



*Cambridge &
Peterborough*

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Spring Newsletter 2025

**Improving lives impacted
by brain injury**



A Message From Our CEO



Chief Executive Officer
Headway Cambridge and Peterborough

It is a pleasure to welcome you to the Spring Edition of our Newsletter. A season of new growth. Our team and service continue to grow and I am excited to announce that we will soon be opening our new office space and “Neuro In-Reach” Service in Doddington, March. Fenland was one of the geographical areas we identified as a priority area for us to expand our support services into. We will initially be there one day a week on a Monday offering a family/carer drop-in service, Understanding Brain Injury workshops as well as group activities. Watch this space for more information. We also now have our new Community Advice & Signposting Service. This is an extension of the support service we offer at Addenbrookes hospital and aims to ensure that at the point of discharge, patients and families have guidance and advice on next steps as well as accessing community support and therapies.

April is Stress Awareness month. Over the course of this month we will be supporting clients and staff to explore strategies for stress management. We have kicked this off with a workshop on “What about Spring makes you happy?”. More on this below.

Thank you as always to our supporters who make the work we do possible.

Sarah Green

Welcome to our new Services Leaflet



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 non-judgemental space through team work, gardening, woodwork and bush-craft.



Free Service

Hospital Support

Supporting patients and their loved ones during their hospital stay, offering specialist brain injury advice and resources from our extensive Headway library. We offer much needed emotional support and guidance, connecting patients to community services, Headway groups, financial and legal services and other charities.

Sponsorship Opportunities available



Group Activities

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**



Psycho-Education

A bespoke service provided by psychotherapeutic counsellors with a specialism in brain injury. This support is available both to the brain injury survivors and their families, to provide specialist support as a result of the emotional impact of brain injury.

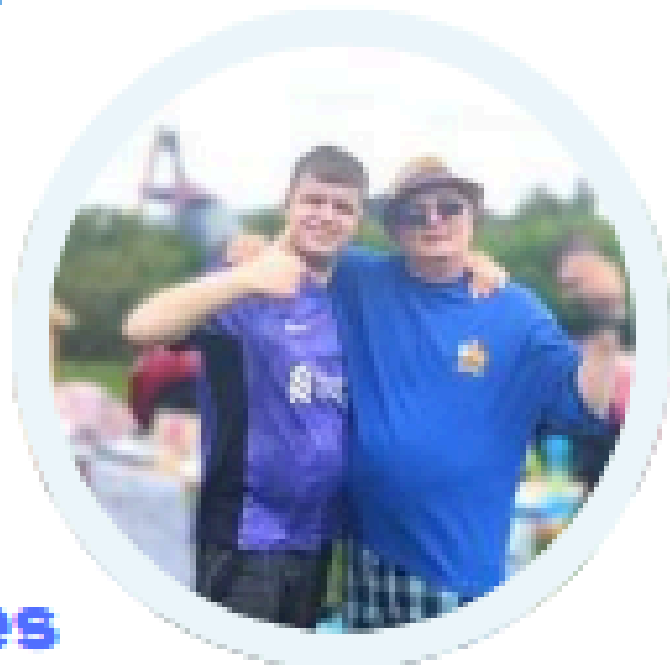
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Free Services

Advice & Signposting

We offer support, in person or by phone, during the transition from hospital to community. We help people navigate services and carry out personalised needs assessments to include entitlement to benefits and statutory support.



Making Connections

Our Making Connections programme is aimed at reducing loneliness and isolation and building local support networks. We liaise with local groups, assess suitability for the individual and facilitate and support attendance and engagement.



Exercise & Movement

We offer Individualised programmes with our qualified Personal Trainer. These are gym-based in Cambourne or in one of our Neuro Hubs. We help achieve fitness and mobility-based goals after brain injury as well as boosting confidence in a community setting.



Outreach

We support those with a brain injury across the county, including Huntingdon and Fenland, to achieve meaningful outcomes within their homes and their local community to promote independent living.

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Hardship fund places available

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+ Slater
Gordon
Lawyers

Carer and Family Drop-in Community Advice & Signposting

We offer a warm welcome to carers and loved ones at our Neuro Hubs, where they can receive practical advice from our new Community Brain Injury Co-Ordinator, Sarah Winsall.



All Welcome

**Sponsored
by**



“Sarah has guided and supported me through a really challenging time when my dad’s home based care package hours were reduced. Her background as a Registered Nurse has helped me understand the medical terminology and review process. She helped me put supporting evidence of my dad’s needs together, and helped me with the risk assessment documentation as well as arranging a Power of Attorney ” (Daughter of Headway Client)

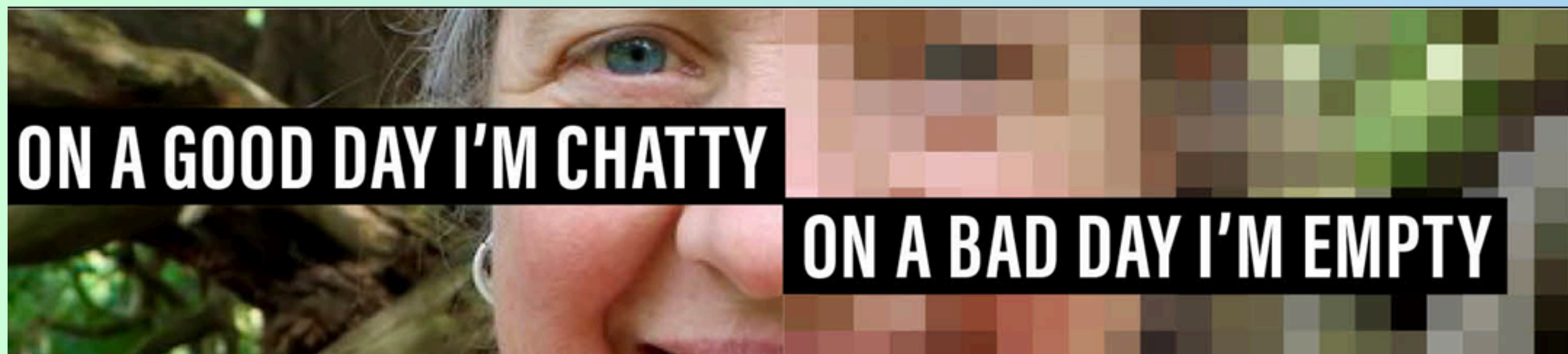
SAVE THE DATE
ACTION FOR BRAIN INJURY WEEK 19-25 MAY

THE CAMPAIGN FOCUS THIS YEAR IS “ON A GOOD DAY” AND
THE CHANGEABLE NATURE OF BRAIN INJURY

THROUGHOUT THE WEEK WE WILL BE REACHING OUT TO OUR NETWORKS TO HELP RAISE
AWARENESS OF THIS IMPORTANT ISSUE AS WELL AS PROVIDING YOU WITH FUNDRAISING IDEAS!!

The impact of brain injury can be devastating, life-changing, and life-long. Day to day, hour to hour, the symptoms of a brain injury can vary and change wildly.

But Headway is there to support everyone affected by brain injury, through the good days and the bad



SEE BOTH SIDES
OF BRAIN INJURY

BE PATIENT
BE FLEXIBLE
BE THERE

**ACTION FOR
BRAIN INJURY WEEK 2025**

19-25 MAY

A Place to call home!!

Welcome to our new Fenland office & neuro hub

Before we can start supporting clients in this wonderful space we need a few more items of equipment.

Can you help us?

£5 ..buys an art set for art therapy

£10 ..buys a brain injury information pack

£20 ..buys table leg raisers for wheelchair access

£50 ..buys cognitive strategy games

A heartfelt thank you to our amazing partners for the gifts of office furniture and office space. For the first time since Headway Cambridge & Peterborough was formed, we now have our very own office base within Askham neuro rehab facility.



Askham
a village community



**HOWES
PERCIVAL**

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We are Recruiting

Volunteer as a Trustee

With Headway Cambridge & Peterborough

Click 2 Contact

Join Our Team of Trustees in Cambridge and Peterborough

We are seeking skilled professionals or individuals who have lived experience of brain injury to contribute to our services. We're looking for people who can provide a few hours a month to share their expertise and knowledge. As a valued member of the board of Trustees, you will play a crucial role in growing and expanding our services. Whether you have previous Trustee experience, a clinical background, or expertise in finance, HR, public sector or charity management or someone looking to to use their time and skills to make a difference we would love to hear from you.

Grow with us in 2025

Gift 2 Grow Campaign

Our 2025 Goals....

Financial Sustainability
Growing our Services
Supporting more people

As a small charity we heavily rely on “Unrestricted” funds that allow us to use the money towards core (running) costs. In this edition of our newsletter we wanted to pay special tribute to two core donors



As part of our Gift2Grow campaign, Barr Ellison Solicitors made an incredibly generous donation towards our Core Delivery and Operational Costs. These funds have enabled us to reach out to more people offering much needed support but by not placing a restriction on the use of these funds have also enabled us to invest in the sustainable growth of the Charity.

*Legacy
Giving*

It is always a mixture of emotions and extremely humbling when we receive a gift in a Will. We are so very grateful to anyone who chooses to do so. In this edition of our newsletter we wanted to say a special thanks to two extremely inspirational and independent women who were ahead of their time in so many ways. Sue Lilburn and Anne Wright. Both were great friends and were involved in many clubs and societies and loved travel and learning. Sadly both passed away within a couple of years of each other and both chose for their charity work and memories to live on through making a gift to us in their Wills. We are hugely appreciative to them for thinking of us.

At Headway Cambridge & Peterborough we run sessions focussing on the emotional effects of brain injury and coping strategies. As we head into Spring and Stress Awareness month, we thought we would share a few client reflections from one of their group sessions about what about Spring makes them happy....



**Thank-you to everyone who continue to provide
much needed support**



**Chesterton Methodist
Church**



**Peterborough Citadel
Salvation Army**



**Thank you for making us
your Charity of the Year!!**



**Community Fundraisers
Supporting Headway**



PJ Care
specialised neurological care

Thank you for your kind offer of space to run our drop-in

Want to get involved?.....Here is How
Building upon the ABI Week Campaign of "On a Good Day"
In May, perhaps your workplace, social group or organisation
could...

**Bring
Good
MONDAY VIBES!!!**

Who says Monday has to be
the worst day of the week?
Make Monday a Good Day by
hosting a Coffee Morning or
Bake Sale at work and bring a
smile to your colleague's faces
£1 a Cake or Slice of Pizza for
Headway C&P

**PIZZA
PARTY**



FEEL GOOD FITNESS

Get Good Energy in the room by
making your weekly workout a
sponsored event..

Can you do a keep moving or
bench press challenge?

A 5k or 10k Charity run or walk?

**Glow
up**

There's nothing like a Pamper
night in with your friends to make
you feel Good. Maybe you are a
hairdresser, beautician or face
painter and can offer a Feel Good
Glow Up with proceeds to
Headway C&P

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Hospital Services

Every 90 seconds, someone in the UK is admitted to hospital with a brain injury.

We understand that brain injury knows no boundaries. That's why we strive to reach as many people as possible across the county offering our support services wherever they are needed.

We support individuals with a brain injury and their families in hospital, providing much needed emotional support, guidance and information.



Emilie Witt
Hospital Services
Manager

Community Services

We operate community based services across the region providing a range of facilitated group based activities. Our current group services are located in Cambridge, Fenland and Peterborough as well as our partner farm in Cottenham (for those seeking horticultural therapies).

In addition we offer one to one support in the home or community as well as our partner gym in Cambourne (for those seeking exercise based therapies).



Suzy Barker
Community & Day
Services Manager

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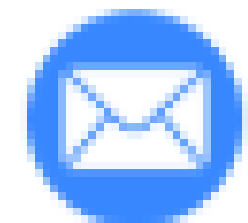
Empowerment
Inclusivity
and
Kindness
at our
core....



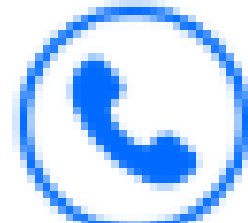
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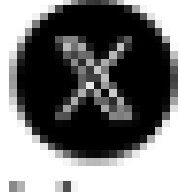
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