



*Cambridge &
Peterborough*



**"A Specialist Brain Injury
Support Service with
Empowerment, Inclusivity
and Kindness at our Core"**

**WINTER
Newsletter 2025**



A message from our CEO

Sarah Green



This is an exciting time at Headway Cambridge & Peterborough as we see out another successful year and enter a new year and a new phase in our planning.

I am due to take a short 3 month Sabbatical (break) from Headway Cambridge & Peterborough between Jan-March 2026 (inclusive) for personal reasons.



I am however pleased to report that Claire Boothby-Barnbrook (former CEO of Headway Norfolk & Waveney) has kindly agreed to step in as Interim CEO for the duration of this period.

I am delighted to introduce Claire to the team and to you all and she brings with her a wealth of skills and expertise.

We are very proud of what we do here at Headway Cambridge & Peterborough, our highly skilled and dedicated staff team and the wonderful people we have the privilege to support on their brain injury journey. I hope you enjoy reading what we have been up to and what we have planned for 2026.

In the meantime, may I wish you all a happy and healthy festive period and I look forward to 2026 being a new year of new faces, new connections and new beginnings.

Merry Christmas
& A Happy New Year!

headwaycp.org.uk

What Have We Been Up To Over Autumn ?

As the temperatures drop and the nights draw in, it is tempting to want to hibernate and lock ourselves away from the outside world. However at Headway Cambridge & Peterborough we know the importance of social connections, staying physically and mentally active and positive thinking. Over the last couple of months, in addition to our scheduled activities, our clients have been exploring different ways to stay busy and active as well as learning strategies for self-care and improving overall wellbeing



Laughter workshops

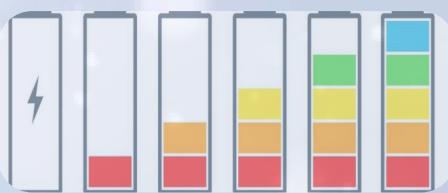
We delivered fun sessions exploring the power of laughter, its benefits for those living with brain injury, and how humour has evolved over the decades. Everyone shared what makes them laugh. These sessions help boost our clients' connection, confidence, wellbeing, and overall mood.



Musical Therapy

We have enjoyed fantastic musical therapy led by Dr. Alex and students from the Cambridge Institute for Music Therapy and Research.

Our clients took part in a range of music-based activities that supported memory, mood, movement, concentration and communication



Learning about Neuro-fatigue and fatigue management

Our clients have been tracking their energy levels throughout the day. Using our battery visual aid we note on arrival, before lunch, and at the end of each session. This has helped us explore which activities boost energy, such as social interaction, communication, laughter, competition, and physical movement, and which activities or environments contribute to fatigue. Alongside this, the group completed a four-week programme on sensory sensitivity after brain injury or stroke and how it links to fatigue.

Weekly Timetable

Weekly Timetable of Services

Monday	Tuesday	Wednesday	Thursday	Friday
Addenbrookes hospital Headway Advisor	Addenbrookes hospital Headway Advisor	Addenbrookes hospital Headway Advisor		
Fenland Neuro Hub / Group service		Peterborough Neuro Hub / Group service	Cambridge Neuro Hub Group service	Cambridge Neuro Hub Group service
Community services	Community services	Community services		
Personal Training (Gym)	Personal Training (Gym)		Personal Training (Hub)	Personal Training (Hub)
Activities Coordinator	Horticulture Therapy		Horticulture Therapy	
Independence & Wellbeing (Hunts)	Independence & Wellbeing (Hunts)			
				**Coming Soon Woodcraft workshops

Telephone Support is available Monday to Friday
Psychotherapeutic counselling available by appointment

Please follow the link below to make a referral
or visit our website

headwaycp.org.uk

Click to Refer



Our Advice & Signposting Services

Addenbrookes Major Trauma Support

Headway Adviser role - funded by



Information Packs are now available across Addenbrookes for all brain injury / stroke patients and families thanks to a Grant from **the Strangward Trust**

Email: Emilie.Witt@headwaycp.org.uk



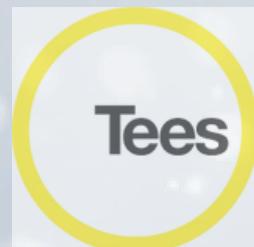
We were not offered anything and couldn't find anything out there. We were approached by Headway in Addenbrookes hospital, and it was such a relief to know that there was some support out there

Peterborough & Hinchingbrooke

Headway Adviser role and hospital resources - funded by



Harry Cureton



Our Group Services



Our Neuro hubs offer a safe and non-judgemental space to learn strategies for managing the individual effects of a brain injury and offer psycho-social support across CAMBRIDGE, PETERBOROUGH AND FENLAND

Neuro-Hubs

We help achieve fitness and mobility-based goals after brain injury as well as boosting confidence in a community setting through are group exercise sessions



Mobility & Movement



Horticulture

In a farm in Cottenham, run by a specialist horticultural therapist. The focus of these sessions is peer support, learning new skills, improved mental health and confidence building in a supportive and welcoming space through team work, gardening, woodwork and bush-craft.

Our Outreach Services



Our Independence & Wellbeing Support workers can work with you to help you achieve your goals through the use of cognitive strategies that support memory, planning & concentration. Whether you need support returning to work / education, organising your life admin, planning a transport route or managing your fatigue. We can help

Independence & Wellbeing

Our specialist personal trainer can work with you in the gym or at home and design a bespoke training package to support you with your fitness, strength, balance and wellbeing goals.



Personal Training



Did you enjoy a hobby or activity before your brain injury and have now lost motivation or interest? Do you want to join a local group or activity but don't know where to start or are lacking in confidence? Our Activities Coordinator can support you in making new connections or renewing old interests

Making Connections

Paying for Headway Cambridge & Peterborough Services

FREE SERVICES:

- Hospital based advice and signposting
- Community based advice and signposting
- Support to access local group activities

CHARGEABLE SERVICES:

Whilst we are able to offer the above select services free of charge,(thanks to our generous donors) the majority of the specialist brain injury support services we offer are chargeable.

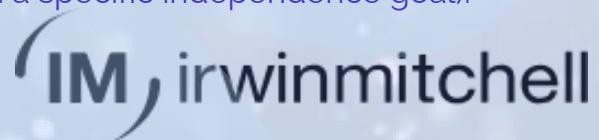
As a small charity all charges directly cover our operational costs only i.e. not for profit.

Many of our clients receive statutory funding (Health or Social Care) to access our services. If eligible, we can support you with applying for such funding.

If you do not meet the eligibility criteria for statutory funding and do not have the private financial resources to access our services you may be eligible for discounted rates or help from one of our hardship funds (limited availability)

Our six week programme of **Outreach Support** (i.e. one to one support in your home or in the community to help with a specific independence goal).

sponsored by Irwin Mitchell Solicitors



or

Our six week programme of specialist brain injury **psycho-education and counselling** (available to family members / carers as well as those with a brain injury)

funded by a grant from the Fletchers Foundation





CHRISTMAS GIFT

AS A VALUED SUPPORTER OF
HEADWAY CAMBRIDGE &
PETERBOROUGH WE WOULD LIKE TO
SHOW OUR APPRECIATION WITH
THIS FREE CHRISTMAS VOUCHER
AVAILABLE FOR USE BY ANY ADULT
WHO HAS SUFFERED A STROKE OR
BRAIN INJURY

THIS VOUCHER ENTITLES THE OWNER TO ONE
FREE HALF DAY (2.5HR) SESSION IN EITHER OUR
CAMBRIDGE OR FENLAND NEURO-HUBS
THROUGHOUT JANUARY 2026
(LAST FEW PLACES REMAINING)
FENLAND (MONDAY) OR CAMBRIDGE (FRIDAY)

TO CLAIM YOUR FREE GIFT AND TO BOOK A
PLACE PLEASE CALL 01223 576550 OR EMAIL
CONTACT@HEADWAYCP.ORG.UK

THIS OFFER DOES NOT APPLY TO CURRENT CLIENTS OF HEADWAY
CAMBRIDGE & PETERBOROUGH



Our Funder Feature

In every newsletter we like to do a special feature on how one of our funders has made a huge difference to the quality of lives of the people we support

The money kindly donated by the Barchester Charitable Foundation has been used to expand our Exercise and Adapted sports programme with a New Age Curling set, Adapted Volleyball set and Basketball ground nets purchased so far. We introduced the new equipment and games during our own ABI Games week, collecting points for winning, participation and creativity and bringing out everyone's competitive side. The new equipment has proved that sports can be adapted to be inclusive, allowing everyone to enjoy the physical, social and health benefits.

New Age Curling in particular was a great hit!

"I didn't know you could play this game off the ice!", but appreciated the opportunity to try a new adapted version and improve teamwork, communication and hand-eye co-ordination skills



Welcome



Committed to
**IMPROVING
OUTCOMES**

Kirsty

Therapy & Regional Services Development Manager

Committed to
**WORKING
SMARTER**



Sam - Operations Manager



Committed to
**INDEPENDENCE
& WELLBEING**



Investing in Community Health Fund

Sharon

Independence & Wellbeing Outreach
and Senior Hub support worker
(Safeguarding Lead)

headwaycp.org.uk



CELEBRATING ACHIEVEMENTS



Sam was shortlisted for the Alex Richardson Achiever of the Year Award - Sponsored by Slater & Gordon

Sam Robinson (client)

"I feel very lucky for the continual support and encouragement I receive from Headway and my family."

Photographer and keen horticulturist and valued client of Headway Cambridge & Peterborough, Sam, 37, was diagnosed with a large craniopharyngioma aged 15. He underwent extensive treatment.

Following brain surgery and radiotherapy, Sam had a stroke, which caused significant left-sided weakness, speech impairment, and cognitive issues..

Despite setbacks and time away from education, Sam completed his GCSEs and A-Levels, achieving excellent results, and went on to earn an honours degree in Biomedical Science from Newcastle University.

Sam has been involved with Headway for nearly 20 years, actively advocating for the charity and helping to raise awareness of life after brain injury.

In the past Sam helped Headway secure £25,000 in funding, part of which was selling a calendar of his photography, with all proceeds going to the local charity. Sam also raised £10,000 for the horticultural charity he attends on a weekly basis.

Sam "embodies triumph over adversity".

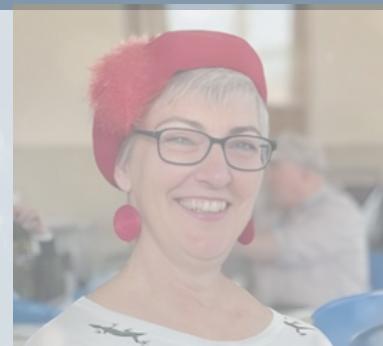
Jo has been shortlisted for Carer of the Year Award

"I feel so flattered and privileged to have been nominated for this."

Jo Bacon - Carer and Volunteer

Jo's husband Michael, is another of our very special clients who sadly sustained an intracranial haemorrhage in 2018. Car-enthusiast Michael requires help with everyday tasks including getting dressed, being hoisted from his bed, washing, and feeding.

Jo cared for husband-of-38-years Michael on her own for over five and a half years, taking early retirement to do so.



She is also now volunteering her personal time to support other clients at our Cambridge Neuro-Hub on a Friday afternoon during our social session, where she socialises with clients, plays board games, helps with a quizzes and cognitive tasks.

Anna Mumford, Senior Support Worker at Headway Cambridgeshire and Peterborough, put Jo forward for the award, describing her as "an amazing lady" who "always offers immense kindness".

Volunteer opportunities

Can you help?

We are looking for passionate volunteers to join us and help support our vital work. We are currently seeking a new **Trustee with lived experience of brain injury, either personally or through supporting a loved one**, and/or an **experienced Chair looking for a new cause to support**

ASK THE Board

Want to know what being a Charity Trustee involves?

Please reach out to find out more

Email: carol.lyon@headwaycp.org.uk

Use your skills to make a difference

We are also keen to welcome **volunteers with skills in marketing and communications** to help us raise awareness of our services and share the incredible work happening across Headway Cambridge and Peterborough

There are many other ways to get involved too, from supporting activities in our hubs to helping at events or offering specialist skills. Whatever your background, volunteering with us is a chance to work alongside a fantastic, dedicated team while contributing to an important and life-changing service for adults living with brain injury.

If you have skills in **woodcraft, movement, art, music, or creative activities**, you could make a huge difference to the people we support.

Get Involved. We value every one of our volunteers

If you can help with deliveries, hub volunteering, or want to take on a challenge, please contact us at

CONTACT@HEADWAYCP.ORG.UK

FUNDRAISING

Pick a bauble and send a little kindness

Pick a Bauble and Send a Little Kindness

This Christmas, help us fill our tree with Joy. Each bauble represents a donation that supports adults living with brain injury across Cambridge and Peterborough. By choosing one, you're adding a little festive cheer and helping brighten someone's season.

Every bauble makes a difference.

One decoration, one donation, one act of Christmas kindness.



Let Us Be Your Charity of Choice

Will you join our current corporate partners
and make us your Charity of the Year in 2026?



OR

**Would you, your company or
community group:
Host a quiz night?**

Take part in a sponsored event?

Hold a coffee morning?

Run a bake sale?

Organise a wine tasting?

*Thank
you!*

To set up a 'Go Fund Me' page to raise
funds on our behalf

[Click Here](#)

Will your Company Invest in us in 2026 As part of our Gift Grow Campaign??

Custom packages are available to meet your specific needs. We are happy to discuss other values for the sponsorship if the tiers don't meet the sponsor's needs.

EXAMPLES OF PROJECTS TO SPONSOR

Invest in Chloe...

Meet Chloe, our lovely, talented Services Manager. This year she wants to introduce a new 6-week 'Resilience' programme so that clients can have the tools they need to manage their change in circumstances?



Invest in young people...

Meet 'Matt', one of our younger clients who was injured in a road traffic



This year "Matt" wants to return to college to continue his studies

Invest in a new service for family and carers...

Can you help us to set up a new family and carers support service that will:

- Reach families in hospital when they're most in need
- Offer specialist family counselling

Brain injury affects the entire family



Deliver support for carers and younger family members coping with change

Invest in our new Peterborough Neuro Hub

After a fantastic 2 years at the Citadel, Salvation Army building in Peterborough, we are now looking for a new home that can accommodate our growing group service so we can support more



SILVER

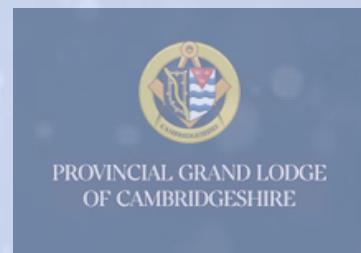
GOLD

PLATINUM

Contact Us – for enquiries and to discuss sponsorship opportunities

Contact: Sam Hassett – Operations Manager – sam.hassett@headwaycp.org.uk

A thank you note to some of our other partners and regular contributors



CAMBOURNE FITNESS
AND SPORTS CENTRE



Merry Christmas
& A Happy New Year!



Contact us



Telephone
01223 576550

[Email](#)
contact@headwaycp.org.uk

[Facebook](#)
[Headwaycp](#)

Instagram
[Headwaycp](#)

[LinkedIn](#)
[Headwaycp](#)

Listen to our CEO Sarah Green discuss brain injury and services with James Piercy PPIE Lead for the HealthTech Research Centre / Brain injury

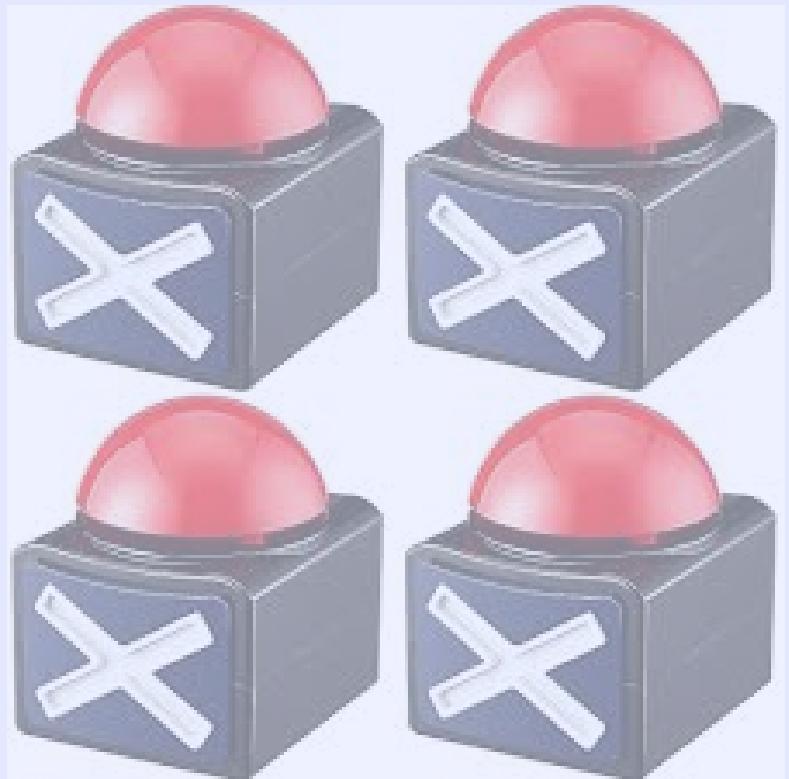
[Click for Podcast](#)

A look Ahead to Spring

Book your Place for our
Charity Quiz night

Friday 27th March 2026 - 5pm

The Hexagon Room in the
Frank Lee Centre at
Addenbrookes



FOUR PLAYERS PER TEAM £20 ENTRY FEE FOR EACH TEAM.

DETAILS - GENERAL KNOWLEDGE QUIZ ON BUZZERS, SIMILAR STYLE TO UNIVERSITY CHALLENGE (BUT NOT AS DIFFICULT!).

BAR WILL BE OPEN AND THERE WILL ALSO BE A RAFFLE.

A HUGE THANKS TO IAN FOR ORGANISING THIS ON OUR BEHALF. TO BOOK A PLACE FOR YOUR TEAM PLEASE CONTACT IAN WHITSED: IANWHITSED@GMAIL.COM