



HEADWAY SOUTH LANARKSHIRE NEWSLETTER

spring 2008



Happy 4th Birthday!



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Headway South
Lanarkshire

For more info
contact

Liz Gibson
Coordinator
07955 338 998
01698 892 905

In February Headway South Lanarkshire celebrated their 4th birthday by holding a "chocolate evening". We had a chocolate fountain with a selection of fresh fruit and marshmallows to dip in it, a chocolate birthday cake and chocolate egg prizes for the games of bingo. The group has come a long way in four years. We started out with just seven people quietly chatting and



Above: Malcolm, Albert (chairman), Lisa, John and Hugh help to blow out the candles on our 4th birthday cake .

have grown now to having between 20 and thirty people coming along each week to support group meetings and 107 members on our mailing list. We have now settled in well to our new premises for the Tuesday meeting at The St Andrews Centre, St. Andrews Drive, Hillhouse, Hamilton and look forward to a year full of activity!

ACTION FOR BRAIN INJURY WEEK

Headway's Action for Brain Injury Week is from 31st March to 6th April 2008. Headway South Lanarkshire will have an information and advice stand in Larkhall on Saturday 29th March to raise awareness of acquired brain injury and our service in the area. The stand is part of a roadshow event organized by the SMART Project within the CVS Hamilton and East Kilbride in partnership with Changing Places. We have had a desk within the SMART project office in Hamilton since November 2006 and they have been instrumental in helping our group develop.

Winners of the Christmas Draw

The Christmas Draw took place on Tuesday 4th December. Members, their families and friends of Headway South Lanarkshire showed great support for this event which raised £532. The prizes were beautifully hand painted Christmas themed ceramics donated and created by our member May McGeachie who attends a pottery class. The ticket sales were coordinated by Robert McIntyre. The winners are listed below:

- 1st prize: ticket 333 Calum Somerville won a Santa
- 2nd prize: ticket 706 I Foster won a Snowman
- 3rd prize: ticket 643 Margaret Hobbin won Jinglebells
- 4th prize: ticket 343 Aileen Campbell won Xmas tree
- 5th prize: ticket 548 Martha Wilson won Santa plaque
- 6th prize: ticket 560 Mary Dalton won Rudolph



BITE SIZE NEWS

PRT pampering service which is available to carers is introducing a small charge £5/£10 for this service as of 1st April 2008.

The HeadwayUK Helpline is available from 9.00am to 5.00pm, Monday to Friday.

0808 800 2244

Email enquiries to:

helpline@headway.org.uk

Tuesday 8th April

Come along to a Quiz Night at the Hamilton meeting. Quiz master Brian Creechan will be hosting a fun evening. Bring your friends and family.

Saturday 10th May

CYCLE-A-THON at Asda Hamilton. Come and pedal for Headway!

The Headway Scotland conference will take place on 12th September in Perth. If you are interested in attending this event please contact Liz Gibson on 07955 338 998.

EVENTS IN THE PIPELINE

THE WALKING GROUP

The walking group are keen for all members who would like to get together for gentle walks in the countryside to come and join them to plan some lovely days out. The next walk being planned is in Lanark near the Equestrian Centre at Lanark Racecourse. There will be the opportunity to go for lunch in the Bistro at the Equestrian Centre afterwards. If you would like to go along please let Suzanne Dickson or Isobel Sutherland know.

TEN PIN BOWLING

We are planning a trip to the ten pin bowling in Coatbridge in May. Date and time to be confirmed. This usually costs £3 per person.

PANTOMIME

It has been suggested that a trip to a pantomime at the end of the year would be a fun thing to do, so Linda (Hugh's sister) is going to find out what is on and start a list of names of those interested in going. Let her know if you want to put your name down.

HEADWAY PUBLICATIONS

We stock a selection of the Headway publications on different aspects of Acquired Brain Injury. If you need any information just ask Liz (07955 338 998).

TOLBOOTH TABLE TOP SALE IN LANARK

Suzanne Dickson and Tom Ashburn have both written reports on the successful table top sale held at the Tolbooth in Lanark on Saturday 16th February.



LEFT: Our chairman Albert Cuzen and committee member Carolyn Ashburn gratefully receive the cheque for £275 raised at the table top sale. The money helps us to continue to provide a service to and organise activities for survivors of Acquired Brain Injury, their families and carers in South Lanarkshire.

SUZANNE DICKSON REPORTS:

The group held a sale of work in Lanark on Saturday 16th February at the Tolbooth. There were various stalls including home baking, tombola, bric-a-brac, books, videos, cds and childrens toys. We were all surprised that we had home baking left at the end of the day as this is the stall that usually sells out rapidly. After all our hard work too (Mum's and mine—well more Mum's than mine! She had to have the patience of a saint in dealing with my eye-sight problem when I tried to fill the bags) it really was unusual.

The tombola sold out first and the person who won the last two prizes donated them back to the group for a member or to put up for sale. We were left with a few articles which we donated to the local charity shops, hopefully someone getting the use of our items which we hadn't sold. We kept the books that remained because they are going to be taken to a book sale in the near future. So, I think we as a group did well in raising £275 which I am sure will be used to help fund various activities for the group in the near future.

Tom Ashburn reports:

GREAT SUCCESS IN TOLBOOTH

The members attending the Lanark meeting of Headway South Lanarkshire organised a very successful sale in the Tolbooth, Lanark. Thanks to the generosity of all those who donated items but also to the members of the public who bought them. The cheque for £275 was received by Albert Cuzen, the group's chairman, and Carolyn Ashburn at the group's 4th birthday celebration in Hamilton.

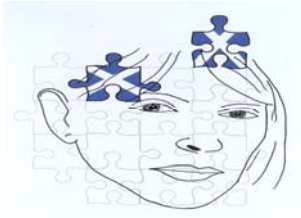
The success of Headway South Lanarkshire has gone from strength to strength over the last four years and has come to the attention of Headway staff attending national events. It has been heard they call us "The Happy Group", which is what we are—just like a big friendly supportive family. The meeting in Lanark is held every other Wednesday—please contact coordinator Liz Gibson on 07955 338 998 for further details.

CHRISTMAS NIGHT OUT AT CARRIGANS



Left: Headway South Lanarkshire members Malcolm and Hugh dressed in their finery at the Christmas Party Night at Carrigans, Hamilton on Sunday 23 December 2007.

We held our Christmas dinner at the popular choice of Carrigans in Hamilton. Some of us met in the bar area before the time of the meal and we were entertained by a group of customers who were singing and playing the guitar. The meal was in the function room where we sat at a huge table to enjoy the delicious food. The evening was rounded off with a disco. A great time was had by all.



www.headwaysouthlanarkshire.org.uk

WEEKLY SUPPORT GROUP
MEETINGS TUESDAYS 6-8PM
IN EAST KILBRIDE
FORTNIGHTLY SUPPORT
GROUP MEETINGS ON

Contact coordinator Liz Gibson for
more info:

Phone: 01698 892 905

Mobile: 07955 338 998

**Affiliated to HEADWAY The
Brain Injury Association**

Headway South Lanarkshire provides support, advice, and information to survivors of brain injury, their families and carers.

Many people agree “it helps to talk about it”.

It often helps to meet other people in a similar situation to your own who are dealing with difficulties you are up against yourself.



www.headwaysouthlanarkshire.org.uk



Shrove Tuesday

On Shrove Tuesday we held a pancake tossing contest. Rosemary was the “referee”!

Frank was busy slaving over a hot stove cooking the pancakes while the rest of the members got busy competing. John won the contest scoring 110! Close second was William with 100 and Linda took third place with 82. Everyone else enjoyed eating the pancakes that Lisa had kindly made in advance and brought with her.