

MAKING HEADWAY

Bringing **positive change** in the lives of those affected by Acquired Brain Injury

Winter 2010 Issue

For people living with brain injury, even the most familiar things can be a puzzle.



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HEADWAY

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Welcome to the Winter Edition of Making Headway

Having a brain injury or caring for somebody with a brain injury can often leave you wondering what can help. In this winter edition of Making Headway there are inspiring articles on things that have helped people in difficult circumstances. We hope that you can relate to these articles and know that there are people and solutions out there that can help.

We also have our usual round of fundraisers, research and other news for you to enjoy.

Regards, Making Headway Editorial Team

A Message from the Chief Executive



Dear Reader,

The challenge of Acquired Brain Injury is that whilst it poses a major and increasing public health challenge, as a phenomenon it defies easy categorisation. It has a wide range of causes, it results in a huge number of potential

consequences for the individual and family and many of its effects may be totally invisible to the outside observer. No wonder then, that it has been dubbed the "silent epidemic".

One of our major challenges, therefore, is to raise awareness of brain injury to try and ensure that people with brain injury, family members and professionals are aware of our existence and services.

For the first time in its history Headway engaged in an awareness raising campaign on television

and popular websites in the month of October. This was facilitated by a collaborative effort from an advertising agency, producer and sponsor, to name but a few, confirming that the "meitheal" spirit is alive and well.

Results so far have indicated an increased number of telephone calls to our Helpline and increased traffic to the website. The objective of the campaign was to raise awareness of brain injury and Headway to highlight that there is a service available to people and where we do not have physical locations we can offer advice, guidance, information and signposting through our **Helpline (1890200278)**.

On behalf of people with brain injury and Headway I would like to thank all who contributed so generously. Kieran

Kieran Loughran
Chief Executive

Women's Mini Marathon, Cork

A huge thank you to the student's of Colaiste Choilm, Cork who raised €477 in aid of Headway by taking part in the 2010 Women's Mini Marathon in Cork on 26th September. They ran an impressive 4 miles and we are very grateful of their support.

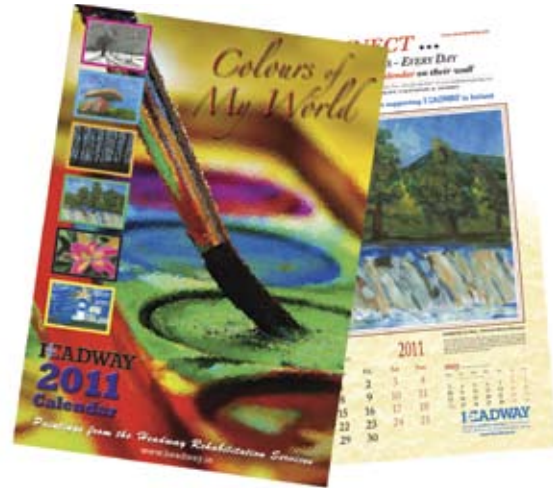


Photo by Ailish Murphy

Well done girls!

2010 Calendar and Christmas Cards

Headway's very own 2011 calendar will be on sale from November, featuring the artwork created by the people of Headway. The calendar will cost €5 minimum donation, and would make a perfect Christmas present! Christmas cards are also being sold from November at a cost of €6 for 10 cards. If you are interested in either, you can **contact Teresa at Headway on (01) - 810 2066.**



Thank You, Thank You, Thank You!

Finally we would like to thank... because Headway could not offer the help and services without the support from people like you.

Malcomson Law, Solicitors, Smithfield

For choosing Headway as their Charity for the year.

Marathon runners;

Everyone who ran /jogged/ walked in the mini marathon, Dublin Marathon, Cork City marathon, ladies mini marathon Cork, Killarney mini Marathon, Great Limerick run, London half marathon, limerick mini marathon, great Ireland run and Galway 10k run.

Rocky Road to Dublin -

Conor Kilbride who walked from Galway to Dublin on the 26th July 2010

Golf Day in Roganstown

Everyone who attended the on the 2nd September.

Scoil Dara, Kilcock Co. Kildare

for doing the Charity annual cycle on the 16th November.

eFlow (the company that operate the M50 barrier free tolling)

Their star fundraiser, Emma Hopwood, represented Headway in the Flora Women's Mini Marathon in June and the Dublin Marathon on 25th October.

Dice-A-Thron

The transition year students of Mount Mercy College, Model farm road, Cork held a Dice-a-thon on Thursday Oct 21st. The fundraiser consisted of throwing a dice a million times and recording the data.

To everyone who made a donation to Headway throughout the year.

Marathon Party

Gavin O Driscoll, whose father has attended Headway for 2 months, hosted a marathon party at his house recently as he had numerous friends "running" (well walking and chatting) as he put it, in the marathon. The Girls did the running and Gavin did cooking. Also a few non runners attended and were charged for the dinner! Sounded like an eventful day, and Headway appreciate and effort put in all of the funds raised!

Back row: UNA, EMMA and ANN (3 generations), Pamela, Monica, Aileen and Debbie Front row: Ellie and Robyn.



Telling Tales

It's every parent's nightmare to hear about a traumatic injury to their offspring, no matter how grown up or independent they are. Brian's son (also Brian) was living in England at the time of a life-threatening injury. He talks to Headway's Richard Stables about how the family pulled through.

How did Brian get his Injury?

He was out celebrating a wedding when he was assaulted. He was punched in the face and fell to the ground where he hit his head. He was unconscious for about 2-3 minutes. The ambulance was called and he was taken to hospital. Brian then regained consciousness and said that he felt ok, so he returned home. At about one o'clock he started to feel unwell and he went to bed. The next day they couldn't wake him, he was unconscious. They called an ambulance and he was taken to hospital in England.

How did you find out?

We were at the seaside, preparing to come home when we heard. We got a phone call from a friend who said that there had been 'an incident' - they were actually operating on Brian as we were speaking. The friend who happened to be the doctor, advised us to get home as quick as we could. The surgeon then rang to say that they had operated on Brian and that he was stable, but not in great shape. We made arrangements straight away to fly over to England. At the airport we were met by police and a friend of Brian's who rushed us to the hospital, where we got the news that he was unconscious.

What state were you in at this point?

We were devastated and numb at the same time. A lot of what was happening went over our heads. We were just focused on getting to Brian at that point. Brian's friends were very helpful and also the police were excellent. Brian stayed in coma for just over 3 months.

What was going on for you during that time that he was in the coma?

Brian was given a 10% chance of survival. I used to pass by the organ donation office on my way to visit Brian in the hospital, and my mind was focused on that quite often. We stuck to the hope of that 10%. We remained positive from the start and I think that was important.

When did you get the first indicator that he might pull through?

It was the following week, when his swelling began to come down a little bit. A nurse that was in intensive care unit was encouraging. At this time, consultants still told us that the chances of survival for Brian were at 10%. When Brian was moved to a high dependency ward, one of the nurses there said 'we don't deal in percentages here - what you are hearing is the worst scenario.' So we were upbeat after hearing that, it gave us a bit of a boost of hope.

How did he emerge from his coma?

It happened gradually. He lost the use of the left side of his body, and he also lost his sight. When Brian was coming out of his coma, we had one young lad that used to visit Brian every day. He used to hold up his fingers and ask Brian 'how many?' and Brian would blink the answer right each time. We thought and so did the nurses, that there were signs that he could see, but by the time he was brought back to visit an ophthalmologist he had lost his sight.

..We got a phone call from a friend who said that there had been 'an incident'..

When did you decide on a move back to Ireland?

They were pleased with his progress in Nottingham. They had him walking the corridors, 25 meters long with just the help of one physiotherapist. In March we met with the full team there looking after Brian, and at that point their plans were for up to six months. They had great plans for getting Brian back on track. But then, coming up to start of April he got a discharge date of early May, which came as major shock to us. They had been in touch with the National Rehabilitation Hospital in Dun Laoghaire, and it was suggested that he would make good progress there.

So we brought Brian home on the May 9th. It was a bit of a letdown that the rehab unit in England didn't even want to bring him to the airport. Eventually, after a battle they did bring him to the airport. It was all very stressful because weren't even shown how to transfer Brian from his wheelchair to a car.

We brought him down to a brain injury nursing home in Co. Wexford, and he was there for a few months. They were very good to him there, very nice, perhaps a little too nice given he's put on weight! Initially Dun Laoghaire had assessed that there was nothing that they could do for him, but then for some reason they changed their mind, and so we brought him there. They decided to keep him for there for two months.

What sort of changes have you seen?

His speech is much better. His weight is down, and he's doing everything they ask of him, so we are pleased about that.

To what extent has Brian changed as a person?

Brian has always had an unbelievable sense of humour. He still has that, but he has become a lot more loving with the family.

...Perseverance helped us a lot through the times that Brian was in the coma. Also, the fact that we all had to be in it together to get through....

This has been a stressful and dramatic year in your lives - How are you managing as a family and what helps?

I retired at the end of March, so that has freed me up a lot to be with Brian. The whole thing has been devastating, but it has brought the family even closer together in last 13 months.

Can you think of anything that would have helped to make things easier, as you look back?

Meeting people in Headway has been a great help to us. Now we can see that there is a place to go and that Brian will have a chance to do things he hasn't been able to do before. He hasn't had a chance to attend the full Headway programme yet but he has had a few sessions - and that gives us free time.

You've had an amazing and difficult experience -What helped to sustain you through those difficult times?

A lot of it is that the family are very close and Brian himself has a sense of humour. His humour is what keeps us going. The family have given a huge amount of time to Brian. His sister in America has been over here 6 times already. They all give as much time as they can - which is a lot.

What advice do you have for families going through the early stages of brain injury?

Perseverance helped us a lot through the times that Brian was in the coma. Also, the fact that we all had to be in it together to get through - we didn't get much help in England. Another point was that we focused on not thinking about the person who hit Brian- we thought that would be a waste of energy. Our energies were directed to recovery. That's worked well.

How do you feel about the future with Brian?

We are very positive about the future. We are family and we will stick together, Brian has a lot of good friends. There's no going back.

The New Me

"The New Me" is Headway's new e-book of writing by people with brain injury available to download at www.Headway.ie. It was created by the members of the Headway peer group support 'Harbour' group during the summer. Each group member created a piece to reflect their own experience as an "insider" with an acquired brain injury. It contains stories and poems and below is a poem written by Philomena, who is 57 years old and had a brain injury 3 years ago as a result of a fall. She has been attending Headway services for 4 months.

Brain Breaks

Head bangs, coma, emergency, scans, airlift and surgery.

Bandages, tubes everywhere but I am alive.

Grateful for a skilful surgeon.

I can talk, walk, remember and am the same "me" or so it seems in that oblivious euphoria of being alive.

*People know there has been danger,
Sympathy and comfort surround me,
Happy to be so well, I reassure the concern,
Such warmth, so many well wishes, flowers and cards around.*

Scars heal over: hair grows, officially better.

*Appearances can be deceiving,
Faulty wiring hiding behind a calm exterior,
Pain, tears, anger, confusion, chaos, fatigue,
disconnection,
As I am gone elsewhere and cannot cope with living,*

Though ironically so glad to be alive.

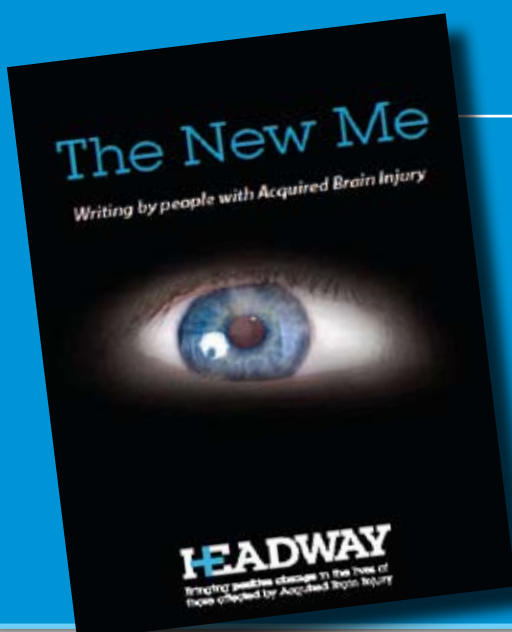
*I am not living up to expectations, feel a failure,
There is judgment in people's eyes,
"You are malingering my dear, pull yourself together,*

You are a walking wonder, a machine reassembled"

*Things are not the same
A broken brain is not a broken bone,
The core is crushed, computer down, too much data, cannot cope,
The jigsaw puzzle is a mystery.
The very essence has been interrupted.*

*Everybody's story is different,
Acknowledge acquired brain injury
Even when you cannot see it,
Applaud the hidden effort,
Encourage a healing head.*

By Philomena.



Headway Dublin hosts a regular monthly support group for carers and family members of people with acquired brain injury. If you are interested to attend,

please contact Ciaran at

Email: nolanc@headway.ie or

Telephone: 01 810 2098 in advance.

Keep an eye on our website at

www.headway.ie/events for dates and times.



Yoga in Ringsend

Dublin City Council provided yoga classes to a group of clients who attend the Ringsend DRS centre from March to June 2010. The classes were provided free to Headway under the Dublin City Council Informal Adult Education hours that they provide to Voluntary and Community Groups in the local area.

Some of the clients who took part in the yoga sessions had done yoga before, whereas for some people it was a completely new experience. Under the teaching of a very experienced yoga teacher Maura Pollock, the clients attended an hourly yoga session in the centre for ten weeks. Maura usually started the class with a chat and some stretching, and then she would start working with the clients on the postures, the last part of the session was focused on breathing and relaxation. She encouraged the participants to work mindfully and appropriately to their bodies.

As this was a new experience for many of the clients, and was also a form of gentle exercise, we thought it would be interesting to get feedback in how yoga was of a therapeutic benefit in a day service setting.

According to Geraldine Murtagh, who has been attending Ringsend for two years and participated in the yoga, it was a "totally brilliant" experience. An interesting point made by Geraldine was how Maura "guided us to see what our strengths are", as opposed to focusing on physical deficits. Though any physical issues were taken into account by Maura, instead of avoiding a pose, Maura encouraged the participants to adapt some of the poses to work around any issues, for e.g. A participant could do the yoga seated if they didn't want to lie down. The poses could be adapted to work around any physical limitations, for e.g. with the 'child's pose', the participants used a pillow to support themselves on the mat. Geraldine found the posture and breathing exercise particularly beneficial, and concluded that "It made a great difference, especially to how I feel afterwards". Marian Markey, another participant, had done yoga before and was familiar with a lot of the poses. She felt that the breathing exercises were particularly beneficial to her and said that she tried to remember to do the yoga breathing at

home during the day.

Marian Mulvaney's experience was that "Maura talked with you, not at you" and if you needed adjusting for a pose, Maura always had an alternative suggestion on how to get into the pose so there was a way to work round physical limitations.

Everybody who took part in the yoga commented on how Maura helped to make them feel comfortable and this was empowering for some of the clients who maybe were afraid to engage their bodies in physical exercises, especially after a brain injury. For a lot of people, physical exercise can fall by the wayside after a brain injury. Though their doctors might have advised that it is beneficial, a lot of the time there is a loss of confidence in their bodies, especially if there has been a change in mobility and a fear of "overdoing it" can become an inhibiting factor. It can become very difficult to start any sort of an exercise programme. A gentle yoga

class with an understanding teacher is an excellent way to start, and going on the feedback from the Ringsend clients, finding a good teacher who can inspire confidence as well as work around physical issues is the key to success.

From Maura's point of view, she found teaching the class very rewarding, and she felt the main benefit she noticed, was how the yoga increased self confidence, and how the participants rediscovered skills that were already there, but hadn't been used in a long time- the yoga simply assisted in rediscovering these skills.

Dublin City Council has decided to continue funding the yoga for the 2010 Autumn/Winter term, and the Ladies in Ringsend are looking forward to continuing the yoga when the autumn classes recommence in September.

...“Maura talked with you, not at you”..



“A Day in the Life of Headway’s Dublin Referrals Coordinator”

By Ciarán Nolan

*As Senior Referrals Coordinator with Headway’s Dublin Service, Ciarán is responsible for processing all new referrals to the service; he can be contacted on **01-810-2098** or by e-mail to nolanc@headway.ie*

I would consider myself an early bird, as opposed to a night owl. I like to get to the Manor St. office for 8am, one of the perks of my role with Headway is the flexibility. On days when I attend the local gym in Smithfield, I manage to squeeze in a 7km run and a swim, before being at the desk and ready to take on the day by 9am. In November I will be four years with Headway, where have those years gone? This is my own ‘world record’ compared to my previous jobs. I have never been in a job for so long, not sure what that truly says about me however, it’s testament to how much I enjoy and value my work with Headway. I find it’s a role that really fulfils me. Most of us at some point in our working career have had jobs that haven’t really inspired or motivated us. What I know for sure is, the work that Headway does, is an inspiration in itself, to take a leap from a warm, cosy bed on a frosty winter’s Monday morning – a tough task for anyone!

So what drew me to Headway in the first place? I had been working in the field of medical recruitment for a small start-up firm, based in University College Dublin. Although the work was interesting and I enjoyed meeting doctors from South Africa, Australia and main-land Europe, it felt as though there was an important piece missing for me. Ultimately, the operation was a business, and making money was the number one goal. After a number of years I became disillusioned, the fire went out as they say, and I was aware of a void within me. I was unable to feel a real sense of passion for what I was doing; it became apparent that I needed a change. I began training as a counsellor, and began to explore how I could combine a day-job which fuelled my spirit, with the world of counselling. Shortly thereafter, I came

across the vacancy at Headway, for their referrals coordinator position in their Dublin Head-Office. And the rest they say is history.

What I love most about my role here at Headway, is the variety and unpredictability of the work on any given day. Although my work is mostly administration based, I thoroughly enjoy meeting our clients, either through a telephone call, or a meet and greet on the day of an initial needs assessment. From time to time I also help manage our Help-line which is another opportunity to meet those accessing our services. As I am based here in Dublin’s Psychology Department, I also look after some of the administration of the department. This involves liaising with clients ahead of assessments, or helping the team to organise training days, information evenings and support groups.

From time to time, I have also been involved in fund-raising activities and awareness building campaigns for Headway. Two such events that spring to mind were the Eurovision Disco in May 2008, when Mickey Harte headlined for us at Break for The Border, and the more recent Dublin Bikers’ Run in March of this year which my parents (both avid bikers) helped us to pull off. On that particular occasion Dublin was awash with over 70 bikers helping to create awareness of Brain Injury and Headway Services.

Now at the end of my working day as I log off my computer and switch out the lights, I know that my contribution, however small, is a significant piece of the bigger Headway picture and that is what motivates, encourages and inspires me.



Creative Writing in Limerick

By Niamh Bowen

Michael Henniger is a client on the Rehabilitative Training Programme here in Limerick. He has a particular love of creative writing. Michael acquired a brain injury as a result of a stroke four years ago. He has suffered a range of physical and cognitive difficulties as a result, including physical weakness on one side, short term memory problems and spatial difficulties due to vision loss.

Michael sometimes gets stuck on words, though he would know what he wants to say. These speech difficulties can make him feel frustrated. Michael, who is 64, has a lifetime of experience behind him. He worked as a taxi driver for a long number of years. He also used to build boats (the big ones) and loves horticulture. He has many great stories, and is a fountain of anecdotes though he doesn't get an opportunity to write them down often. This class offered him a chance to do this. As he said himself: "I love thinking back to when I was a child and remembering the things that happened." Apart from the cognitive work involved in writing, the practice of it is a great relaxation activity.

I was particularly struck by a piece Michael wrote not so long ago. When I read it I realised that he has a talent for writing which I am keen for him to explore further. The poem came from work I have started recently with Michael on Communications. The module is FETAC Communications Level 4. The subject area is 'Personal, Expressive or Creative Writing' whereby a client is required to write 300 words that can be a story, autobiography, speech, poems, play or film script. Michael chose to write a story about the unexpected death of a childhood friend.

My Friend

When I was growing up I liked going fishing. I grew up in Weston. My friend was called Ernest Roach. At this time of year we used to go stealing apples. It didn't matter if they were sweet or sour. One day I met Ernest near the Chapel, Our Lady of Lourdes and we were going to skin an orchard.

I remember it like it was yesterday. Ernest was on top of the hill and he dropped a half a crown. I had a great time stealing it off him I went to the pictures; it cost sixpence or a tenner and I got sixpence worth of Cleves Toffees.

Ernest Roach was a very good swimmer and when he went swimming he would wear anything. He would even go in the nude. We would go to a place in the river called The Cat's Cradle and we used to catch eels, trout and sometimes pike, sometimes even salmon if the time was right.

I was amazed when I heard that Ernest drowned near the Island Field ten years later. It was dangerous. You would have to be a good swimmer to go in there.

I often say a prayer for him when I think of him, especially when the sun shines on a summer's evening.

The poem is so sad and poignant, I love the way it builds you up to such an unexpected ending.

I will be working with Michael on expanding this piece of work as well as looking to other areas that he would like to write about. For someone like Michael writing is an excellent way of engaging in an enjoyable activity. He loves recalling stories from his childhood and they are usually very funny. In a way the class allows Michael to document an oral history that otherwise may be lost.

Michael has also been attending Drama classes in Headway since 2008. He has performed in two plays devised by clients in Headway, Limerick.

These plays were performed to large public audiences. No doubt his experience of drama has helped him to tap into his creative side. He also partakes in an education programme on management of brain injury where he learns strategies about how to deal with the aftermath of a stroke. He receives support around personal care and presentation and does a programme on Community Based Leisure during which he goes on trips to the park, museums, art galleries, coffee shops. He also participates in arts and crafts, computers, horticulture, cultural and historical studies, basic cooking skills and communications.

Research developments: Assistive Technology for Acquired Brain Injury

Neil Dundon a research officer at Headway explains how recent improvements in technology can aid everyday tasks of those suffering with brain injury.

As science and technology research continues to explore greater depths of understanding, the availability of equipment that can help people move, communicate or otherwise function in their everyday lives is consequently increasing. Acquired brain injury is one area that has benefitted in this regard, with new technologies constantly emerging, which are geared towards aiding people with the physical, mental or emotional consequences of damage to the brain.

The diversity of these technology aides in many ways resembles the diversity of impairment that arises from an acquired brain injury, with examples spanning decades of research and development. For example, electronic wheelchairs have for some time assisted people with general movement difficulties, while more

specific technologies using sip and puff systems, have emerged to assist with more precise motor actions, like turning a page in a book. With the emergence of home computers and then laptops, equipment and programs were developed to assist with communication problems, including screen readers and communication keyboards. Perceptual issues have also been addressed by a range of technologies, from visual aides such as special computer monitors, to auditory aides such as hearing aides and sound-reducing earplugs.

Typical interventions therefore generally fall under two categories: extrinsic and alternative. Extrinsic basically means that a new technology assists with an action that a person cannot perform (for example, an alarm to tell people when to take medication where they suffer from memory

impairment). The other method involves focusing on abilities that have not been compromised to perform actions (for example, computers that use speech recognition to compensate for people who can't use keyboards.)

More recent advancements in the realm of assistive technology for acquired brain injury have focused on more specific cognitive impairments. These interventions include (but are not limited to) targeting areas such as attention, memory, executive functioning, problem solving and self-monitoring. These latest technologies would typically fall under the extrinsic category of technology aide, in that they generally take an external responsibility for a person's initiation, cueing, activity guidance, and maintenance of daily information.

The advent of palm computers, iPhones, Blackberries and other portable devices which incorporate detailed alarm-based reminder schedules, have assisted users with regard to their desired activities of daily living. These devices incorporate the attention grabbing saliency required to overcome issues with self-initiation, immediate association between the required task and the prompt at hand to combat memory impairment and seamless customization for individuals' specific requirements. More importantly though, by way of permitting users to recapture an element of empowerment and responsibility in their lives, these interventions can provide a boost to people's self-esteem and

...The advent of palm computers, iPhones, Blackberries and other portable devices which incorporate detailed alarm-based reminder schedules, have assisted users with regard to their desired activities of daily living...

also reduce relationship stress where significant others were previously required to be a source of task prompting.

More and more clients of both Headway and further afield are incorporating these technologies into their lives to great effect. One recent study, published in England, referenced an individual with severe memory impairment following a road traffic accident, who had successfully progressed from requiring one-to-one care to relatively independent living. This happened after incorporating a schedule of 147 weekly reminder messages, sent to him through a special pager system.

As these technologies continue to develop, it is important to remember that choosing a system for any person will require careful planning to ensure that they avail of an intervention that is easy to use, thoroughly tested, inclusive of a fall-back plan or support and, ultimately, leads to an improvement in their quality of life.



HEADWAY

Contact Information

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Information and Support Line

1890 200 278

email: helpline@headway.ie

Monday – Friday, 9 am to 1 pm and 2 – 5 pm (local call rate)

Dublin Office

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Tel: (01) 810 2066 **Fax:** (01) 810 2070
Web: www.headway.ie **Email:** info@headway.ie
Rehabilitative Training & Day Rehabilitative Services, Employment Support, Neuropsychological Assessment, Psychotherapy, Counselling and Information and Support.

Cork Office

Unit B3, Link Road Business Park, Ballincollig, Cork
Tel: (021) 487 1303 **Fax:** (021) 487 1305
Rehabilitative Training & Employment Support, Rehabilitative Day Services and Community Integration.

Cork Psychology & Family Support Services

The Lodge, University Technology Centre, Curraheen Road, Cork
Tel: (021) 434 7625 **Fax:** (021) 434 7477
Brain Injury Rehabilitation, Neuropsychological Assessment, Psychotherapy, Counselling, Family Support, and Social Work Services.

Limerick Office

Jutland Hall, Steamboat Quay, Dock Rd., Limerick
Tel: (061) 469 305 or (061) 469 306
Rehabilitative Training, Vocational Training Programme, Supported Employment, Neuropsychological Assessment, Psychotherapy, Counselling and Family Support

Kerry Office (Psychological Services)

Fairies Cross, Clounalour, Tralee, Co. Kerry
Tel: (066) 711 9320 **Fax:** (066) 711 9321
Rehabilitative Training, Vocational Training Programme, Supported Employment, Neuropsychological Assessment, Psychotherapy, Counselling and Family Support

South East Office

6B Prior's Orchard, John's Quay, Kilkenny
Tel: (056) 778 6240
Information and Support, Family Support

Diary Dates

Art Exhibition

Headway's art exhibition will be held in the Dublin City Council building, Wood Quay, commencing **Monday the 15th November** for one week. An impressive collection of artwork will be on display created by the clients at Headway.

Headway Ball

Headway Ball will be on **26th November 2010 in the Dunraven Arms, Adare, Co. Limerick** – Bookings now being taken. Tickets cost €100. Please contact **Aisling O Grady for more information on 061-469305.**

Irish Heart Foundation

The Irish Heart Foundation is holding a Cork Stroke Support Group Launch and information evening at the **Clarian Hotel, Cork City on Wednesday 3rd November 2010 at 6.30.** **Contact: Anne or Rosarii in The Irish Heart Foundation on 021 4505822 or Email: ariordan@irishheart.ie**

Charity Soccer

A Charity Soccer match is taking place in **Cork City Training grounds on 10th November at 4pm.**

Ballincollig Farmers Market

In the run up to Christmas the clients of Ballincollig services will have a stand at the Ballincollig Farmers Market to sell their arts and crafts and baked goods.

Awards Ceremony

A certification awards ceremony will be held in Headway Ballincollig in November for clients who took part in the Health Promotion project.



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