



the brain injury association

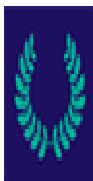
Welcome to
Look Ahead in the North 2018
16 – 18th March
THE PREMIER BRAIN INJURY
EVENT OF THE YEAR



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Life Changing Rehabilitation

Headway - the brain injury association is registered with the Charity Commission for England and Wales (Charity No 1025852) and the Office of the Scottish Charity Regulator (Charity No SC 039992). Headway- the brain injury association is a company limited by guarantee Registered in England No. 2346893

LAN Programme 2018

Friday 16th March 2018

4pm	Arrivals/Booking In
6pm	Evening Meal
8:15pm (ish)	Welcome/Housekeeping
8.30pm	Steve McAleese Annual Memorial Quiz
9:15pm	Look Ahead North - White Dove Rock Band
10.45pm	Disco
12am	Goodnight

Saturday 17th March 2018

7.30am -9.30am	Breakfast
9.30am	Morning Briefing
9.45am-12.30pm	Calvert Trust Activities
	Holistic Therapies
	Neuro Hypnotherapy workshop with Rogan Grant
	Crafting (indoors)
	Nordic Walking - Pip Bateman
	African Drumming Workshop
12:30pm	Lunch
1.45pm – 4pm	Calvert Trust Activities
	Holistic Therapies
	Neuro – Hypnotherapy one to one session
	Nordic Walking - Pip Bateman
	Crafting
2pm - 4pm	Crazy Creatures – Mobile Petting Zoo
4pm - 5pm	Bird of Prey demonstration
5pm - 7pm	Evening meal
7.30pm	LAN's GotTalent
	Raffle/Auction
	LAN's Got Talent Results followed by Disco
12am	Goodnight

Sunday 18th March 2018

7.30am – 9.30am	Breakfast
9.40am	Morning Brief
9.45am	Calvert Trust Activities
	Holistic Therapies
	Crafting
	Caricature Artist – Barrie James
	Nordic Walking - Pip Bateman
12pm	Closing Remarks
12.30pm	Lunch

Clinical Hypnotherapy - Group Sessions - Rogan Grant GQHP

Rogan, is a fully qualified and licensed Clinical Hypnotherapist, Master NLP Practitioner and Motivational Life Coach. The combination of therapies he uses includes suggestive, analytical and cognitive hypnotherapy, cognitive behavioural therapy (CBT), neuro-linguistic programming (NLP), mindfulness and emotional freedom techniques (tapping & EMDR). By utilising the latest techniques, Rogan can help with varying levels of issues ranging from confidence, anxiety to habitual change and phobias. He specialises in working with people that have suffered from Traumatic Head Injury and also people, including Ex-Military, who suffer from Post Traumatic Stress, dealing with emotional instability, memory and coping with trauma.

Caricature artist Barrie James

Barrie will be present on Sunday 18th March from 9:45am – 12:00noon - Barrie is one of the leading Caricaturists in the North of England and guarantees professionalism, punctuality and hilarious results! Check out his website at www.barriejamesart.co.uk There will be a charge for his art of £5 per caricature.



White Dove

White Dove are a 4piece band of extremely talented musicians currently playing covers of classic rock and rock and roll songs. The band formed in July 2016, with our very own Paul Belk on drums. So we welcome White Dove into our fold, and we look forward to them rocking out at the Calvert Trust.



Outdoor activities

Activities will include the King Swing, Zip Wire, Low and High Ropes, Archery, Laser Clay Shooting and Indoor Climbing and Abseiling. Again this year is an opportunity for a motor launch trip on Kielder Reservoir!

Indoor activities

We will have the craft room again for card making. The swimming pool and sensory room will also be available to use.

Therapies

Extremely popular! This year we are again delighted to offer a range of therapies and an increase in therapists for your delectation. On Friday at arrival guests will have the opportunity to choose his or her preferred treatment and time slot.

Nordic Walking

Pip Bateman from Headway's Helpline introduces us to the benefits of Nordic Walking. Nordic Walking is the latest revolutionary full body workout that you can do anywhere. You can work the upper body whilst you're walking by using specially designed Nordic Walking Poles. Nordic Walking enhances your natural walking experience. With a technique that is similar to the upper body action of classic cross-country skiing, Nordic Walking becomes a genuine whole-body exercise that can be enjoyed at many levels, from walking for health to athletic Nordic running.

Getting there

The event organisers do not provide travel to the venue.

We recommend you speak to your branch/group coordinator to see what local travel arrangements have been put in place.

The address is: Calvert Trust, Kielder Water and Forest Park, Hexham, Northumberland, NE48 1BS.

Set your Satnav/GPS to Calvert Trust in Kielder – NE48 1BS.

When you arrive

Arrival time is between 4.00pm – 6.00pm

Go to reception and you will be directed to the registration area where you can book in, and receive further instruction and receive your room allocation. Please note there is a maximum of two keys per Chalet/Lodge.

PLEASE NOTE – Given the amount of people attending, the restaurant cannot accommodate everyone in one sitting, therefore there will be a split timing system in place. At time of check-in you will be given your meal dining time.

Remember you probably won't get a mobile signal but there is Wi-Fi Internet access and a payphone in the main building.

Kit List

Pack plenty of clothes! You may need to have a change of clothes in case you get wet. You also may want to have a change of clothes to wear in the evenings. For outdoor activities old warm items and trainers are recommended in case of bad weather.

Remember your waterproof coat!

Pack toiletries (towels **ARE** provided).

Bring spending money – there is no cash point on site.

Ensure you bring any medication you need.



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SPECIAL THANKS TO OUR SPONSORS AND OUR SUPPORTERS WHO
HAVE MADE THIS EVENT HAPPEN



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