



an AKA Live life

We're celebrating turning 20!



AKA Case Management was founded in 2002, so it's a very exciting year for us. To celebrate our 20th year we have something big lined up for Sunday, 19th June 2022.

We wanted to do something a little different and so we are putting together a festival type event (AKA-fest? AKAbury? We couldn't decide!)

It is being held 11am to 4pm at Nottingham Race Course, Colwick Park, NG2 4BE.

There are lots of activities planned for all ages and abilities including It's a Knockout, Bubble Performer, Fairground Games, Pony Rides, Magician, Petting Zoo, Dangerous Steve, Food and Drinks. Hopefully it will be glorious weather but we do have a wet weather plan just in case!



Bubble Performers



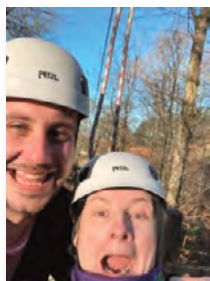
Dangerous Steve



It's a Knockout

We're looking for teams of 8-10 to take part in the It's a Knockout – either let us match you up with a team or get together with friends and family to create your own. This one does need to be booked in advance so we can get the teams organised ahead of the big day – so please let us know by Friday 29th April 2022.

New ideas



We are always looking for new ideas and activities so a few of our Case Managers and clients have now visited Calvert Reconnections Rehabilitation Centre in the Lake District. It's a fantastic facility to introduce therapy and rehab in a completely different way.

Photographed is our case manager who Kerstin visited recently with one of our clients – here's a photo of them just before going on the zip wire! For some extra fun, [click here](#) to see a little video of Kerstin on the zip wire!

Welcome Jennie



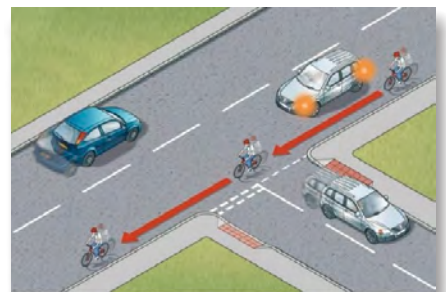
We're very pleased to announce that Jennie Turner is our latest Assistant Case Manager in the East Midlands. Jennie joined us

as a Support Worker in 2015 and is already getting stuck in to supporting our clients. She has a lot of experience within the care sector, supporting clients with dementia, brain injuries, learning disabilities, physical disabilities and meant health needs in both adults and children. She has also worked as a Team Leader and Technical Instructor. Congratulations Jennie from all of us at AKA!

[Click here...](#)



Highway Code



Headway has summarised the changes to the highway code in the below article, including the strengthened guidance on wearing a helmet to reduce the risk of sustaining a head injury.

[Click here to open the article](#)



Quote of the day

"Flowers don't worry about how they're going to bloom. They just open up and turn toward the light and that makes them beautiful." Jim Carrey

News from the AKA family



Many congratulations to our client Ellie, who got married [name] just before Christmas. You looked absolutely lovely Ellie and we're very pleased you had great day too.



We're delighted that our client Phil is still sharing his thoughts and experiences of having a brain injury.

[Click here](#) to read his latest post talking about memory and remembering.



Children in Sheffield Children's hospital were surprised by our client Kayden just before Christmas when very kindly donated some toys. Well done Kayden – we're sure it will have made Christmas extra special for some of the children there!



Congratulations to our Director, Dawn Abernathy for joining the BABICM Training and Events Group



In our last newsletter we mentioned that Sarah was shaving her head for charity. Here she is with the finished look - we all think she looks absolutely amazing

and has raised just under £3,000 (so far!). [Link here.](#)



Our client, Jaden, has recently been nominated for the 'Young Achiever for Inspiration and Impact Award' for the Child Brain Injury Trust (CBIT) Diamond Awards. And if that wasn't enough, his family have also been nominated for the CBIT 'Outstanding Family Award'! Now in its 30th year, the CBIT Diamond Awards will take place on 4th March 2022.

Jaden and his family will be attending the awards evening. We're very proud of them all and wish them an amazing experience and lots of luck for their respective awards. We look forward to hearing all about it!

Spring Quiz



- 1 What is the first day of spring called?
- 2 In which country are cherry blossoms considered as a sign of the beginning of spring?
- 3 What is the name of the Indian festival of colours, marking the beginning of spring?
- 4 What is the birth flower for those born in March?
- 5 How many days is Lent?
- 6 What is special about the Great Sphinx in Egypt at springtime?
- 7 Name a blue flower that is protected by the UK's Wildlife and Countryside Act.
- 8 Which spring animal can see the earth's magnetic field?
- 9 March is named after which God?
- 10 What is the average spring temperature in Greenland?

[Click here for answers](#)



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If you would like to contribute to our next newsletter then please get in touch with Louise

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