

## Talk to someone about how you're feeling:

Headway Nurse-Led Helpline, offering support and advice on the effects of brain injury. Open Monday to Friday 9am to 5pm (freephone: 0808 800 2244 or email helpline@headway.org.uk) The team can offer reassurance and a friendly voice.

**Headway HealthUnlocked**, is an on-line community for anyone affected by brain injury. It provides you with a chance to connect and share with people who understand brain injury and its effects in a friendly, safe and mutually supportive environment. https://healthunlocked.com/headway can be an additional source of support.



Company Shop is a supermarket like no other. When you become a member you can enjoy high quality food and household products at super low prices. How do they do it? They save perfectly good quality surplus stock going to waste and sell it through their member-only superstores. Sound good? The closest store is Tankersley.

If you are in receipt of means tested benefits you can apply for a membership card. Just visit Creating a new account | Company Shop Group fill in the application form and select Wentworth as your nearest store.



### **Rotherham Talking Newspaper**

A FREE service of Local News (plus a weekly magazine of short stories etc) on either Audio Cassette, CD or USB Memory Stick.

Contact RTN by phone on 01709 522429 between 9am and 12pm Tuesday or Wednesday or ring 07903234502 anytime.

Headway Rotherham's Newsletter can be viewed on our Website along with much more

If you wish to view our Code of Conduct please find it on our website About Us – Headway Rotherham









# More details to follow soon

**Exciting News!** 

**Headway Hub.** 

have a cuppa.





#### Headway **Rotherham**

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Charity No: 1097470

Headway UK-Free helpline 0808 800 2244 -helpline@headway.org.uk



# Meet/Walk in the Park

Wednesday 7th July 11.00—1.00pm

Rosehill, Victoria Park, Rawmarsh



If you would like to meet up with other members in the park to go for a walk or just sit and chat, please let Sadie know on 07925224461 (text or leave a message) or email info@headwayrotherham.org.uk

We are asking that you supply your own chairs or blankets and refreshments. There is a café in the park where you can purchase takeaway refreshments.



# WALKING WITH ALPACAS & PICNIC Tuesday 13th July

Tuesday 13th July 10.45am

# £5 per person

Tickhill Alpacas at Sunny Acres, Hindley Lane off Apy Hill Lane, Tickhill, Doncaster, DN11 9BF

Approximately 1 hour walk, 15 min petting and feeding the alpacas 1 alpaca between 2 people

### You must be able to walk along uneven ground <u>Please wear appropriate foot wear</u>

If you wish to bring lunch we will be having a picnic after the walk (weather permitting)

Spaces are limited due to the number of alpacas so this event is on a first come first served basis.

If you would like to book a place please let Sadie know on 07925224461 (text or leave a message) or email info@headwayrotherham.org.uk



# Carers' Lunch

Tuesday 20th July—12.30pm

The Glasshouse SANDYGATE ROAD, WATH-UPON-DEARNE, S63 7LN

Are you a carer, partner or family member of a brain injury survivor? Would you like to get together with other carers for a chat?

If you would like to attend please let Sadie know on 07925224461 (text or leave a message) or email info@headwayrotherham.org.uk

# **Crown Green Bowling & Lunch**



Tuesday 27th July 11am—1pm



# The Marquis

Stubbin Road, Low Stubbin, Rawmarsh, Rotherham, S62 7RX

£5 per person

After you have worked up an appetite bowling you may like to join us for a small carvery lunch. (You will be required to purchase your own drink)

If you would like to book a place please let Sadie know on 07925224461 (text or leave a message) or email info@headwayrotherham.org.uk

### **Card Bingo** Thursday 1st -10.30am Tuesday 6th—11.30am Wednesday 14th —11.30am

Quiz Thursday 1st—11.30am Thursday 15th—11.30am Thursday 22nd—11.30am

**Categories Game** Thursday 22nd - 10.30am



Monthly Evening Quiz Thursday 29th July –7pm

Beetle Drive Thursday 29th—11.30am