



Hello and welcome to our Summer news bulletin. We hope you are all well and enjoying the warmer weather.

We have been very busy over the past months and have been supported by some incredible fundraisers, local businesses and volunteers. If you or anyone you know would like to help us by volunteering please contact us. We are also keen to gain business support and for individuals to take on fundraising challenges. Our services and dates of meetings are listed overleaf, and we hope you can join us. *With best wishes Liz Bamber and the Headway Central Lancashire Team.*

Chorley Mayor Charity of the Year

Headway Central Lancashire has been chosen by the Mayor of Chorley, Councillor Julia Berry as one of her charities this year.

We are making plans to hold some sessions in Chorley and work alongside the Mayor to raise awareness of brain injury and its effects.

The Mayor said 'I'm proud to be associated with these charities and I have been involved with them for a long time, so they are very close to my heart'.



The Mayoral charities 2022 are: Chorley Inspire Youth Zone, Derian House Children's Hospice, Headway Central Lancashire, Chorley Help the Homeless, Chorley Women's Centre.

Headinto Your Community

We are delighted to have received funding for our regular Drop In's and Activity Days.

£10,000 will pay for the cost of sessions between 5th July 2022 and 4th July 2023.

Liz Bamber, Manager, said 'grant funding allows us to keep our services going and we are very grateful to the National Lottery and its players for agreeing to fund this vital service supporting brain injury survivors and those who have survived a major trauma injury'.

For dates of the sessions go to:
www.headwaycentrallancashire.org.uk/drop-in



JMW Golf Day raises £2500.00

Two thousand, five hundred *thank you's* to everyone at JMW Solicitors. Their annual golf day raised £5000 split between Headway Central Lancashire and CBIT (Child Brain Injury Trust). The funding will be put towards the Walking for Mind and Body project.

jmw 1 Byrom Place
Spinningfields
Manchester
M3 3HG

NatWest

Manchester Spinningfields Square Branch
162 Deansgate Manchester M3 3LY

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01 - 05 - 31
DATE 25 MAY 2022

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PAY HEADWAY CENTRAL LANCASHIRE

Hundreds of Thousands	Tens of Thousands	Thousands	Hundreds	Tens	Units
Zero	Zero	Two	Five	Zero	Zero

Amount of pounds in words - pence as in figures

£*****2,500.00

= 29JJJ69K

JMW Solicitors LLP
Office Account

*041847 01*0531 38287858

Manchester Great Half Marathon raises £2260.00



Pictured: Connor Sleight, Lewis Fensome, Liz Bamber, Lewis Bamber and Ryan Worthington.

Lewis Bamber and three friends have raised a total of £2260 for HWCL by running the Manchester Half Marathon.

£1465 was raised via Just Giving and £500 was donated by Lewis Bamber's employer Sky Bet.

Lewis said, '17 years ago, my brother was in a motorbike accident which left him with a serious brain injury. As a result of this, he had to pretty much restart life - learning to walk, talk and complete tasks that we otherwise wouldn't think twice about.

This took a huge toll on our family, and although it wasn't easy - we got through it. My mum (Liz Bamber) always puts others first, and after experiencing this, wanted to help other families going through the same. That's where Headway Central Lancashire was born. The team works tirelessly around the clock to ensure that they have access to everything needed to get through what is an incredibly tough time'.

ASDA Green Token Scheme



We are proud to be part of the ASDA Fulwood's Green Token Scheme and have a chance to win £500!

The voting will be closing soon so please lend your support and vote for Headway Central Lancashire.

www.asda.com/green-tokens

Thank you!

Headway Central Lancashire Tel: 01772 791460 or 07557123493

Sir Tom Finney Way, Preston PR1 6PA

Email: services@headwaycentrallancashire.org.uk

Out and About with Headway

Join us on our monthly **Walking for Mind and Body** walks for fresh air, exercise and a chance to chat with friends.

Taking place on the second Tuesday of the month, our walks around local parks and pathways continue to be as popular as ever.

Pictured right, is a recent walk around the hidden paths of Cottam complete with a treasure hunt and then a light lunch at Cottam Community Centre.



This project has been kindly supported by JMW Solicitors and Leathersellers Fund.

Contact Margaret on 07808 648728 or the Headway office 01772 791460 for further details.

Headway Support in Hospital

Headway Central Lancashire provides a wide range of services to adults in The Royal Preston Hospital after a brain injury or after a major trauma injury.

Advice and information includes:

- Welfare benefits.
- Legal information and support.
- Emergency fund.
- Support with practical things such as mobile phones, clothing, toiletries.
- Going home.

Our team of Headway Coordinators visits the hospital every day and can meet patients and their families on the ward or at the Headway office once discharged from hospital.

Patient feedback:

'Thank you for helping my husband after his fall, we didn't know where to turn, as he was self employed so we didn't think we could claim anything. He is on the mend and doing well. We are very grateful to your team.'



Contact our hospital service:

Major Trauma including traumatic brain injury:
07808648733

Neuro (Brain Injury through stroke, haemorrhage, infection): 07583637197

Summer 2022 community meetings, appointments and activities



Pictured: Special
Queens Jubilee
Afternoon Tea

DATES 2021	TIME	ACTIVITY	VENUE AND BOOKING
Tuesday 12th July	10.30am	Walking Group	Booking required numbers limited. Please bring your own helper if you require assistance. Cost £3.50
Tuesday 19th July	1pm - 3.30pm	Drop In	Cottam Community Centre Haydock's Lane, Cottam, Preston, PR4 0NY
Tuesday 26th July	1pm - 4.00pm	Activity Day	Salvation Army Harrington Street, Preston PR1 7BN
Tuesday 2nd August	1pm - 4pm	Drop In	Salvation Army Harrington Street, Preston PR1 7BN
Tuesday 9th August	To be confirmed	Walking Group	Booking required numbers limited. Please bring your own helper if you require assistance. Cost £3.50
Tuesday 16th August	1pm - 3.30pm	Drop In	Cottam Community Centra Haydock's Lane, Cottam, Preston, PR4 0NY
Tuesday 30th August	1pm - 4.00pm	Activity Day	Salvation Army Harrington Street, Preston PR1 7BN
Tuesday 6th September	1pm - 4pm	Drop In	Salvation Army Harrington Street, Preston PR1 7BN
Tuesday 13th September	To be confirmed	Walking Group	Booking required numbers limited. Please bring your own helper if you require assistance. Cost £3.50
Tuesday 20th September	1pm - 3.30pm	Drop In	Cottam Community Centra Haydock's Lane, Cottam, Preston, PR4 0NY
Tuesday 27th September	1pm - 4pm	Activity Day	Salvation Army Harrington Street, Preston PR1 7BN
Every Wednesday	1.30 pm - 2.30pm	Exercise Class Booking required	Heartbeat Centre Sir Tom Finney Way Preston PR1 6PA Cost £2.50 per session.
Every weekday	Booking required	Appointments	Headway Office, Heartbeat Centre Sir Tom Finney Way Preston PR1 6PA Tel: 01772 791460
Every Day	Hospital Visiting	Advice and information	Royal Preston Hospital, Sharoe Green Lane, Fulwood, Preston PR2 9HT Tel: 07557123493

Check bus times here: www.prestonbus.co.uk/services