



Headway Suffolk

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Dear Parish Council

Re: Headway Suffolk

Headway Suffolk is a local charity that offers rehabilitation, support and care to people with an acquired brain injury, stroke, dementia, MS or other neurological condition.

We provide specialist rehabilitation, therapy and support services throughout Suffolk to help people rebuild their lives. We aim to improve daily living skills, cognitive ability, physical, emotional and behavioural wellbeing. Our goal is that people increase social engagement, live independently, gain employment and become active members of the local community.

We have two main rehab hubs in Ipswich and Bury St Edmunds and run 'satellite' hubs and dementia social support groups in community buildings throughout Suffolk.

Headway Suffolk is registered with CQC to deliver specialised home care and community support. We had our first CQC inspection since 2018 during 2022 and were absolutely delighted when we were rated as outstanding overall, in caring and well led. The inspector took the opportunity to not only look at home care service but the entire charity and was amazed at the extra length the staff go to on a daily basis to ensure that we deliver outstanding care to our vulnerable clients.

CQC Rated Outstanding Headway Suffolk is a Registered Charity No 1075338 and a company limited by guarantee Registered in England No. 3731392. Headway Suffolk is affiliated to Headway UK

Patrons: Dr Jane Hawking and Jennie Gow

2024 has seen us helping even more people than before in our hubs, in home care and community support. We continue to offer a free shop to help people with the cost of living. During the year all clients have been given an air fry so that they can cook in an economical and safe way. As well as being given the air fryer, they have been taught how to use it. The clients are now producing an air fryer book for people with brain injury so that it can help others and also raise money for Headway Suffolk.

Many of the clients during the year have benefited by our respite/ rehab holidays. Some of them have been to Wroxham to sail, canoe and cruise boat on the Norfolk Broads. This has given them a week away from home with intense rehab. At the same time, their families have had much needed respite. Other individuals have been to Kessingland and Centre Parcs. It is proven that by having respite with us, the clients progress, whereas if they go into older people services they are likely to regress, due to the lack of stimulation.

We were very proud to be recognized Nationally for our companion Dog scheme, Brainy Dogs.

The staff team have helped to fundraise during the year by organising an annual dip in Felixstowe and taking part in Headway Suffolk's annual walk and what's now becoming an annual event a drumathon of 12 hours continuous music making. Without the support of the staff team, volunteers, corporates and the general public who help us to fundraise our charity would not be able to operate.

We have redesigned our website and kept our social platforms up to date with photographs and videos of our clients at work.

During 2025 we aim to continue supporting local people with a neurological condition in as many ways as we can. Our 10th neuro conference will be held on 21st May at Kesgrave Conference Hall, when Prof Sir Jonathan Van-Tam MBE will be the key note speaker.

We are appealing to Parish Councils to support us and grant us a donation. Many have always supported us and we ask that you continue to do so, so that we can help people with a neurological condition in your Parish. We are very grateful for the support that Councils have given us during the years.

I look forward to hearing from you.

Yours sincerely

Helen Fairweather
Helen Fairweather
Chief Executive

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Picture Gallery



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