



the brain injury association

Headway Ayrshire

“Welcome to Headway Ayrshire’s 2023 Winter Newsletter!”

The turn of the year often prompts us to look at what we have achieved during the previous year and to look forward to what the new year will bring us. 2022 brought a much-anticipated return to face-to-face engagement, the further development of our New Service Delivery Model and the introduction of our Facebook page. We are very proud of what we have achieved over the last year and look forward, with much enthusiasm, to all that 2023 has in store for us.

We would like to thank you all for your continued support.

Evelyn McNair
Chair – Headway Ayrshire

Jayne McClymont
Manager – Headway Ayrshire

Digby Brown Calendar Competition 2023

We were absolutely delighted to have a winning entry from a Headway Ayrshire Client, and member of the South Ayrshire Community Rehabilitation Group, Bill Cowan. Bill’s eye-catching painting of giraffes was selected by the judges to feature in Digby Brown’s 2023 calendar. Bill and his wife Ruth, accompanied by Jayne McClymont, Manager, attended an Awards Ceremony in Glasgow at the beginning of December, where Bill’s achievement was recognised with a gift voucher and a print of his winning artwork. Headway Ayrshire also received a donation towards art materials, which Bill and the rest of the Arts & Crafts Group will benefit from. Bill, we are very proud of you!



Headway Scotland Conference 2023

Headway Scotland Conference was held on 29th September 2022 at the Grand Central Hotel in Glasgow. Headway Ayrshire Client Volunteer, Robin Mason, assisted at one of the workshops where he got to share his personal journey – this was very moving and inspiring for others in attendance. Everyone at Headway Ayrshire was so proud of Robin!



Community Rehabilitation Groups

We have two Community Rehabilitation Groups running as detailed below:

- **South Ayrshire Community Rehabilitation Group:** Tuesday's – Sutherland House, 123 Prestwick Road, Ayr, KA8 8NJ.
- **East Ayrshire Community Rehabilitation Group:** Thursday's – Hurlford Community Centre, Cessnock Road, Hurlford, KA1 5DD.

Timetable for the Groups

10.00am until 12.00noon – Morning Session

12.00noon until 1.00pm – Break (lunch)

1.00pm until 3.00pm – 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, such as arts and crafts, Cognitive Education Course, and discussion groups. We also welcome Guest Speakers and Workshop Facilitators to provide talks and information 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 on Tel: 01292 618090 for a chat with one of the team.

Outreach Services

Headway Ayrshire offer appointments at Outreach Clinics across Ayrshire. 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 on Tel: 01292 618090.

Outreach Clinics are held at the following locations:

South Ayrshire (x2 Monday per month)

- 24 Fullarton Street, Ayr (next door to Boots)

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 Centre, 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.

Monthly Carers Meeting

Headway Ayrshire offer support for Carers and Family Members via monthly Carers Meetings, where you can meet with others to share experiences and gain invaluable peer support.

The next Carers Meetings will be held on:

- Tuesday 28th February 2023 from 6.00pm - 8.00pm at Hurlford Community Centre Cessnock Road, Hurlford, KA1 5DD.
- Tuesday 28th March 2023 from 6.00pm - 8.00pm at Sutherland House, 123 Prestwick Road, Ayr, KA8 8NJ.

Future Dates for Your Diary:

Tuesday 25th April, Tuesday 30th May and Tuesday 27th June. Venue and time to be confirmed.

If you are interested in attending a Carers Meeting, please contact the office on Tel: 01292 618090 to have a chat with a member of the team.

Carers Education Sessions

Headway Ayrshire also offers Carers Education Sessions where you can learn more about the effects of Brain/head Injury as well as invaluable coping strategies to assist you in your everyday life.

Dates for upcoming Sessions are as follows:

- Tuesday 14th & 21st March, 6.00 pm - 8.00 pm, venue to be confirmed.
- Tuesday 5th & 12th September, 6.00 pm – 8.00 pm, venue to be confirmed.

If you are interested in participating in the sessions please contact the office on Tel: 01292 618090 to have a chat with one of the team.

Other Services Available

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

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

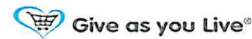
Fundraising

Understandably, the pandemic impacted our fundraising opportunities. However, as normal life resumes, we would like to encourage as many of you as possible to do some fundraising for the charity to ensure that we continue to provide essential services. No amount is too small – every penny helps, and we appreciate every effort to contribute. Please discuss any ideas with one of the team, we'd love to hear them!

The Directors and Staff would like to thank everyone for their generous donations received during 2022.

Other Ways to Help

As you may have seen reported in the news recently, Amazon are discontinuing the Amazon Smile scheme as of 20th February 2023. Up until this date any qualifying purchases will still count. However, there are other ways to donate. You can make a donation at any time using the **Just Giving** link on our website. You can also donate through **Give as you Live**, which works in a similar way to Amazon Smile, but across 6000 different retailers. You can sign up for **Give as you Live** through www.giveasyoulive.com and following the instructions.



Please find us on Facebook and follow us!

Please find us at **Headway Ayrshire Group** on Facebook and 'follow' us!

This is a great way to keep up-to-date with the Charity's events and services, and to find out about all our exciting news and successes. There is also a link to our Facebook page on our website.



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Registered Office at the above address
A Company Limited by guarantee
Registered Company Number: 177535
Scottish Charity Number: SCO13340