Celebrating sporting success

24 July 2019

Local brain injury charity Headway Birmingham & Solihull is celebrating after receiving an award at the recent Solihull Sports Awards.

The Sports Awards celebrate the sporting success of individuals and teams throughout the Borough of Solihull, and this year Headway was proud to come first in the ‘Solihull Community Club Award’ category.

The charity introduced its Sports & Wellbeing initiative a couple of years ago to encourage its brain injured clients to get more active.

Headway’s Sports Facilitator Jade Evans said: “Taking up a new sport is a challenge for anyone but for those with a brain injury it can be even harder.

“Many of our clients have physical disabilities along with behavioural and cognitive deficits and these, with travel costs and entry fees too, make it very difficult for those with an acquired brain injury to access community sports without support.

“Our aim was to remove the barriers to participation so that our brain injured clients and their families could enjoy a range of sports and the health benefits of being more active.”

She explained how the charity now has a monthly programme of sports activities, open for all to take part in and with support as needed from trained staff and volunteers at Headway.

Activities vary according to the season but include sports such as golf, fishing, indoor cricket, cycling, boccia, adapted archery, horse riding, air-rifle-shooting and table tennis. Lunch clubs and wellbeing & social sessions also form part of the programme.

“With the mix of activities on offer, there is something to interest everyone whatever their level of skill or ability,” said Jade. “And not only are we encouraging people to be physically fitterbut healthier mentally too, by offering opportunities to enjoy some fresh air, meet new

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people, form friendships and feel good as they learn new skills or return to a sport they enjoyed pre-brain injury.”

She said the charity was proud to win the Solihull Community Club Award, adding “It’s the icing on the cake for us – as we feel others appreciate the value of this programme too.”

Headway Birmingham & Solihull was also presented with a cheque for £400 which it will use to support its sports programme moving forward.

In the same week as being crowned a winner in the Solihull Sports Awards, the charity also held its own annual Sports Presentations, an event to celebrate the individual achievements of its clients and carers who participate in the sports programme.

Medals were presented in 15 different sports, and client John France, who enjoys multi sports at Tudor Grange Leisure Centre as well as golf, fishing, table-tennis, pool and climbing, was voted Headway’s Sports Personality of the Year for 2019.

Jade passed on her congratulations to John and thanked both Headway staff & volunteers and staff at the various sports centres used by the charity for their commitment to the sports programme.

Visit [www.headway-bs.org.uk](http://www.headway-bs.org.uk) or email Jade Evans at sportsco-ordinator@headway-bs.co.uk for more details about Headway’s Sports Programme.

**Ends**

**Photo Caption:**

1. *Jade Evans & Di Evans celebrate winning Solihull Community Club Award*
2. *Headway client John France is voted Sports Personality of the Year 2019*

**For more information**

Contact Julie Wedgbury in the Fundraising department at Headway Birmingham & Solihull at fundraising@headway-bs.org.uk or 0121 457 7541.

**About Headway Birmingham & Solihull**

Headway Birmingham & Solihull is a registered charity helping to improve the lives of those affected by brain injury in the local area. Its aim is to promote greater understanding of all aspects of brain injury and provide information, support and services to the person with the acquired brain injury as well as their family and carers. For full information, visit [www.headway-bs.org.uk](http://www.headway-wm-org.uk) .