we return to something more like normal life, we would like to encourage everyone to do some fundraising for the charity to ensure that we continue to provide essential services. Every penny really does count, and no fundraiser is too small – everyone's efforts are appreciated! Please discuss any ideas with one of the team, we'd love to hear them!

## Amazon Smile

With fundraising in mind, you can help bring in vital funds by using Amazon Smile when shopping with Amazon. You must use the URL [smile.amazon.co.uk](https://smile.amazon.co.uk) and search of the organisation **Headway Ayrshire** for purchases to qualify.

[https://smile.amazon.co.uk/ref=org\\_sls\\_rlp\\_sas\\_sml](https://smile.amazon.co.uk/ref=org_sls_rlp_sas_sml)



## Just Giving

You can also find us on JustGiving if you would like to make a donation at any time. Our donation information is on our website.



## Great News - Facebook Page now live!

We are delighted to announce the launch of a new Facebook page to allow us to better communicate with you, share what we've been doing and increase awareness. This is a great way to keep updated of current activities and future plans. Please find us on Facebook at **Headway Ayrshire Group** and 'follow' us! There is also a link to our Facebook page on our website.



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