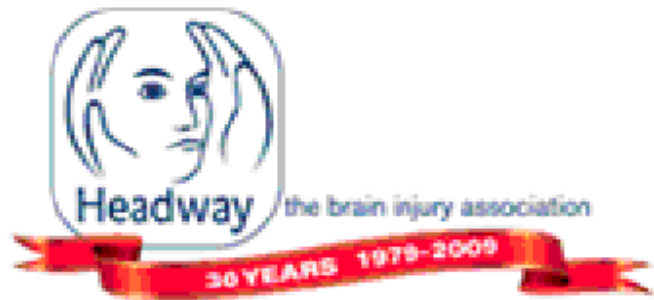


Headway Ipswich & East Suffolk



Issue 11

April 2010

Success with the Big Lottery

I am pleased to report that Ipswich and East Suffolk Headway, has been awarded a Big Lottery grant of £498,366 to employ a part time speech and language therapist, physiotherapist, occupational therapist and counsellor for the next 5 years. As well as giving rehabilitation to people who attend Headway's rehabilitation centres the funding allows therapist to give advice and support to community groups. This project is particularly exciting in that it will allow us to help people who do not attend Headway as well as those who are already one of our clients, for instance if someone is a member of a religious group, church, WI, or orchestra but as a result of a brain injury or stroke is struggling to take part in that group we can now send in qualified therapists to help. As well as helping the person with the brain injury we aim to train members of community groups so that people with a stroke or brain injury can be fully integrate into the local groups and clubs. This project fits with Headway's mission statement to provide a service to all those with and acquired brain injury.

It is hoped that as the therapists work with other organisations on this project it will improve the profile of Headway and the knowledge of the general public on Headway's work and brain injury. It is anticipated that some who take part in this project will want to receive domiciliary care and rehabilitation at the day centre from Ipswich and East Suffolk Headway. It must be remembered that this money is only for therapist and that funding is still needed to keep the day centres operational.

DOMICILIARY CARE

Ipswich and East Suffolk Headway are pleased to announce that they have successfully registered with Care Quality Commission to be able

To offer domiciliary care (personal care to people in their own home) to people who have experience an acquired brain injury including stroke. Helen Fairweather Chief Executive said " This will be a specialise service with all staff being trained and qualified not only in care to a minimum of NVQ2 but also in acquired brain injury. Staff will have an in-depth knowledge of how to look after people in their own home following a stroke or brain injury. The focus is on quality care and not a profit. We aim to give the care to people when they want it and in a way that suits their needs."

If anyone wishes to have Headway deliver care to them in their own home please telephone Helen Fairweather on 01473 704159

Respite Care

If you want respite care, but do not want to go away, Headway can send a trained employee to stay with you overnight or to call in to see you several times a day while your family carer has a break. If you want to discuss, this feel free to talk to Helen.

Flexible Respite

If you are over 65 and entitled to flexible respite through Suffolk Carers why not ask us to come into your home and look after you while your family carer goes out for the day or evening

Sponsored cycle bike ride

Ipswich and East Suffolk Headway are holding their second sponsored cycle ride with West Suffolk Headway from West Suffolk's centre to our own at Kesgrave. There will be various stops along the way so if you feel you can only manage part of the ride this can be arranged. We will be followed by our minibus in case someone needs a ride. If you want to take part or

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23				24							

ACROSS	DOWN
1 The most southerly continent	1. First animals in the dictionary
5. Easy	2. Asphalt
8. Much --- about nothing'	3. Iron oxide
9 Destination	4. Headwear
10 Dull	6. A free electron
12 Monumental	7. When day and night are equal lengths
14 Largest continent	11. Stars
15 Opposite of yes	12. Birds of prey
16 Flying toy on a string	13. Swindle
17 Active	14. To take for granted
18 Exists	18. Notion
19 Substance used to promote fusion of metals	21. ' --- old iron'
20 An entire range	
22 Poplar with leaves that flutter in the breeze	
23 Unit of electrical current	
24 Belonging to m'lady	

New Drama Group

Due to Awards for All funding we have been able to set up a drama group on a Thursday morning. This will help with speech and language, confidence and self esteem. It is hoped that the group will put on a performance during brain injury awareness week in May. If you want to join the group please see Jo or Helen.



Individualised budgets and Headway

What is an individualised budget?

- It is a new way that social care may pay for your care package. A person who receives a service from social care can be

assessed to have a budget to spend on their care in the way they want to.

- You will be monitored to ensure that they use it in the way you have said you will

Do You have to have it?

- No -your care can be purchased in the same way as it is now by social care. At your next review you should be asked if you want an individualised budget but you can say no if you wish. Legally you have to be offered it.

How much would I get?

You will be assessed as to your needs. This is done by you completing a form. From this information you score points. The more points you score the more money you receive. At the moment your care needs are worked out in hours. So this is different .Its now money and not time. The danger is that you may not score

enough points to be given sufficient money to pay for Headway days. On the other hand you might get more.

What can I spend it on?

You can spend it on anything to help with your care but you must say what it is being spent on in advance so a care plan can be written which you have to stick to. If you over spend you are unlikely to be given the extra money. You can spend the money on:

- A carer or agency of your own choice to carry out your domiciliary care.
- To attend Headway as many days as you want and can afford in your budget
- To have support in the community to do an activity of your choice.

So What Can I spend the individualised budget on at Headway?

Anything you want:

- We will keep the day centre running and may open of an evening and weekend
- Activities in the community e.g. Shopping going to the cinema, fishing, with one to one support.
- Domiciliary care
- Day respite.

How can I find out more about support outside of Headway's centres?

CROSSWORD ANSWERS

ACROSS 1 Antarctica 5 Simple 8 Ado 9 To 10 Banal 12 Epic 14 Asia 15 Negative yes 16 Kites 17 Happening 18 Is 19 Flux 20 Gamut 22 Aspen 23 Amp 24 Her

DOWN 1 Aardvarks 2 Tar 3 Rust 4 Cap 6 Ion 7 Equinox 11 Astral 12 Eagles 13 Con 14 Assume 18 Idea 21 Any

Talk to Helen, she will be happy to talk with you about any idea you may have. Such as fishing on a Friday night, shopping on a Saturday, help to relearn a skill that cannot be taught at Headway e.g. parenting skills, using the public bus.

How much will this cost?

This depends on the amount of support you need, and when you want to do it. Out of office activities are likely to be more expensive than during the week.

WHATEVER YOU DECIDE, TALK TO US. WE ARE HERE TO HELP YOU IN ANY WAY THAT WE REASONABLE CAN. IF YOU HAVE AN IDEA LET US KNOW. ITS YOUR REHABILITATION AND WE ARE HERE TO HELP.

We are holding an open day on May 19th from 10 a.m. to 3 p.m. to discuss domiciliary care, the new therapists work in the community and individualised budgets with Headway clients and the public at Unit 7 Tommy Flowers Drive Kesgrave. Why not drop in and have a chat about our new work and projects and see if any of them can help you?

Chief Executive: [Helen Fairweather](#)

Chairman: [Mr. A. Renton](#)

Patron: [Helen Mc Dermott](#)

[Affiliated to Headway the brain injury association](#)
[Charity Number 1075338](#)
[Company Ltd. No. 3731392](#)