



Headway Tshwane

March 2014

IN SHORT

MARCHing on

Well done! You have all survived the month of love! In February the group members learned about 'love languages', they had to perform RAK (random acts of kindness) and chose love acts to do at home. Lizl assisted in making reminder bracelets for these acts, so hope all at home received these acts of love...not like Jackie that gave his reminder to his wife which said 'Was die bakkie' ☺. We enjoyed love charades and made LOVEly crafty presents. The new movies at The Grove also had the blessing of Headway Tshwane visiting them. Here is a sneak peak of our past month...



We were also able to say goodbye to our dear friend Oom Archie in our own special way. His wife were so kind as to donate money to Headway Tshwane which would be used to purchase some more music instruments, seeing as music therapy was Oom Archie's favourite,

Well then, as I stated right at the beginning – MARCHing on to... **BRAIN INJURY AWARENESS MONTH**. We will be looking forward to:

- Learning more about our brain functioning and stimulation thereof
- Tapping into our senses and the effect it has on the brain
- Spreading the word at one of our local malls by means of an exhibition.

BIRTHDAYS

March

- 13 – Chris Griffiths



The effects of music therapy on the brain of a person with a TBI

The power of music through music therapy allows communication, action, relationship and expression, things that many find difficult because of traumatic brain injuries.

Because music therapy is a means of non-verbal communication, music can often express the inexpressible. When it is difficult to use words to describe a traumatic experience, music can often express that. This gives voice to the unheard and unhealed experience, and facilitates the healing process.

Music therapists are clinically trained to use a variety of techniques, including musical improvisation, singing, composition, listening, performance and movement, in order to achieve therapeutic goals.

For people with communicative disorders, music therapy can enhance expressive and interactive ability; for people isolated by illness or disability, it can provide a means of socialisation, sharing, and developing community. Music therapy can also facilitate a process of self-exploration.

Scientific studies have demonstrated that music has a physiological effect on the body (e.g. lowering the blood pressure). It can alter the way we feel and move; it affects our mood and therefore how we think.

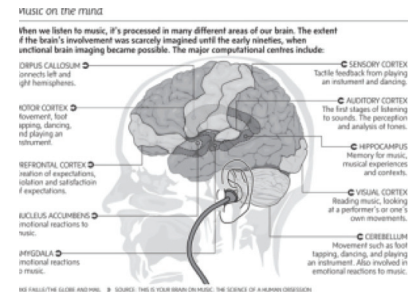
Music therapy cannot *cure* an illness or disability, but it can provide strategies for helping a person to cope with their difficulties, and for cultivating existing or latent abilities and strengths. In this sense, music therapy is often said to work with the part of a person that is *well*, rather than the part that is ill or disabled.

Related links:

<http://www.nordoff-robbins.org.uk/content/what-we-do/who-can-music-help/neurological-disorders>
<http://www.samta.co.za/>
<http://www.mtabc.com/page.php?54>
<http://www.youtube.com/watch?v=Ketz-mJ-x-Q> (The healing power of music)

Amalia Verbeek

Amalia facilitates the music and art therapy at Headway Tshwane. She is a registered Arts Therapist and also available for private sessions.



HOW THE BRAIN WORKS



Every month, as part of our newsletter, we will include an article with information on the brain and brain injury. This month we focus on APHASIA (in memory of Oom Archie). This refers to an impairment of language. Please see the attached article for more information.

**THE MORE YOU KNOW
THE BETTER YOU DO**

HUGE FUNDRAISER: Cruise Raffle

And we will need all the help we can get! But these tickets won't be difficult to sell. A R100 ticket will buy you a chance of a

**Cruise for 2 on the
MSC Opera**

Sea view cabin

All meals included

10-14 Nov 2014

**Departing from
Durban**

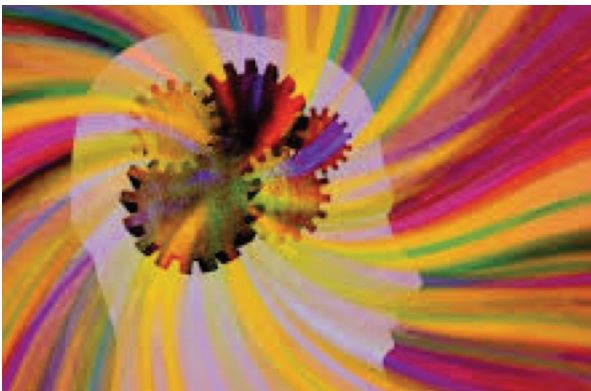
Worth R10 600



We will soon be handing out a couple of tickets per household to sell. These funds can assist us with not only keeping our doors open, but hopefully to grow and reach more people.

Thanks to Van Niekerk Construction for the sponsor! It's gonna be AWESOME!

Dates for the Month



03/03	Monday	Monday Group
05/03	Wednesday	Wednesday Group
10/03	Monday	Monday Group
12/03	Wednesday	Wednesday Group
17/03	Monday	Monday Group
19/03	Wednesday	Wednesday Group
21/03	Friday	Human Rights day
24/03	Monday	Monday Group
26/03	Wednesday	Wednesday Group
28/03	Friday	Kaofela
29/03	Saturday	HFC (Headway Friendship Circle)
Some dates might change, and some added but you will be notified.		

**New
member:**

Anneke Coetzer

