

Headway Sefton News

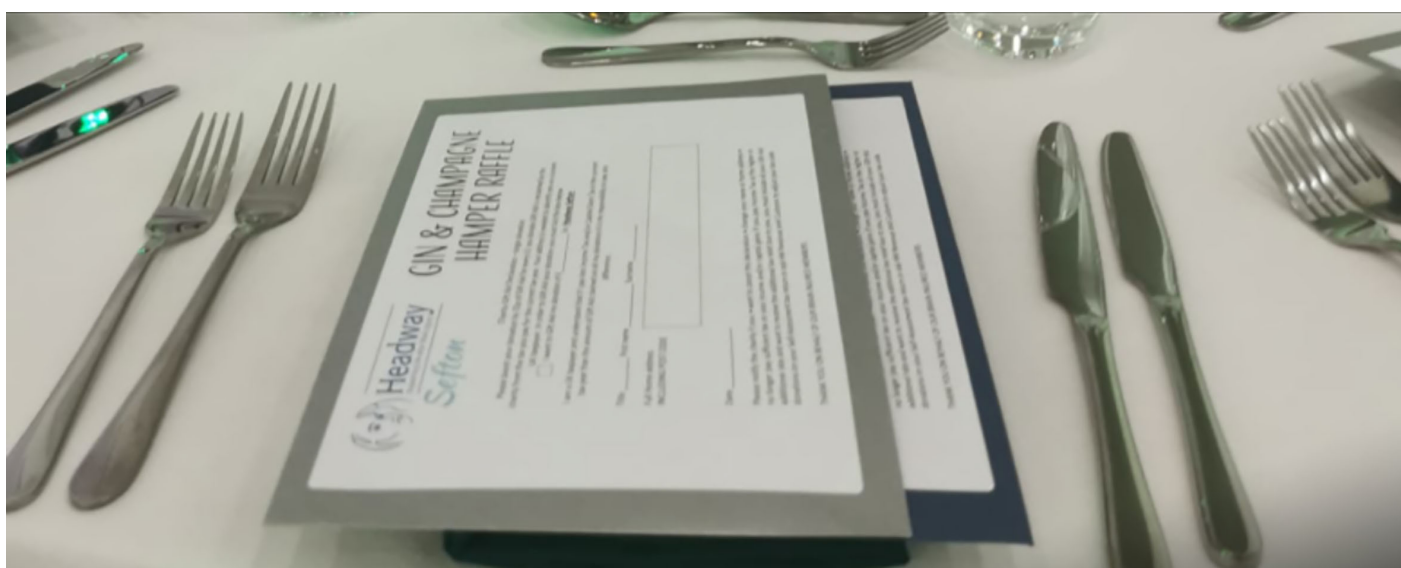


June 2025

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

Black-Tie Success
Dates for your diary
TowerWood Preparation

More Ways to Donate
Leaving Hospital #4
Birthdays etc



BLACK-TIE SUCCESS



The Liver Birds swooshed and swayed in the summer evening breeze and squawked to the rhythm of the dance floor below that thumped and bounced with Headway Sefton's lively guests.

The long-ago dream of hosting a Black-Tie fundraising event at the iconic Liverpool Liver Buildings was an all-out, roaring success.

The food, ambience, entertainer and minutely detailed organisation leading up to the event were all top class. Everything ran smoothly, mainly because of the extra FREE support from Carpenters through their talented marketing/events team and a handsome sponsorship cash gift.

BLACK-TIE SUCCESS - continued



Headway Sefton phone number: 07736774496

The feedback was incredible, with four tables pre-booking for a hopeful repeat in 2026.



The tireless back-room work was worth all the extra hours and labour when the accounts revealed a staggering £14,000 increase in funds.

This welcome boost to our finances instantly secures our Tower Wood trip ahead of time and significantly relieves the committee.

Thanks to all who helped make this event special.

It would've been unthinkable without Carpenters and Carol.



DATES FOR YOUR DIARY



Thursday 31st July:

Tower Wood Adventure Weekend

Sunday 7th September, 12.00

Blundellsands Archery Club taster session

Blundellsands Archery Club have agreed to provide a taster session for up to twelve interested members. Held on the Sports Field at - Spinney Cres, Liverpool L23 8TZ Please see Carol to get your name on the list.

Thursday 25 September:

Red Pepper Nutrition

Sian Riley has agreed to give a talk and lead a discussion on the importance of nutrition in neurorehabilitation. Sian has been to talk to Headway Sefton Members before, but that was over two years ago so many of you would not have attended.

Wednesday 13th November 14:30

Liverpool Empire

Faulty Towers (or any rude anagram of)

A 33% discount is possible, depending on the numbers.

Friday 19th December

Christmas Lunch - Venue to be confirmed

TOWERWOOD PREPARATION

Tower Wood is upon us. A quick reminder adapted from the newsletter July 2024:

Address for Tower Wood:

Tower Wood Outdoor Centre
Windermere, Cumbria, LA23 3PL

Phone number: 015395 31519

- ☛ The program includes regular meals and packed lunches. Bring your own snacks if you wish (Editor's note - but the powers of Headway Sefton usually bring enough for a battalion of hungry soldiers on a yearlong campaign).
- ☛ There are drying facilities for wet clothing and footwear, but no formal laundry facilities.
- ☛ This trip is strictly alcohol free. Please do not bring alcohol on this trip.



Some packing suggestions:

- ◆ Waterproof jacket (It's the UK Summer!!)
- ◆ Umbrella (as above)
- ◆ Sun Screen (We live in hope)
- ◆ A hat or cap

- ◆ Old clothing – you may end up wet or dirty.
- ◆ Socks and underwear. Plenty of changes.
- ◆ Thick socks for walking if appropriate to you.
- ◆ Footwear: Walking boots/shoes and comfortable trainers.
- ◆ Loose, comfortable activity wear – tracksuit, jogging bottoms, shorts, hoodies, tee-shirts, base-layers, etc. Think layering.
- ◆ Swimwear.
- ◆ Nightwear – evacuation of the building is improbable, but you never know.
- ◆ Casual wear for evening socialising.
- ◆ Toiletries, shampoo, soap, deodorant, toothbrush, toothpaste, shower gel, etc.
- ◆ Towels
- ◆ Hairdryer – if you feel the need
- ◆ Slippers for inside the accommodation.
- ◆ Pillows - You may want to bring your own, as the ones provided are quite thin.
- ◆ Duvet - ditto
- ◆ Board games and activities – feel free to bring any that you think would be good fun
- ◆ Your phone and charger
- ◆ **YOUR MEDICATIONS**

ADDITIONAL SUGGESTIONS:

Mattress cover – the mattresses at Towerwood are waterproof for not very breathable. Some people find them a bit sweaty; particularly women of a certain age, I'm told.

More Ways to Donate



Every 90 seconds, a UK hospital admits someone with a brain injury.

Every year, around 340,000 people are admitted to a UK hospital with a brain injury.

This is based on a ten-year average figure they're using so the Covid fluctuations are levelled out.

Each of those who survive needs support on leaving hospital, and that is how Headway Sefton can help those survivors. If you only take one action from this newsletter, **please take a photo of the QR code and share it** with potential donors.

Excerpt from the Just Giving Page:

“Hi, my name is Carol Hopwood. In 2014 myself and Cathy Johnston set up a community group with the objective of bringing together survivors of traumatic or acquired brain injury so that they had a safe place to come to meet others on a similar journey, make friends and tap into the practical and emotional support we could provide.

Supported by a Committee and committed volunteers we have grown to a membership of nearly 50 people from

across Merseyside and beyond. There is a strong sense of community and support.

We are run entirely by volunteers; no-one is paid and we rely on financial donations to exist. The funds we raise are spent on the hall hire, art and music therapy, crafts and horticultural activities, our Christmas Lunch and more. We also take members for a short break to the Lake District each August for a few days to a fully adapted outdoor activities centre. For many that will be the only break they have.

It is a fantastic opportunity to cement friendships, rebuild confidence, tackle social isolation, have fun and to see there is life after brain injury.

We meet at Waterloo Community Centre monthly (last Thursday of the month 11-2) and have a weekly Keep in Touch Group.

”

Please donate via: <https://t.ly/Nsw-P>

Or use the QR code below



LEAVING HOSPITAL #4 – Jan Johnston

When the dust has settled.

We've previously examined the immediate post-discharge challenges in this series.

This instalment looks at some of the lasting symptoms and how one may care for such a survivor.

1. Cognitive Impairments



- Difficulty with memory retention, information processing, and confusion in daily activities.
- Inability to complete complex forms or follow verbal instructions.
- Episodes of brain fog, leading to communication challenges and misunderstandings.
- Difficulty remembering to take medication, increasing the risk of missed doses or overdosing.

2. Physical & Sensory Symptoms

- Chronic fatigue, requiring frequent rest and limiting activity levels.
- Balance and coordination issues, increasing fall risk.
- Seizures or post-seizure confusion (if applicable).
- Increased sensitivity to alcohol, leading to unpredictable effects, and a

heightened risk of falls and cognitive impairment.

3. Emotional & Psychological Impact

- Depression, anxiety, and mood instability because of brain injury.
- Social withdrawal and difficulty maintaining relationships.
- Overstimulation and stress intolerance, leading to emotional breakdowns.
- Suicidal thoughts or self-harm tendencies, requiring psychological support.

4. Difficulties with Independent Living

- Struggles to manage personal care, household tasks, and appointments without help.
- Requires reminders, supervision, and adaptations to complete daily activities.
- Fluctuating symptoms making it impossible to predict functional ability on any given day.

5. The Importance of Purpose & Daily

Activities for TBI Recovery

Having a structured and meaningful daily routine is essential for TBI sufferers.

Beneficial activities include:

- Physical Activities: Walking, stretching, and light exercise.
- Creative Hobbies: Art, music, writing, and crafting for cognitive stimulation.
- Volunteer Work: A sense of purpose and social interaction.
- Brain Training Exercises: Puzzles, reading, and cognitive apps.
- Gardening or Pet Care: Providing a daily routine and calming effect.

- **Part-Time or Flexible Work:** A gradual return to structured responsibilities.
- **Social Engagement:** Support groups, therapy sessions, or social activities to combat isolation.

6. The Role of Carers and Available Support



Most carers will be unpaid, untrained relatives of the TBI survivor. Carers should monitor for:

- Increased forgetfulness and confusion, leading to safety risks.
- Emotional distress, including mood swings and social withdrawal.
- Extreme fatigue or difficulty completing basic tasks.
- Behavioural changes, including aggression or deepening depression.
- Increased risk-taking behaviour or suicidal thoughts.

How Carers Can Be Supported.

- **Respite Care:** Essential for preventing burnout, available through local councils.
- **Carer Support Groups:** Provided by Headway Sefton and other organisations.
- **Financial Support:** Eligibility for Carer's Allowance to offset lost income.
- **Emotional Support:** Access to therapy and mental health resources.

7. How to Get a Support Worker

For those without private funding or compensation, support workers can be accessed through:

- **Local Councils:** A Care Needs Assessment to determine eligibility.
- **Headway UK:** Community outreach and specialist services.
- **NHS Continuing Healthcare:** Funding for medical-based support.
- **Charities and Social Services:** Some offer free or low-cost help.

8. Financial Support for Carers



Carer's Allowance

Carers may be eligible for £76.75 per week (as of 2024) if they:

- Provide 35+ hours per week of care.
- The person they care for receives PIP (Daily Living), Attendance Allowance, or DLA.
- Earn less than £139 per week (after tax and expenses).

Impact of Lost Earnings on Carers

- 60% of unpaid carers face financial hardship.
- Many have to reduce work hours or leave employment, leading to an average loss of £12,000-£15,000 per year.
- 75% of primary carers are female, often sacrificing careers to provide care.

BIRTHDAYS

June

14th Jane Whittaker

July

1st Joe Ormesher h

2nd David Turner

5th Bashir Saidene

25th Carol Hopwood



Headway
Supporting life after Brain Injury

Sefton

Keep in touch!

K.I.T GROUP

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



CARERS CARD UK

Leanne Jones

Date of birth
12-01-1988

Number
667GFRG6754H

Emergency contacts
07719 123675
07719 567556

In association with



Identifying carers

www.carerscarduk.co.uk

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



NOTES

Because some of us lucky members will be adventuring in the lake district at the end of July, there will be no monthly meeting.

Therefore, there will also be no Newsletter. So, so sad.

DEADLINE FOR AUGUST NESLETTER

August 17th

All news items, stories and article must arrive by this date

Headway Sefton phone number: 07736774496