Some months ago we were fortunate to be able to offer Music Therapy as part of a programme funded by a National Lottery ‘Awards for All’ grant. Those who took part in the sessions created a really moving song. The lyrics were composed by the group and reflect their own unique ‘lived experience’ of surviving a severe head injury. We were delighted to recently attend ‘Narrow Water Recording Studio’ in Warrenpoint to record the song and create a music video. It was a great experience for our artists and a real once in a lifetime opportunity. Thank you to Naomi Hughes, Music Therapist from ‘Everyday Harmony’, Steve from ‘Narrow Water Studio’ and Marty from ‘The Little Green Door’ for all your help and support, we had a wonderful day.

Christmas Craft Fair
On Thursday 23rd November from 6pm - 9pm Head Injury Support will host a Christmas Craft Fair to coincide with the Newry City Christmas Lights Switch on.

Please join us here at our Newry Centre for an opportunity to purchase a variety of hand - crafted goods, mulled wine and mince pies. This is a great opportunity to get into the Christmas spirit and get some Christmas shopping sorted with a huge array of craft and gift stalls!

Any crafters interested in having a table at the event please call the office on 028 3083 3728 for more information.

Fun at the Recording Studio!

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October Birthdays
Happy Birthday to Malvern who attends our Aughnacloy group who celebrated his birthday on 15th October. Also many happy returns to May who attends our Dromore sessions and who celebrated her birthday on 17th October. We hope you both had a great day.

What we have been up to at our outreach sessions
This month at our outreach sessions we were doing some more work on our Halloween crafts. We also began to organise our Christmas crafts and decorations to be sold in our shop area. As well as completing our annual feedback survey, we have also been capturing this by creating a video - we interviewed and recorded members who attend the groups. The focus has been on their perceptions of what they get from attending the sessions - the ways in which they benefit. The video will used to attract new survivors and carers to become involved and will also go towards a compilation of each individual’s story, which eventually will be published. Thank you to everyone who contributed to this, we are looking forward to seeing the finished product. It is great to hear that the outreach sessions are having such ‘a positive impact’ on so many of our members. Survivors tell us that the groups ‘are a great support’ and that they ‘really value the opportunity to come together and talk to people who are in similar situation’. In November we will be focusing on Christmas crafts with the focus on the Craft Fair coming up at the end of the month. This will include painting and decorating wood crafts and also adding another craft this month by creating hand-sown Christmas decorations.

Feedback from the outreach groups:
“I’m enjoying the craic at the Armagh sessions, talking to others and getting out of the house.” Jamie
“I really look forward to the sessions, I am enjoying meeting other people and the craic is good.” Daniel

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Our outreach groups support sessions are for those with an acquired brain injury and their carers

Head Injury Support in Aughnacloy
Every second Thursday we meet in the Aghaloo Community Centre, which is on the main street in Aughnacloy (next to the credit union and through the arch). This is a growing group who together share really enjoyable activities that suit all ages and abilities. Sessions run from 10.30am until 1.30pm and we also have a break for tea of course. If you are interested in joining, just give us a call on 028 3083 3728.

Head Injury Support in Armagh
On the Thursdays when we’re not in Aughnacloy we meet in the Dobbin Street Community Centre in Armagh City Centre from 10.30am - 1.30pm. Some people who attend the Aughnacloy sessions also come along to Armagh which is great and people are free to attend any sessions that suit. If you are interested in coming along, please give us a call on 028 3083 3728.

Head Injury Support in Dromore
Every second Wednesday we hold a social activity session in the Dromore Community Centre from 10.30am until 1.30pm. The centre is on the Lurgan Road, just outside the town. We really want to hear from anyone living in the Dromore area that has a brain injury who would be interested in coming along so we can grow and establish this as a long term service for this area. If you are interested in coming along please ring us on 028 3083 3728.

Head Injury Support in Craigavon
Every other Wednesday we are in the Brownlow Community Hub in Craigavon from 10.30am until 1.30pm. Like all our sessions they are mix of fun and stimulating activities. If you’d like more information on our sessions or would like to come along, give us a call on 028 3083 3728.
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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wed 1st</td>
<td>Newry Centre - Woodwork with Michael 11am - 1pm, Dromore Community Centre, Dromore</td>
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<td>Thurs 2nd</td>
<td>Newry Centre - Arts &amp; Crafts 11am-1pm, Peter O’Hanlon Storytelling 2-4pm, Dromore Community Centre, Armagh</td>
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<td>Fri 3rd</td>
<td>Drop in for all at Newry Centre - Karaoke with Noel</td>
<td>7.30pm - 10.30pm</td>
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<td>Mon 6th</td>
<td>Newry Centre - Creative Minds Tidy Up</td>
<td>11am - 4pm</td>
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<td>Tue 7th</td>
<td>Newry Centre - Christmas Crafts 11am - 1pm, Cooking 2pm - 4pm</td>
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<td>Wed 8th</td>
<td>Newry Centre - Woodwork with Michael 11am - 1pm, Brownlow Community Hub, Craigavon</td>
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<td>Thurs 9th</td>
<td>Newry Centre - Christmas Craftng Aghaloo Community Centre, Aughnacloy</td>
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<td>Fri 10th</td>
<td>Drop in for all at Newry Centre - Lorraine Matthews Singer / Songwriter</td>
<td>7.30pm - 10.30pm</td>
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<td>Sat 11th</td>
<td>Big Night Out - The Bank Bar for a bite to eat and music</td>
<td>7.30pm- 11.30pm</td>
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<td>Mon 13th</td>
<td>Newry Centre - Upcycling Furniture and Christmas crafting</td>
<td>11am - 4pm</td>
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<td>Tue 14th</td>
<td>Newry Centre - Arts &amp; Crafts 11am - 1pm, Cooking 2pm - 4pm</td>
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<td>Wed 15th</td>
<td>Newry Centre - Woodwork with Michael 11am - 1pm, Dromore Community Centre, Dromore</td>
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<td>Thurs 16th</td>
<td>Newry Centre - Arts &amp; Crafts for Christmas Dobbin Street Community Centre, Armagh</td>
<td>11am - 4pm</td>
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<td>Fri 17th</td>
<td>Drop in for all at Newry Centre - Danny &amp; Rose Brennan</td>
<td>7.30pm - 10.30pm</td>
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<td>Mon 20th</td>
<td>Newry Centre - Upcycling Furniture &amp; working on Christmas Crafts</td>
<td>11am - 4pm</td>
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<td>Tue 21st</td>
<td>Newry Centre - Christmas Crafts 11am - 1pm, Cooking 2pm - 4pm</td>
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<td>Wed 22nd</td>
<td>Newry Centre - Woodwork with Michael 11am - 1pm, Brownlow Community Hub, Craigavon</td>
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<tr>
<td>Thur 23rd</td>
<td>Newry Centre - Preparation for Christmas Craft Fair tonight Aghaloo Community Centre, Aughnacloy</td>
<td>11am - 4pm</td>
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<td>10.30am -1.30pm</td>
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<tr>
<td>Fri 24th</td>
<td>Big Night Out - Guest Tea at The Granvue Hotel Omeath (NO DROP IN)</td>
<td>7.30pm- 11.30pm</td>
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<td>Mon 27th</td>
<td>Newry Centre - Furniture Upcycling and Christmas crafting activities</td>
<td>11am - 4pm</td>
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<td>Tue 28th</td>
<td>Newry Centre - Arts &amp; Crafts 11am - 1pm, Cooking 2pm - 4pm</td>
<td>11am - 4pm</td>
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<tr>
<td>Wed 29th</td>
<td>Newry Centre - Woodwork with Michael 11am - 1pm, Dromore Community Centre, Dromore</td>
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<td>Thur 30th</td>
<td>Newry Centre - Wooden Christmas Decorations Dobbins Street Community Centre, Armagh</td>
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Weekday support
Our weekday programmes in Newry Centre are from Monday to Thursday, 11am - 4pm each day with lunch provided at 1pm for everyone. These sessions have a particular focus on creative activities and having the opportunity to be involved in our social enterprise ‘Creative Minds’. To allow for some rest and relaxation activities include music, games such as a game of pool, surfing the web or chatting with others to allow inspiration for our social enterprise. In October we worked on Halloween and Christmas crafts which have been great fun. In October we also worked on up-cycling a lot of furniture which people brought in, with a particular bespoke look in mind and we created this for them. We have really transformed them and ended up with products we are proud of and happy customers. We will continue working on our Christmas crafts through November as we have a few events coming up to sell our products and let people know what we do. We also began filming and recording the members survival stories at our outreach sessions and also in the Newry Centre. It has been wonderful to hear the positive impact that attending Head Injury Support has had on our members. We also recorded the song survivors wrote, ‘The Club of HIS’ at Narrow Water Recording Studio where we also created a music video with ‘The Little Green Door’ company. This was a wonderful experience. In October we have been getting feedback from those we support and will create a video to promote our services and each person will have the opportunity to have their story recorded. Very exciting times ahead!!

Friday Night Drop-In sessions
Our Friday night sessions are a fun, social night for survivors, and their families as well as our volunteers and supporters. This is in our Newry Centre and is open from 7.30pm until 10.30pm. It’s supported by local artists and entertainers (see the calendar overleaf). It’s an opportunity for games and other social activities, chat, fun and craic with others. Thanks to Danny Doran and Paul Kelly who provided entertainment for us in October. In November we will be entertained by Noel and singers Danny and Rose Brennan and Lorraine Matthews. October’s ‘Big Nights Out’ were to ‘The Lough & Quay’ in Warrenpoint and ‘Bravo’ in Newry. In November we look forward to a night out to the ‘Bank’ and a ‘Guest Tea’ in The Granvue Hotel in Omelath. Please call 028 3083 3728 or email michelle@headinjurysupport.org.uk

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In October we had some more fundraisers in aid of Head Injury Support. Thanks to Formula Karting who presented us with £3,220. Formula Karting are celebrating 25 years in business and to celebrate they held a charity evening in aid of ourselves and ‘The Kevin Bell Repatriation Trust’. Thank you very much for your continued support.

Huge thanks also go to Aghaloo and Blackwater Community Association in Aughnacloy who recently hosted a coffee morning and raised a fantastic £750 for Head Injury Support. Thank you to everyone involved in organising the event or supported in any way.

Thanks to Super Valu Dublin Road who have some of our buckets and collection pots in store and so far this year have raised a brilliant £352.19. Thank you so much for everything you do.

We were delighted to recently welcome James and Noel into our Newry Centre in October. The guys were 39 days into their 40 day ‘Run The Island’ challenge where they ran and cycled over 1,000 miles across the entire island of Ireland in aid of The Simon Community NI. We first met Noel when we took part in ‘The Big Walk’ in conjunction with The National Lottery earlier this year, and it was great to catch up with him and hear all about his latest challenge. Thanks to The Whistledown Hotel in Warrenpoint who put the guys up for the night and provided them with a hearty breakfast before they headed off on the final day of their journey towards Newcastle and then returned to Stormont in Belfast where they had started 40 days previously. A fantastic achievement for your both, you should be very proud!
Outreach information sessions:

Currently within our Outreach Programme we provide sessions in Armagh, Aughnacloy, Craigavon, Dromore and Newry.

We want to encourage and support more survivors and carers to come along to our current social and recreational groups. We also want to support people within the Dungannon and Kilkeel areas. In November we plan to extend our outreach services to more areas within the Southern Trust.

We will be holding drop in information sessions in 3 locations where people who currently benefit from the service attend the outreach groups will share how they benefit from being involved. Why not come along for a cup of tea and hear what is involved or if you know someone with a brain injury who could benefit from this service please let them know.

Please see information below regarding dates, times and location:

**Monday 6th November 4pm - 6pm at The Junction, Dungannon**

**Monday 13th November 4pm - 6pm at Asda, Kilkeel**

**Monday 20th November 4pm - 6pm at Brownlow Hub, Craigavon**

For more information please call the office on 028 3083 3728.

Mindfulness Workshop for Carers: The ‘Carers Trust’ are hosting this event on Tuesday 14th & 21st Nov from 10am to 12.30pm. It will take place at The Brain Injury Foundation Centre, Newry Road, Camlough. This is a great opportunity for carers to learn simple practices which can be used to manage the demands of caring as well as some practical suggestions and exercises. For more information please contact Eleanor on 07702819109.

Next meeting: Wednesday 8th November @ 7pm

This group meet in our Centre on Kildare St, Newry on the 2nd Wednesday of every month from 7pm - 9pm and we are happy to promote their services. It provides an opportunity for parents that have lost a child, at any age and through any means, to come together. The group is facilitated by a professional counsellor but no one that attends is under any pressure to talk publicly. (In partnership with the Havern, Hughes, Sloan Memorial)

Carers Supper Club:

In November the Carers Club will be attending a Guest Tea Event in The Granvuu Hotel in Omeath on Friday 24th November at 7.30pm.

This is sure to be a great event with some lovely food and great music! If you would like to attend please contact Michelle in the office on 028 3083 3728 to book your place.
Contact Us
Head Injury Support
4 Kildare Street
Newry
BT34 1DQ
Tel: 028 3083 3728
Mobile: 075 2624 1522
Office opening hours: Mon - Fri 9am - 5pm
Email: info@headinjurysupport.org.uk
Website: www.headinjurysupport.org.uk

Please like, share and comment on our posts on Facebook and Twitter to help us reach more people that could benefit from our services.

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