

# HEADS UP



## OUR SERVICE EMERGING FROM A PANDEMIC A SUCCESSFUL REOPENING

### IT'S GOOD TO BE BACK

Tuesday August 4th 2020 saw the successful phased reopening of our service since temporarily closing due to the outbreak of Covid-19 on the 17th March 2020. It was a long four and half months. We were however absolutely delighted to welcome back some familiar faces.

With a number of changes to minimise risk and increase safety in response to Covid-19 our service isn't quite as it once was. Our team have, however, embraced the challenges and have adopted new and innovative ways of working and we are sure that they will be well received.



### BACK IN THE WORKSHOPS



Some of the changes include additional workshops and smaller group sizes, separate workshop entrances, temperature and screening checks on arrival, additional PPE and enhanced cleaning regimes. In addition, our team took part in further First Aid training incorporating Covid-19, delivered by the extremely professional Occupational Training Solutions which also included appropriate and safe use of PPE to ensure we are prepared for every eventuality.

"It's great to be back at Heads Up seeing friends. I was feeling quite isolated during lockdown - talking to staff over the garden gate is nowhere as good as being out and back in the group"



### A BIG THANK YOU: HEADS UP WAS SUPPORTED BY TWO LOCAL BUSINESSES AS THE LOCKDOWN EASED IN AUGUST

The joint venture between The Swan Hotel and Charlie Bigham's gave a very welcome boost to Heads Up

Both The Swan and Charlie Bigham's are active supporters of Heads Up. A donation was made to the charity as a result of the 'Eat Out to Help Out' initiative. "The donation will help Heads Up, who now face additional pressures as individuals re-adjust to the new way of life following the pandemic."

Bridget Harvey, Heads Up's Service Director, added: "It's very much appreciated that we are still being supported by Kevin at The Swan Hotel and Charlie from Charlie Bigham's, who have also continued to offer support to our services during these difficult times. Our charity was closed between March and August, which has had a financial impact on our services. Since opening our services in August we feel confident about our future and we are hoping that we will be here for many years to come. We cannot thank everyone enough. Without ongoing support Heads Up would not be the place it is today – an amazing day centre that offers fantastic resources and supports so many people in Mendip"



### OUR OUTREACH SERVICE IS EXPANDING

Thanks to funding from the Reaching Communities Fund and Charlie Bigham's, our Outreach support has been able to expand. Our team understands how independence skills improve a person's self-worth and wellbeing. We enable clients to learn and develop their life skills in order to live more fulfilling lives. We support those with dementia to maintain the skills they still have for as long as possible.

Our Team can support clients in a number of ways such as:

- Budgeting, shopping, meal planning and preparation
- Promoting physical and mental wellbeing.
- Social support
- Accessing community resources and activities

By visiting clients in the community, we are able to provide practical, emotional and social support to individuals living with mental health needs, including dementia. Support can be given in a client's own home or in the local community. Frequency of visits can be tailored to an Individual's needs.

**Heads Up, Upper Breach, South Horrington  
Wells, Somerset, BA5 3QG  
Telephone Number: 01749 670667**

### MEMORIES GROUP ENTHRALLED BY A SPECIAL CONCERT

In November, a very special concert was held at Heads Up . Kevin, the son in law of one of our clients very kindly came to play the cornet for our Memories group.

The audience was enthralled by his playing and thoroughly enjoyed this special event. There was plenty of foot tapping and clapping by clients, volunteers and staff!



### PROJECT PEN PAL



The project launched in April. Pictured is Lilly who continues to write to her Pen Pals.

The initiative aims to reduce isolation, encourage community engagement and to simply raise a smile and bring some joy during these ongoing difficult times.

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Website: [www.headsupsomerset.org](http://www.headsupsomerset.org)



Heads Up Somerset



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## WELLS ART CONTEMPORARY EXHIBITION

Heads Up was invited to participate in this prestigious exhibition for a second year. This year the exhibition that was due to be staged in the wonderful Wells Cathedral, was held online instead. The Wells Art Contemporary (WAC) Awards is an international open competition for contemporary visual arts which has established a strong presence in the London art world and which is drawing artists from places as diverse as Australia, Azerbaijan, India, Italy, Korea, Japan and the United States.

One of Heads Up's very talented potters, Bryony Evered, was selected to exhibit some of her beautiful work alongside a selection of paintings from the creative groups. We were also able to display our pillar 'Every Face Tells a Story' which over 30 clients, volunteers and staff contributed to.

Inspired by nature  
pottery by Bryony Evered



## CARING FOR CARERS

We were very disappointed to have to cancel our **Wellbeing Pamper Day** because of the second lockdown. Thanks to funding from Charlie Bighams, 38 carers were due to be treated to a special day at the Spa at Middlewick. We hope it won't be too long until we can re-schedule this event



## CUPCAKE AND COMPANY

On November 2nd 2020 Heads Up, working in partnership with Daniel's Café, launched **Cupcake and Company**, a fortnightly opportunity for individuals feeling lonely or isolated to meet with others in the cafe, make friends, get advice and of course eat a delicious homemade cupcake. The sessions are being run by Heads Up's Service Director Bridget Harvey in conjunction with Health Connections Mendip.

The first session was a great success and very well attended. Heads Up plan to expand this service and are in the process of looking for new venues in other areas of Mendip.

## HEADS UP REMEMBERS

Heads Up marked Remembrance Day in 2020 by creating a poignant display in our main entrance, providing an opportunity to promote discussion amongst our memories clients. Pottery poppies created in the workshop were given to all our clients.



## TABLET LOAN

Partnering with Somerset Film, we have been able to loan computer tablets to some of our clients and we have run IT sessions to ensure that clients are confident in using them. The tablets have a range of Creative Apps installed and also the popular Zoom App to enable individuals to remain creative and to keep learning by participating in online courses that they wouldn't previously been able to access.



Last Christmas Day Heads Up partnered with Wells Rotary and provided a Christmas Lunch on Christmas Day for those who normally attend their centre and for other lonely and isolated individuals in the community . This year of course, this can't happen so we have linked up with two local businesses who have been long term supporters of our charity.

Over the last few years, Daniel's Café and The Venue in Wells have fundraised hundreds of pounds for Heads Up and were more than happy to offer their services this year to ensure those who attend the centre still get a Christmas Dinner. In the week leading up to Christmas; hot, delicious Christmas dinners will be delivered safely to the doors of clients, carers and isolated individuals within the community, free of charge thanks to a grant from Somerset Community Foundation.

This Christmas is going to be different for everyone but the hope is that we can still offer some comfort and joy over the festive period



### LOOKING AHEAD: HEADS UP GARDENERS AND BRIDGWATER COLLEGE ARE TEAMING UP

In January 2021 six of Heads Up gardeners will embark upon an accredited certificate course with Bridgwater College. The course will run for 6 weeks, this will then be followed by enrolment on a City & Guilds Program. This provides an excellent opportunity for some of our workshop clients and volunteers

*A Very Merry Christmas to all our  
Clients, Carers, Volunteers, Staff and Supporters  
We wish you all a Healthy and Happy 2021*



### FUNDRAISING

As a charity Heads Up relies upon regular fundraising activities. Sadly because of the current situation our ability to fundraise in the usual ways is a great challenge. We continue to make use of the brilliant skills of our clients, volunteers and staff to make items that we can sell to raise much needed funds.

For Christmas we have been making reindeer to sell from Heads Up and in various outlets such as Daniels Café in Wells and Middlewick Farm in Glastonbury.



We are so grateful for any and all donations

Please visit our **LocalGiving** page on our website for a quick and easy way to help us: [www.headsupsomerset.org.uk](http://www.headsupsomerset.org.uk)