

# Wayne Opens New Shop

The 5th November 2004 saw the beginning of a new era for the Wayne Howard Trust when it celebrated the opening of its very first charity shop in Church Street, Shirley, Southampton. The Mayor, Councillor Dennis Harryman, attended the opening ceremony and cut the ceremonial ribbon



Front, Left to right: Tracy, Wayne, Mayor Harryman and Isobel Howard at the opening of the new shop

together with Wayne Howard to mark the opening. There was a party afterwards in the shop and guests and well wishers packed out the premises. The shop was decorated with balloons and streamers and a party atmosphere prevailed as visitors checked out the merchandise while sipping mulled wine and nibbling on a specially made cake to mark the occasion.

In his opening speech Councillor Harryman congratulated the Trust on the wonderful work it is doing for the brain injured and their families and commended the volunteers for their hard work and dedication to the furthering of the

aims of the Trust.

Wayne Howard, his partner Tracy Goodwin and their three children, were guests of honour at the opening and they were thrilled with the opening event and the progress of the shop.

The shop itself is situated in a convenient location for shoppers in Shirley and has two large rooms— one for clothes and bric-a-brac and

the other dedicated to books, videos and children's toys. The shop started by opening in November on Saturdays only but has progressed to opening every day except Wednesday from 10.00 a.m.—4.00 p.m and has recently appointed a manager. Volunteers are still needed to look after the shop as well as fund raise and work on the organising committee. If you can help in any way by dedicating a few hours to the charity please telephone Isobel Howard on: 07986 352532, call into the shop during opening hours or go to [www.thewaynehowardtrust.co.uk](http://www.thewaynehowardtrust.co.uk).

## The Wayne Howard Trust supports...

### Brain Injury Awareness Week

14–20 March 2005

#### What is Brain Injury Awareness Week?

Brain Injury Awareness Week is a campaign devoted to raising greater awareness of the possible consequences of head injury.

#### Common causes of brain injury

Road traffic accidents account for between 40 and 50 per cent of all head injuries; they are also often the cause of the most severe. Domestic and industrial accidents cause between 20 and 30 per cent, while most of the rest are caused by sports and recreation (ten to 15 per cent) and assaults (ten per cent).

Of particular concern is the fact that 20 per cent of all head injuries in children are caused by cycling injuries. Cyclists who wear helmets are 85 per cent less at risk of head injury.

#### Effects of brain injury

An enormous range of effects can result from a head injury, depending on the severity. In a traumatic brain injury, damage to the nerve fibres in the centre of the brain can result in coma. There can be loss of power in the arms and legs, speech impairment, changes in personality and memory, as well as behavioural problems.

A moderate head injury (defined as a loss of consciousness of between 15 minutes and six hours) can result in tiredness,

headaches, dizziness, difficulties with thinking and attention span, or irritability.

An estimated 75 per cent of all head injuries fall into the category of a minor injury, such as banging your head on a doorway or slipping over in the street. Yet even such small accidents can result in nausea, headaches, dizziness, memory problems and extreme tiredness, and sometimes lead to anxiety or depression.

#### Did you know?

An estimated 1 million people in Britain attend hospital each year as a result of a head injury. Of these:

- 150,000 will suffer a minor head injury, resulting in unconsciousness for 15 minutes or less.
- 10,000 will suffer a moderate head injury, causing unconsciousness for up to six hours. After five years, some will still have physical or psychological problems.
- 11,600 people will suffer severe head injury and remain unconscious for six hours or longer. After five years, only 15 per cent will have returned to work.

Source: BBC Health

# Volunteers..

## Sue Donaldson

Committee Member.. tells us why she enjoys working for the Wayne Howard Trust



I have been a member of the committee since October 2004 and decided to join to offer my secretarial skills to the charity, which is still very much in its infancy, and consequently evolving all the time. It is an exciting time to be involved with so many new ideas and aspirations. I also liked the idea of helping to organise events that would raise money for the charity, which is run by a very close personal friend of mine. The Wayne Howard Trust is a worthy and enjoyable group and I would urge anyone who feels they have a skill to offer, or any spare time to give, to join and help us raise money for the ultimate objective of setting up a specialist rehabilitation centre within Hampshire.

- Shop Opening Times
- Monday—Friday 10.00—4.00
- Saturday— 10.00— 4.00

Visit us Today!

### How the Wayne Howard Trust can help other Families

The Wayne Howard Trust evolved from the Wayne Howard Appeal Fund to help young father of three Wayne Howard to get to the famous Schmeider Clinic in Germany to receive ground-breaking treatment for brain injury. Following the success of the appeal and Wayne's trip to Germany, the Wayne Howard Trust is now looking to help other families and carers of brain injured patients. The Trust is unique in that it gives advice and support to families who want to bring their loved ones home to care for them in family surroundings. If you would like more information or would just like to talk to someone in similar circumstances telephone: 07986 352532

### Successful Salsa Event For Wayne Howard Trust

Salsa dancers from Hampshire and beyond took to the floor in aid of the Wayne Howard Trust at a gala salsa event on the 14 November 2004. The La Margherita Italian Restaurant, at Southampton Town Quay hosted the event and was full to capacity on the night with over 300 dancers packing into the venue. The guests were treated to a special Margherita menu, local salsa DJs and a latin-themed cabaret featuring demonstrations of Flamenco from Lucy's Dance School of Totton, Tango from Flavio's Tango of Portsmouth and a show stopping performance of La Rueda choreographed by Olga Taylor of Tracie's Latin Club. La Rueda is a group salsa dance gaining in popularity in England and the audience clearly appreciated the 9 couples who whirled through their exhilarating routine. At least two birthday parties were celebrated during the evening adding to the carnival atmosphere.



Raffle tickets sold during the evening attracted a host of fabulous prizes included gift vouchers to the value of over £200 but the star prize of the flights for two people to Barcelona was won by a very delighted Shirley Barrett of Freeborn Garages.

The event has been the talk of the salsa circuit for months and all the local dancers want to know is: "when is the next Event?"

### New Art Exhibition at Harbour Lights

Calling all art lovers and artists! The Wayne Howard Trust are staging an exciting new art exhibition at the Harbour Lights Cinema, Southampton commencing on the 28 March 2005 and running for 4 weeks.



Local artists are being invited to submit their work for exhibition at the Gallery for only £3 per piece during March and they can submit as many pieces as they wish. The art works will be judged by Michael Grimshaw, Fine Art Tutor from the Winchester School of Art and Ruth Le Lion, Director of local sign writing business, Poster Express.

The art works will be sold during the exhibition with a commission to the Wayne Howard Trust. Artists are welcome to donate works for sale in aid of the Trust and if there are any art works left at the end of the exhibition they will be auctioned by the Trust to raise funds.

For more information in taking part in the exhibition or to find out more about viewing at the Gallery please telephone: 07986 352532 or go to: [www.thewaynehowardtrust.co.uk](http://www.thewaynehowardtrust.co.uk)

#### DID YOU KNOW???

Our logo is significant to our charity in that the grey text represents the "grey matter" of the brain and the bee represents the scientific philosophy that they should not be able to fly—but they do because no one told them they couldn't!

### Bee Positive! Join Us!

→ To Volunteer for the Wayne Howard Trust Please telephone 07986 352532 or call into the Charity Shop, Church Street, Shirley, Southampton for an application form.

→ To make a donation to the Trust: please send a cheque to The Wayne Howard Trust, 16 Railway Cottages, Tate Road, Old Redbridge, Southampton, Hants SO15 0NL

→ To find out more about the Wayne Howard Trust, advice and information on acquired brain injury please go to

[www.thewaynehowardtrust.co.uk](http://www.thewaynehowardtrust.co.uk)

