



Headway Suffolk

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Dear Sir

Please find below Headway Suffolk's monitoring report .

Headway Suffolk is very grateful to Felixstowe town council for the grant that they granted to the Charity to help people with a neurological condition, who live in Felixstowe.

Neurological conditions such as traumatic brain injury or stroke can happen in an instance but have a dramatic effect on the person's life and the lives of those around them .Other conditions such as dementia, MS. And Parkinson's happen gradually but still have a devastating effect on the person and their family. No matter what the condition is the person is likely to lose: mobility, communication skills, and cognitive function ,leading to poor mental health ,resulting in being made unemployed with possible loss of accommodation and break down of partnerships/ marriages and friendships .When people come to Headway Suffolk they quite often are at loss to know how to rebuild their lives and that is exactly what we try and do for them, help to rebuild their lives.

The grant enabled us to give people in Felixstowe extra help so that we could help them to access the resources of the great town of Felixstowe, such as the library, the leisure centre , spa pavilion and the shops in the main town. Our clients may not understand how to go shopping ,how to queue, how to use money but know that they need to buy something .Some of them may buy things which they can't afford or don't need. The support staff are there to encourage and guide clients as to how to shop in a responsible manner without getting into trouble. We also help them to safely cross roads and not meet with road traffic accidents and not to trip or fall over pavements or curbs.

Many of our clients who live in Felixstowe love to walk along the Felixstowe front but don't feel able to do it without support .For wheelchair users we are able to push

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them along the front so they can take in the sea air. This helps with mental well-being as well as helping with their rehabilitation. It also gives the family carers much needed respite.

It is very demanding being a family care of somebody with neurological condition. Family carers do not get to leave off at the end of the day ,so any respite that we can give them they are very grateful for .This means that they can continue employment or hobbies r just have some much needed rest .

We also help people in their own homes, to get up and dressed and take their medication .We are graded as outstanding by social care ,something we extremely proud .In their home setting we will help them to cook a healthy meal on a budget and to help them to take care of their property, helping them with housework chores and guide them how to do the gardening. For some will help them look after their pets

We help some clients to get back to work and have a get back to work group at our Ipswich hub .Many clients from Felixstowe access the Ipswich hub during the week, mixing with other people who have gone through a similar experience .This gives them new friendships. Without doubt all our clients lose their friends and have a feeling of being lonely and isolated. Coming to the hub helps them to rebuild their lives and make friendships. We very much hope in the next few years we'll be able to reopen our hub in Felixstowe .

Without the support of grant we would not be able to do the work that we do. We are very grateful

Yours sincerely

Helen Fairweather
Chief Executive