

Headway Ipswich & East Suffolk



The brain injury association

Issue 13

November 2011

IMPORTANT NOTICE

As from January 2012 all Headway's day care and business will take place from

EPSILON HOUSE
WEST ROAD
IPSWICH
SUFFOLK
IP3 9FJ

The hospital and Kesgrave centres will be closed.

Calendar

November

- 25th Suffolk Constabulary Male Voice Choir
St Andrews Church Hall, Britannia Rd
- 29th Body Shop evening at Kesgrave

December

Christmas Raffle

- 16th Headway Panto
Lecture Theatre, Ipswich Hospital
- 19th Carol Service, 11am, Hospital Chapel
- 19th-
- 30th Headway moving. Help needed.
For further information, and to book tickets,
Contact Hazel or Martin



Our new home, Epsilon House

FUNDRAISING FLYER



Got a Fundraising idea?
Contact Martyn on 01473-704159



Update 29/10/11

What's planned?

- 19/11/11 – St Thomas Fete, Bramford Lane, Ipswich
- 25/11/11 Friday – Suffolk Constabulary Concert, St Andrews Church, Britannia Road, Ipswich
- 29/11/11 Body Shop event, Headway Kesgrave
- 1st-6th/12/11 Headway Xmas Tree – St Mary Le Tower
- 16/12/11 Xmas Pantomime
- 17/12/11 Saturday – Tesco Martlesham collection
- 24/2/12 Stowupland Coffee Morning
- 21/3/12 Wednesday – ITFC collection
- 21/4/12 Bike Ride – Bury St Edmunds to Ipswich
- “Inter Firm” Challenge
- 16/6/12 Saturday – Cory Band, Corn Exchange, Ipswich
- 25/6/12 IpArt St Peters Band Concert
- 26/6/12 IpArt Hospital Band Concert
- ?/?/12 Canoe Challenge – Cattawade to Langham Flumes
- ?/?/12 Retail Park/ Industrial Estate collections
- ?/?/12 Race Night, Ransomes Social Club
- ?/?/12 Charity Football match
- ?/?/12 Charity Goals Centre Tournament
- ?/?/212 SCC Fundraising Party



Headway Ipswich &
ABI Day DVD's £2.50

the brain injury association

Headway Ipswich and East Suffolk

The Ipswich Hospital

Heath Road

Ipswich, Suffolk IP4 5PD

Tel. 01473 704159, Fax 01473 704176

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ACROSS

- 1) *Adjective* Huge 10
- 6) Part of a garden where shrubs are placed 9
- 10) Not guilty 8
- 12) Used to refer to the woman or girl previously mentioned 3
- 14) Origin of a plant or animal 4
- 15) Of, relating to, or characteristic of a horse.
- 17) A bit of satirical writing, attacking or ridiculing someone.
- 19) Alters direction 5
- 21) To fill or cram 5
- 23) Oceans 4
- 24) a salted, white, soft cheese 4
- 26) Reverse of 'out' 2
- 28) Famous Egyptian river 4
- 30) Spoiling 7
- 32) Wise person, Merlin was King Arthur's 6
- 34) present of was 2
- 35) Top left square on Monopoly 2
- 36) To acquire some consequence 5
- 38) Scandinavian capital 4 letters 4
- 40) Close by 4
- 41) Someone's belt, a constellation 6
- 43) word used **for** expressing motion toward a point 2
- 44) the small red hot-tasting pod, type of capsicum 6
- 46) Slang for bullets, arrows etc. 4
- 47) very or extremely 2
- 48) Objects of worship 5
- 49) Most insulting 7
- 52) Pleasure and enjoyment 3
- 53) Beach footwear 6
- 56) Tidy 4
- 58) A tale 5
- 59) a disease which inflames the joints 4
- 60) A bird or a chocolate biscuit 7

DOWN

- 1) Northeast US state 5
- 2) Woman of God 3
- 3) Highest land based mountain on Earth 7
- 4) Another word for sum 5
- 5) Wipe an object frantically 3
- 6) Squares, stars, parallelograms etc. 6
- 7) Male equivalent of 12 across 2
- 8) A bovine mammal of western North America, 5
- 9) How some Austrians sing 5
- 11) A competitor to the Sinclair ZX Spectrum 4
- 13) Plan of shifts 4
- 16) Things that need answers 7
- 18) A fungus 8
- 20) Main river in Ireland 6
- 22) Sport in which you use an epee 7
- 25) Tavern 3
- 27) Marsh 3
- 29) Spiked a drink 5
- 31) a person who guards, protects, or preserves 8
- 32) Mythical creature with a bulls head 8
- 33) to settle or stay, especially for the night 5
- 37) Very hungry 8
- 39) Edged 6
- 42) Measure of electrical resistance 3
- 45) favours 5
- 47) Characteristic like rocky 5
- 48) Writing fluid 3
- 50) Employs 4
- 51) Reverberation 4
- 52) Cloth denoting a tribe, country or side 4
- 54) Every captain should have one 3
- 55) Central body of solar system 3
- 57) Addressee 2

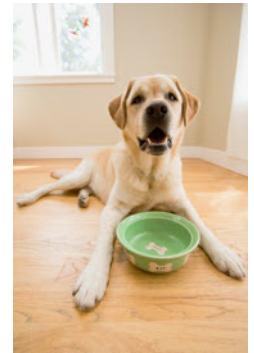


Headway Brainy Dogs Project

'Brainy Dogs' is an innovative local project set up by Headway Ipswich and East Suffolk, in partnership with The Blue Cross animal rescue centre at Felixstowe, and Hollesley Bay prison. Brainy Dogs takes rescue dogs from the Blue Cross to be trained by prisoners at the open prison to be companion dogs to people with a brain injury or neurological condition. While the dogs are being trained they live with volunteer boarders. Brainy Dogs is currently being funded by a donation of £60,000 for a pilot of one year, won in the Big Lottery Jubilee

People's Millions competition. Further funding is currently being sought to extend the project nationally after the pilot stage.

Through the work of Headway, it has been seen that people with a neurological condition sometime lose their friends and family networks as a result of their condition, but research shows that pets are able to fill this gap giving them someone to love and be loved by. Some people with a brain injury tend to lack motivation. Having a pet to be responsible for will give them a reason to get up each day and to carry out certain tasks. It will also encourage them to walk the dog and take exercise thus improving their physical well-being. Other benefits of contact with a dog include social support, as dogs are able to not only provide companionship and social support themselves, but they act as facilitators of social interaction between humans. Currently the Brainy Dogs



team are looking to recruit volunteers to provide boarding for the dogs during their training period. The coordinator will ensure dogs are linked carefully with the boarder, prisoner and the person with a brain injury so that no person or dog is at risk. Once trained, the dogs will be placed with a Headway client, who will need a clear understanding of the responsibilities that this entails. The client will then become fully responsible for looking after the dog in their own home, including responsibility for feeding, exercising and the general wellbeing of the animal. New owners will receive on-going support to ensure that they can cope with the responsibility of looking after a dog.



We think that owning a "Brainy Dog" could be a fun and rewarding activity (but one that requires a lot of commitment), and are actively seeking clients who would like to join this exciting and innovative project. If you are interested, speak to a member of staff, or ask to see Alan, the Brainy Dogs Co-ordinator.

We are also looking for donations towards the future running of the project.

You can donate through the "Virginmoneygiving" website at;

<http://uk.virginmoneygiving.com/team/BrainyDogs>



Crossword Answers

ACROSS 1 MONUMENTAL 6 SHRUBBERY 10 INNOCENT 12 SHE 14 SEED 15 EQUINE LAMPOON 19 TURNS 21 STUFF 23 SEAS 24 BRIE 26 IN 28 NILE 30 RUINING 32 MENTOR 34 IS 35 GO 36 INCUR 38 OSLO 40 NEAR 41 ORIONS 43 TO 44 CHILLI 46 AMMO 47 SO 48 IDOLS 49 RUDEST 52 FUN 53 SANDALS 56 NEAT 57 STORY 58 GOUT 59 PENGUIN

DOWN 1 MAINE 2 NUN 3 EVEREST 4 TOTAL 5 RUB 6 SHAPES 7 HE 8 BISON 9 YODEL 11 ORIC 13 ROTA 16 QUERIES 18 MUSHROOM 20 SHANNON 22 FENCING 25 INN 27 BOG 29 LACED 31 GUARDIAN 32 MINOTAUR 33 ROOST 37 RAVENOUS 39 RIMMED 42 OHM 45 LIKES 47 STONY 50 USES 51 ECHO 52 FLAG