

# Headway Sefton News



May 2025

Welcome to This Month's Newsletter. Here are some of the headlines:

TowerWood  
Leaving Hospital #3  
Charles Dale Rides for Headway

Carter's Homework – Frank Horan  
Martin Lewis on "Help to Save"  
Places to Visit



## TOWER WOOD – That time of year again

We thought we'd rub it in for those who are too late to book - The Headway Sefton event of the year, Tower Wood adventure weekend, is coming up at the end of July. The dates are Thursday 31st July to Sunday 3rd August, to be exact

For those who haven't been to Tower Wood yet, it is an adventure centre on Lake Windermere's east bank, and it is owned by Lancashire County Council. Among the activities on offer will be archery, canoeing, climbing, kayaking, walking, zip-lining. The centre adds more activities each year. Activities are supervised by experienced and knowledgeable guides.

As fun as the organised activities are, some attendees find more enjoyment

from the evening socials with its raucous games and banter. Expect much ice to be broken and shells left behind.

On the other hand, you may just want to chill out and do nothing much. No pressure at all. Here are some wonderful comments from previous adventurers:

"A roaring success yet again."

"...such a fun trip where wonderful memories are made."

"Tower Wood gets better every year. It's my favourite."

"My favourite weekend of the year."

For those signed up and not yet paid your deposit, please make a bank transfer to the account details below or see a member of the committee.

# LEAVING HOSPITAL #3 – Jan Johnston

Part #3 of Jan's guide for ensuring a structured approach to life after discharge from a hospital with a brain injury.

## **Step 4: Adjusting to Daily Life & Finding Purpose**

**Regaining Independence:** Many feel lost without structure—after hospital routines, daily life feels overwhelming. Some struggle with basic tasks due to memory issues, physical fatigue, or overstimulation.

### **Coping Strategies:**

- Create a daily plan—having a timetable helps with structure.
- Adapt your home—grab rails, reminders, mobility aids if needed.
- Slowly reintroduce tasks—grocery shopping, walking outside, making meals.

**Returning to Work:** Workplaces don't always understand hidden disabilities. Some need flexible hours or different roles due to cognitive challenges.

### **Coping Strategies:**

- Apply for Access to Work—they can fund special equipment, travel help, or workplace adaptations.
- Speak to your employer about phased return-to-work plans.
- Consider volunteering first—low-pressure environments help rebuild confidence.

## **Step 5: Finding Community & Support**

### **Headway Sefton offers:**

- Support groups & meet-ups to talk to others who understand TBI.
- Advice on benefits & legal rights after brain injury.

- Rehabilitation referrals—physiotherapy, occupational therapy, mental health services.
- Carer support for family members.
- Social events to reduce isolation.



### **Other UK-Wide Resources:**

- NHS Talking Therapies—mental health support for TBI survivors.
- Citizens Advice UK—benefits & employment rights guidance.
- Scope UK & Disability Rights UK—disability advocacy and legal help.

## **Step 6: Knowing When to Seek Help**

TBI recovery isn't linear; there will be good days and bad days. Seek urgent help if you experience:

- Worsening headaches, dizziness, or balance issues.
- Sudden confusion or memory loss.
- Uncontrolled seizures or post-seizure symptoms.
- Suicidal thoughts or severe depression—call Samaritans (116 123) or speak to your GP immediately.

**Headway Sefton phone number: 07736774496**

# Carter's Homework #1 – Frank Horan

Carter, the son of my daughter's neighbour, was asked to research World War 2, and the aftermath, for his homework.

I told him I remember it well, and I went back to the beginning...

I was born in Liverpool in 1936, but my family went to live in Dublin when I was still a new-born baby. When the war started, my mum's three brothers, who were still in England, were called upon to join the forces. Uncles Andy and Ted were conscripted, but Uncle Bill volunteered. Uncle Andy then went into the army, but uncle Ted worked in shipbuilding. Ship building was important to the war effort, meaning his job was a reserved occupation. Although he also had to be a part-time policeman.

In Ireland, my mother was homesick and worried, so she came back to Liverpool around January 1940. My father was asthmatic, and he failed the army medical, but he had an out of hours job as a fire warden. My sister was born that February, whilst we were living with my Grandad. We had a bomb shelter (AKA Anderson Shelter) at that house, which was a grandiose title for a cold and damp



three-feet deep hole with a corrugated metal roof covered in earth.

Later, in 1940, we moved to Everton. We lived in a two-up-two-down house, with an outside toilet. We had gas, but no electricity. The bombing destroyed most of the houses in the surrounding streets, but ours survived. Funnily, it was named after Bismarck, the German Iron Chancellor, so maybe that had something to do with it!

In December 1940, Liverpool suffered three consecutive nights of bombing, but much worse was yet to come. German bombers attacked Liverpool for eight consecutive nights during the May 1941 Blitz. Our city suffered the most concentrated series of air attacks on any British city outside of London.

681 planes dropped 1000 tonnes of high explosives, and more than 112,000 fire bombs.

2,716 lost their lives in Liverpool, 442 in Birkenhead, 409 in Bootle, and 332 in Wallasey. That's 3,899 people, but the total count was over 4000. All of them were killed in just 8 days.



Homes demolished: 6,500; Homes damaged: 19,000; People made homeless: 7000; Roads closed: 500.



The hospital in which I was born, Mill road, received a direct hit. Mothers and babies, doctors, and nurses were killed or injured.

Another major explosion obliterated Huskisson Dock 2, when the SS Malakand, with a cargo of 1000 tonnes of munitions, was firebombed. They found the ship's anchor over a mile away, where it had landed in Stanley Park.

Everton also suffered severe air raids. Three streets, from Grecian Terrace to Netherfield road, were obliterated - Mitford Street, Boyd Street, and Fairy Street. Many people died, and the air raids severely injured others.

The bombs just missed the John Bagot hospital. A few hundred yards away, bombs hit some other houses at the junction of Grecian Terrace and St. Domingo Road. The library on the opposite side (now a listed building) had a lucky escape, suffering the loss of a few windows. Many houses on Leadenhall Street were destroyed, causing in numerous fatalities.

As mentioned, my street, Bismarck Street, escaped. However, the bombing destroyed houses behind us in Clarence Grove. Maybe a quarter of a mile on Hamilton Road to Breckfield Road North

was also severely damaged; this remained a bomb site for many years (albeit cleared of debris).

Thinking Back, the only legitimate target in the area would have been the waterworks on Margaret Street, with its famous water-tower. Water was pumped here from Lake Vyrnwy in North Wales, and stored in the massive building, built in 1864. It survives to this day.



## Charles Dale Rides for Headway

Charles Dale, the Welsh Corrie and Casualty actor, is embarking on a charity motorcycle ride across England and Wales - Shaun's TT One Hundred, in memory of his dear friend Shaun, who died from a brain injury - to raise vital funds for Headway, Brain Tumour Research.

He will be setting off on 19 May from his hometown of Tenby, and over a month, he will visit 100 motorcycle meet points and cafes.

To show your support for Charles and his epic journey, follow the links below.

**LINKS: YouTube** - <https://t.ly/CjeJ7>; **GiveStar** - <https://bit.ly/44LQVCO>



# Martin Lewis on “Help to Save” Scheme

Form an article published on May 7th, 2025 in The Metro

Martin Lewis has long been a champion of Help to Save, claiming ‘no other form of saving comes close’ to the Government scheme.

The eligibility criteria have been expanded, allowing 550,000 more Brits to receive a 50% increase to their pension pot.

In the latest edition of his newsletter, the Money Saving Expert (MSE) founder hails Help to Save as ‘by far the best-paying’ option, allowing people on low incomes to build up financial resilience, rather than being forced to access high-cost credit.

Starting April 6, all working Universal Credit claimants who earned at least £1 in their last assessment period are eligible (previously, a £793 monthly earnings threshold applied).

This brings the number of qualifying Brits to 2.7 million, although recent data



suggests millions are missing out, and just 517,000 Help to Save accounts had been opened since its launch in 2018.

If you think you fit the bill, you have until April 2027 to apply — but given the range of benefits Help to Save offers, it makes sense to take advantage before the deadline.

## SPONSORS

### carpenters group



**Carol Hopwood,**  
Head of Serious and  
Catastrophic Injury

[cmh@carpentersgroup.co.uk](mailto:cmh@carpentersgroup.co.uk)



### Headway Helpline

Free, confidential support

**0808 800 2244**

[helpline@headway.org.uk](mailto:helpline@headway.org.uk)



**Headway**  
Supporting life after Brain Injury

*Sefton*

*Keep in touch!* **K.I.T. GROUP**

Wednesday Mornings, 10-12.  
Westerspoons, South Road, Waterloo

## PLACES TO VISIT

**Old Christ Church, Waterloo Road, L22 1RE**

# **WATERLOO FLEA MARKET**

AN INDOOR EVENT  
WITH OVER 60 STALLS  
ENTRANCE 50P

**AND**

TABLE BOOKINGS  
FROM  
ONLY £10

# **VINTAGE FAIR 2025**



**Saturday's 10 am – 1 pm**

**8<sup>th</sup> FEBRUARY**

**8<sup>th</sup> MARCH**

**12<sup>th</sup> APRIL**

**10<sup>th</sup> MAY**

**14<sup>th</sup> JUNE**

**JULY/AUGUST (Break)**

**13<sup>th</sup> SEPTEMBER**

**11<sup>th</sup> OCTOBER**

**8<sup>th</sup> NOVEMBER**

**13<sup>th</sup> DECEMBER**

### **BOOKING ENQUIRIES**

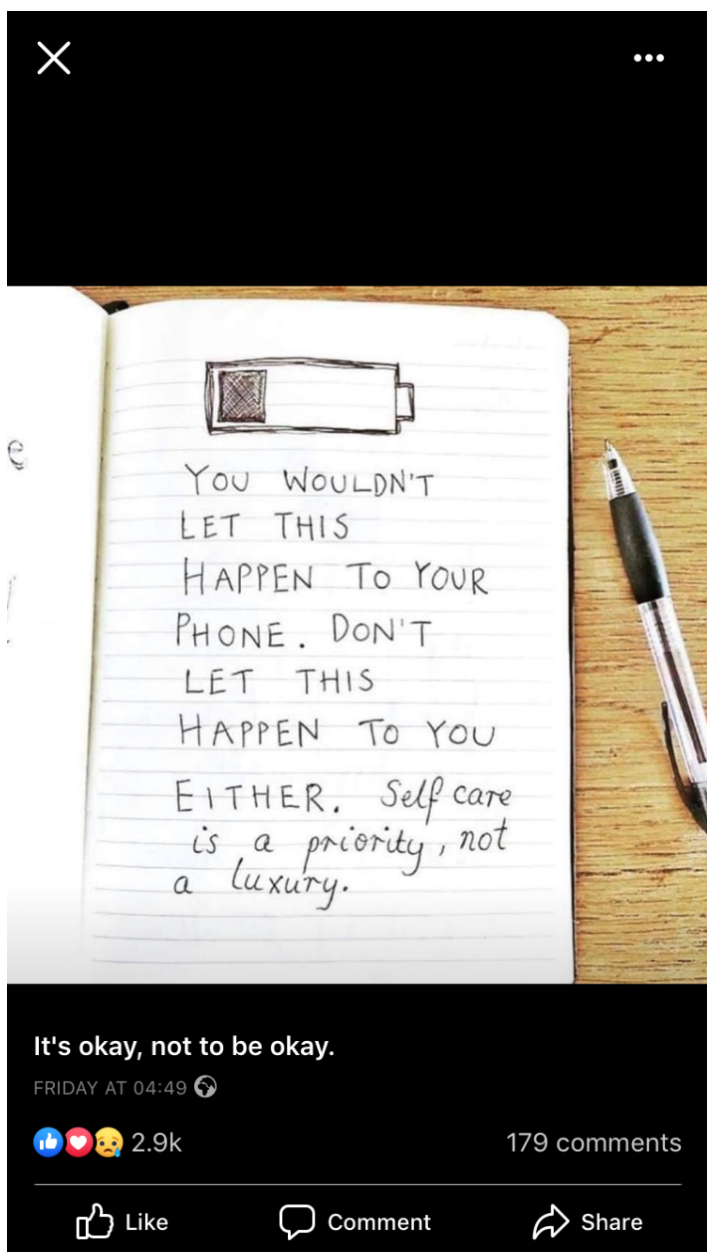
Please note we are not taking any crafter at present.

E-mail: [waterloofleamarket@gmail.com](mailto:waterloofleamarket@gmail.com)

Telephone or What's App 07716 348946

Visit our website <https://oldchristchurch.uk> for more details





## HEADWAY BRAIN INJURY IDENTITY CARD

### Brain Injury Identity Card



My name is: Jonathan Smith  
I have a brain injury and as a result:

I have difficulty processing information  
I have attention and concentration difficulties  
I experience fatigue  
I may have anxiety

For 24 hour criminal legal assistance, please call:



**0800 140 4031**



The Brain Injury Identity Card is designed to help police personnel and staff readily identify brain injury survivors so they receive an appropriate response and support.

It gives brain injury survivors added confidence in everyday situations.

The card is personalised to help the holder explain the effects of their injury and request support they may need. It is available free at <https://t.ly/RNKuK> or use QR code.



### FIND US

Facebook: Headway - the brain injury charity.

Headway Sefton

Instagram: HeadwaySefton

X(Twitter): @HeadwayUK

YouTube: Headway - the brain injury association



Send articles and images for June's newsletter to  
"hwnews@johnmc.co.uk" before:

**15<sup>TH</sup> JUNE**

## Laughter is the best medicine!



Anyone remember The Reader's Digest? Remember "Laughter is the Best Medicine?" They were little panels at the ends of some articles with jokes of inconsistent quality and titter quotient. Some were belly laughs and some groan worthy, but all a pleasure to read.

Well, we're going for it. Send your jokes, from one-liners, to funny anecdotes of a few lines. (Looking at you Frank and Janet) to [hwnews@johnmc.co.uk](mailto:hwnews@johnmc.co.uk). The editor will decide on which to include each month (he's open to bribery).

Let's see how it goes





Our most adventurous corporate attempt to raise some decent cash will be our tenth anniversary Black Tie Ball on Friday 6th June 2025 at the prestigious and Iconic Liverpool Liver Buildings.

We are so excited to have this opportunity to showcase Headway Sefton to the wider community. We've worked hard behind the scenes to ensure that the event will be a roaring success.

The room we've hired is on the third floor with an 'opera like' balcony that overlooks the river.

There'll be a carefully selected, delicious, three course dinner - with free arrival drink. The fantastic Stephen Bayliss will be on hand to keep our dance floor fully occupied and bouncing throughout the whole evening.

We intend to create a party like atmosphere with as little preamble as possible.

We'll have table raffles instead of a time-consuming auction, and hope to raise sufficient funds to pay for our summer trip to a Lake District activity centre.

NOTES: