



# Head Tshwane

## February 2014

IN SHORT

## Goodbye 2013.... Hello 2014

A BIG welcome back to all our members, families, volunteers and therapists. We hoped that you all had a great festive season and we are very happy to welcome you back to the Headway family.

Already we stand at the end of the first month of 2014. This is naturally a time of reflecting back on the year that was and looking forward and setting goals for the year to come.

We started this year's groups by doing just that. For most of our members a big goal for 2014 is to continue to attend group, spend time with friends and make new ones. For others goals included getting their driver's license (July); getting back on their mountain bike (Duncan); preparing for the Comrades' (Selina) and going to Bible School (Pierre)

Here at Headway Tshwane we also have a few goals of our own. It just so happens that you are reading the first goal as we speak – a monthly newsletter to let everybody in the

Headway Tshwane family know what we are up too. Other goals include:

- Planning and building a new space for groups with the help of Lizl and all our friends at BTC.
- Extending our program to another day
- Establishing and extending our income generation project on the last Friday of every month.
- Improve our group services even more and getting more carry over to the home environment
- Going on more outings and just overall having a blast
- Spread the word on Brain Injury more actively and reaching more people with this important message

We have a feeling that 2014 is going to be a great year for all of us here at Headway Tshwane. Hold on to your hats guys – it's going to be a great ride!!!



### Let's talk about LOVE

This year we are introducing monthly themes into our groups. As is befitting the month of February our theme for this month is **LOVE**. We would love (no pun intended) for our families to use these themes to establish a link between the group and the home environment. Activities for this month include:

- Learning about the origins of Valentine's Day and the five love languages.
- Preparing a Valentine's Day surprise for our loved ones.
- Learning to love our bodies through good food and exercises
- Going to the movies to watch a Romantic Comedy on the 26<sup>th</sup> of Feb as our first outing of the year.

## BIRTHDAYS

### January

- 02 – Melissa and Caitlin (Volunteers)
- 02 - Hein
- 09 - Mel
- 14 - Nocolene
- 20 - Sophi (Volunteer)
- 23 - Sarita (Volunteer)



### February

- 02 – Patricia
- 21 – Lizl (Therapist)

## Jackie and Michelle's story

One of the things we LOVE this month is Jackie Fourie's wife; Michelle's amazing blog. The blog is about her family's experience of navigating through the crisis of brain injury following Jackie's accident. Michelle's blog was run weekly on the Huisgenoot/You website. Their story reached so many people and educated them on brain injury. We will make the whole blog available electronically and in print at the group for those who want to have a look at it.

## We LOVE our Volunteers

On Friday the 24<sup>th</sup> of January 2014 we had a lovely lunch with those super-special-awesome-amazing group of people without whom Headway Tshwane cannot function – our volunteers.

Thank you again ladies for all that you do. We salute you!!!!



## HOW THE BRAIN WORKS



Every month, as part of our newsletter, we will include an article with information on the brain and brain injury. This month we focus on Attention Impairment. This refers to difficulty people with brain injuries often have to focus or maintain attention. Please

see the attached article for more information.

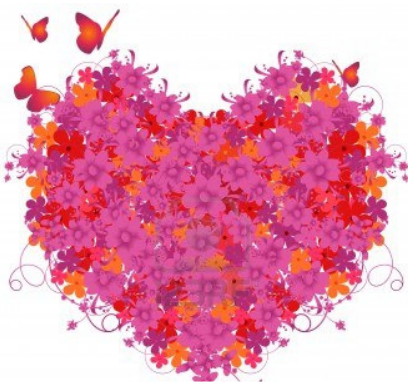


## Rest in Peace oom Archie

At the end of 2013 we lost the first member of our Headway family. Oom Archie van Zyl passed away early on Christmas morning; the 25th of December. He was our dear friend and a true hero and inspiration with the way he never gave up. We will have a memorial service for oom Archie on Wednesday the 19<sup>th</sup> of February at 10:00. All members; volunteers and families are welcome to attend.

THE MORE YOU KNOW .....  
THE BETTER YOU DO

## Dates for the Month



|       |           |                   |
|-------|-----------|-------------------|
| 03/02 | Monday    | Monday Group      |
| 05/02 | Wednesday | Wednesday Group   |
| 10/02 | Monday    | Monday Group      |
| 12/02 | Wednesday | Wednesday Group   |
| 15/02 | Saturday  | HFC Support group |
| 17/02 | Monday    | Monday Group      |
| 19/02 | Wednesday | Wednesday Group   |
| 24/02 | Monday    | Monday Group      |
| 26/02 | Wednesday | Wednesday Group   |
| 28/02 | Friday    | Kaofela           |