



the brain injury association

Headway Ayrshire

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

Living in the West of Scotland, we are well used to being optimistic in summertime, as we dig out shorts and shades in the hope of some good weather, and dust off our sandals when often wellies would be more suitable! This summer we have good reason to be particularly optimistic at Headway Ayrshire, as we look back at the year so far and look forward to what the rest of this year will bring. So much has been achieved and enjoyed so far and we have plenty more goals to reach and activities to look forward to. We wish you all an enjoyable summer, hopefully with a little sunshine thrown in!

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

Evelyn McNair
Chair – Headway Ayrshire

Jayne McClymont
Manager – Headway Ayrshire

ABI Week 2023 and Wear a Hat for Headway Ayrshire (week commencing 15th May 2023)

This year’s ABI Week activities were based around a “90 Second” theme – every 90 seconds somebody in the UK is admitted to hospital with a head/brain injury. We had “90” themed quizzes and an alert scheduled to sound every 90 seconds throughout the Community Rehabilitation Groups to emphasise just how frequent an occurrence this was. It wouldn’t be ABI Week without ‘Hats for Headway’ of course, and this year did not disappoint, with Clients from South and East Community Rehabilitation Groups sporting some fabulous headgear.



Community Rehabilitation Group Coffee Mornings 2023

We held a coffee morning at each of our Community Rehabilitation Groups on the 25th & 27th April 2023. These were a great success, both being well attended and raising a fantastic amount. We very much enjoyed welcoming the friends and family of our Clients to our Groups. The funds raised at each Coffee Morning will go towards the cost of an outing and a lunch in the coming months.



Clients Cognitive Education Course

We regularly run Cognitive Education Courses which help you gain a better understanding of brain/head injuries and focus on coping strategies which can help with any problems you might encounter in your day-to-day life. These courses always receive excellent feedback. If you would like more information, please call the office on Tel: 01292 618090 and one of the team will be happy to help.



Community Rehabilitation Groups

Our two Community Rehabilitation Groups are 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 Attending

Attendance for morning or afternoon only - £3.00

Attendance all day - £5.00

Both groups have an exciting and varied programme of activities on offer, Cognitive Education Course, 1:1 Numeracy & Literacy Tuition, memo and discussion topics. We also welcome Guest Speakers and Workshop Facilitators to provide talks and information sessions.

Both groups are very friendly and welcoming places and provide an opportunity to meet with others and gain invaluable peer support. You will also have an opportunity to develop new skills or improve on some old ones!

There is a small donation payable for attending the groups, which contributes towards tea/coffee/biscuits. 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.

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 offers 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 meetings take place from 6.00 pm until 8.00 pm, and will be held on the following dates:

Date	Venue
Tuesday 25 th July 2023	Sutherland House, 123 Prestwick Road, Ayr.
Tuesday 29 th August 2023	Hurlford Community Centre, Cessnock Road, Hurlford.
Tuesday 26 th September 2023	Sutherland House, 123 Prestwick Road, Ayr.
Tuesday 31 st October 2023	Hurlford Community Centre, Cessnock Road, Hurlford.
Tuesday 28 th November 2023	Sutherland House, 123 Prestwick Road, Ayr.

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: Tuesday 5th & 12th September 2023

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. The next sessions will take place on Tuesday 5th and 12th September 2023 from 6.00 pm until 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.

Services Available

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

- Advocacy
- Outreach Clinics
- Clients Cognitive Education Course
- Arts & Crafts
- Monthly Carers Meetings
- Information Sessions
- Awareness Raising & Prevention Campaigns
- Home Visits
- Community Rehabilitation Groups
- Numeracy & Literacy Tuition
- Memory Work
- Carers Education Sessions
- Secondary School Presentations

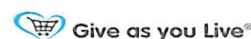
Fundraising

We would greatly welcome any fundraising undertaken for the charity. This helps 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 so far during 2023.

Other Ways to Help

Just a gentle reminder that there are a few ways you can help. You can make a donation at any time using the **Just Giving** link on our website. While you shop you can also donate, through **Give as you Live**, which donates a percentage of sales across 6000 different retailers. For more information and to sign up for **Give as you Live**, see www.giveasyoulive.com. There are detailed instructions on how to register.



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