

Headway Sefton News



October 2025

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

One Day, Two Events
Farewell to Joe
Dates for the Diary

The Hills are Alive, Part 2 – Frank Horan
Leaving Hospital #7
Common Scams



ONE DAY, TWO EVENTS – John Mc

Sunday 19th October 19th, saw member's events occurring forty miles apart. Entertainment v sport.

ENTERTAINMENT

LD Productions staged a musical production of the Willy Russel classic, "Our Day Out" at Salford's New Adelphi Theatre. The show, starring a familiar face in Headway- Jessica Ormesher - captured that proper Scouse humour that makes Liverpool theatre so special. Audience members described it as "creative,

heartfelt, and bursting with personality," and praised the direction, music, and brilliant staging.



Fifteen of our members made the journey to Salford and had a dead boss time, la.

SPORT



Blundellsands Archery Club kindly offered to host a Taster Day for Headway members. At the Merchant Taylors sports field, John Caswell and Paul Newhouse were incredibly welcoming and couldn't do enough for the seven of us that attended.

Most of us managed to hit the target with every arrow. Freya had to go in search of a couple of her strays but made up for it with a gold or two. Though none of us novices were consistently accurate, everyone managed a couple of golds, so no one left disappointed.

Thanks must go to Carole Hopwood for arranging both events and to all of our fundraisers, without whom these happenings wouldn't be possible.

A Farewell Message to Joseph Ormesher

It's time for us to say bon voyage to a special someone: Joseph Ormesher, who has been a valued part of Headway Sefton since he was just 12 years old.

During his time with us, Joe has truly gone above and beyond. From throwing himself out of a plane from fifteen-hundred feet to taking on a Tough Mudder, he's tackled every challenge with courage, enthusiasm, and an enormous heart. Joe's amazing work helped him raise over £7,000 for Headway Sefton, and that's but one example of his impact.

Beyond the fundraising, Joe has been a constant source of support, kindness, and laughter for so many of our members. Now, he's off to Australia to take on his next big adventure!

We wish you all the luck in the world, Joe — have an amazing time (but not too



amazing, we want you back!). Headway Sefton will miss you lots. Don't forget to keep us updated on social media — your Headway Sefton family will be cheering you on every step of the way!

DATES FOR THE DIARY

BIRTHDAYS

October

Scott Smith - 30th

November

Wayne Fitzgibbon - 1st

David Jenkins - 21st

November Newsletter



For News Items and Articles

16th November



Friday 19th December

Christmas Lunch £20 a head

See a volunteer for payment details and menu

NEXT DROP-IN

Thursday November 27th

Mark Keogan presentation
Management of fatigue

Carers Coffee Morning



Come and join us at
our brand new
Carers Coffee
Morning
Thursdays

- 23/10
- 6/11
- 20/11
- 4/12

10:30am -12 noon



The Parish Council
Meeting Room, Harrow
Drive, Aintree Village L10
8LD

For more information please call 0151 288 6060 or email
help@carers.sefton.gov.uk



The Hills are Alive, Part 2 – Frank Horan

Some months later, we were in need of a clear-out and so the tea chest emerged.

At the bottom, I spotted an old, brown, slightly damp envelope. Of course, I had to look inside. I could read the first page; it contained stage directions, musical references, etc. Several pages were stuck together. Though I tried peeling sheets off, I was not very successful. I thought that, if I left them out to dry, I might have better luck.



Several hours later, and armed with cotton gloves and a pair of plastic tweezers, I gave it another go. Many sections were falling apart, but there was enough intact to draw my interest and keep me going.

If I were to give this story a title, it would be “Which Came First - The Chicken or the Egg?”

I eventually realised that I was looking at a musical score, albeit in fragments. No date was shown, but obviously quite old notes to denote the music, a musical story on damp pages. The story told of a young woman, Priscila Lars, the illegitimate

daughter of a Norwegian sailor, Captain Lars.

Neglected by her mother and father, she became an alcoholic living in a squat. Her friends never called her Priscila; to them she was Prissy. Prissy Lars.

Enter stage left. Prissy wraps one arm around a lamppost; in the other swings a bag. She sings.

*Brown and mild, brown and mild,
Oh, we're happy to see you
Port and stout freak me out
Bitter, lager, and mild too.
Guinness, cider, Grunhalle pills
Whiskey, vodka, gin too
A drop of each on Saturday night
Sunday spent in a cold loo.*

The next line — who knows — maybe rejected love:

*When you're sixteen,
going on seventeen stone*

The rest was lost to the damp.

The next showed her concern for herself and others, and read:

What are we going to do about the beer?

What are we going to do about the cost?

What are we going to do about the beer?

*The drink goes down, the price goes up
I'm bust.*

This was followed by:

Doe makes bread, lots of bread.

Ray, a fish you eat with chips

Me, is I, only I.

Far, a long, long way in ships

*Sow who cares a damn not I.
La sing, La don't know the words
Tee in golf as played by nerds
That brings us back to
Doe, bread, cakes, buns, pies, etc, etc*

Another:
*Climb every pathway,
Find every bar
Let your full thirst guide you.
Trust your lucky star.*

Then:
*So long, farewell
Auf Wiedersehen, ta ra-a
The time has come.
I need to find me ma-a*

The final piece I found was about life in the squat:



Our heroine has just learned she's been put on the housing list. Rushing out from the squat wearing an old three-piece suit, she joins the men fishing in the crystal-clear Thames for wheels and old prams. With a big smile on her face and looking as innocent and pure as The Sun newspaper, she breaks into song, telling of life in the squat.

*The hills are alive
And the sheets and blankets
The squat is alive with bugs and fleas
And I am alive;
that is why I'm scratching
Need some flea powder, please.
Fleas bite, and they thump;
you can see them jump.
It makes me feel sick
If I could just sing
It would be to the sound of music.
The hills are Alive
And so are my trousers
Have I got the fleas?
Or have the fleas got me?
Some people may say
That my singing is lousy
But not as lousy as me.*

I'm sure I've heard something similar, but
THATS ALL FOLKS.



Headway Helpline

Free, confidential support

0808 800 2244

helpline@headway.org.uk

LEAVING HOSPITAL #7 – Jan Johnston

10. Final Considerations Part 2.

Costs Associated with Support Workers

Private Support: Costs can vary; it's advisable to consult local providers for specific rates.

Funded Support: Depending on individual circumstances, some services may be funded or subsidised by local authorities or charities.

Support Workers: Roles, Management, and Training

Support workers play a crucial role in assisting individuals with TBI by facilitating rehabilitation and enhancing quality of life. Their responsibilities include:

- **Assistance with Daily Activities:** Helping with tasks such as personal care, meal preparation, and household chores to promote independence.
- **Therapeutic Support:** Implementing rehabilitation exercises and cognitive activities as directed by healthcare professionals.en.wikipedia.org
- **Community Integration:** Encourages participation in social and recreational activities to foster community engagement.

Effective Management of Support Workers

To maximise the benefits of support workers:

- **Clear Communication:** Define roles, responsibilities, and expectations to ensure alignment with the individual's rehabilitation goals.

- **Ongoing Training:** Provide education on TBI-specific needs, effective strategies, and best practices to enhance care quality.
- **Regular Feedback:** Conduct consistent evaluations to address concerns, recognise achievements, and adapt care plans as necessary.

Educating Support Workers on TBI Care

It's essential that support workers receive specialised training to understand the unique challenges faced by TBI survivors. This education should cover:

- **Understanding TBI:** Knowledge of the physical, cognitive, and emotional effects of brain injuries.
- **Behaviour Management:** Strategies to handle potential behavioural changes, such as aggression or mood swings.
- **Rehabilitation Techniques:** Familiarity with exercises and activities that support cognitive and physical recovery.



Diet, Fitness, and Weight Management in TBI Recovery

A holistic approach to recovery encompasses proper nutrition, regular physical activity, and weight management.

Diet: Diet significantly influences brain health and recovery.

- **Omega-3 Fatty Acids:** Found in fish and flaxseeds, they support cognitive function and may reduce inflammation. [verywellhealth.com](https://www.verywellhealth.com)
- **Antioxidant-Rich Foods:** Berries, nuts, and leafy greens combat oxidative stress, promoting neural health.
- **B Vitamins:** Essential for energy production and neural function; deficiencies can impair cognition.
- **Choline:** Present in eggs and lean meats, it's vital for neurotransmitter synthesis and brain development.

Supplements such as ashwagandha, ginkgo biloba, and curcumin have been studied for their potential cognitive benefits, though individual responses vary.

Physical Activity: Regular exercise contributes to overall well-being and aids in TBI recovery.

- **Improved Cognitive Function:** Exercise enhances memory, attention, and processing speed.
- **Mood Regulation:** Physical activity releases endorphins, reducing symptoms of depression and anxiety.
- **Weight Control:** Maintaining a healthy weight reduces the risk of comorbid conditions that could impede recovery.

Holistic Approaches: Integrating holistic practices can further support recovery:

- **Mind-Body Techniques:** Yoga and meditation improve mental clarity and reduce stress.
- **Adequate Sleep:** Ensuring restful sleep is crucial for cognitive restoration and overall health.

By focusing on comprehensive care—including well-trained support workers and a balanced lifestyle—individuals with TBI can enhance their recovery journey and quality of life.

Carers and Financial Support

Carers are not always family members; friends or neighbours take on this role in many cases. To mitigate the loss of earnings:

- **Carer's Allowance:** A benefit for individuals providing substantial care, offering financial support.
- **Eligibility:** Criteria include providing care for at least 35 hours a week and the person being cared for receiving certain benefits.

Impact of Loss of Earnings

Many carers face financial challenges through reduced working hours or leaving employment entirely. Accessing available financial support is crucial to easing this burden.

Conclusion

Navigating life after a TBI is challenging, but with the right support systems, both individuals, and carers can find pathways to a fulfilling life. Remember, you are not alone, and many resources are available to assist you on this journey.

Headway Sefton phone number: 07736774496

Common Scams – John Mc



Save this number. I've lost my phone, and this is a mate's number."

"Who is this?"

"It's me, Dad. Your son."

"Which son? I've got more than one."

"Your oldest."

"Oh! Joe. Why you just say that in the first place?"

...

Thus began a fun afternoon I had winding up my fictitious son while he did everything he could to wheedle money out of me. This included his begging on bended metaphorical knees, my asking him where the hell he was when I had my (fictitious) heart attack, the audacity of him contacting me for money now he's ignored me for five years, and so on. He (or she) was very convincing; or, they would have been had I not have known from the first line that this was a "hello mum" scam.

This one ended when I decided to tell him to do something that is physically impossible, and informed him that I have no son called Joe. In case they weren't aware, I reminded them that they were a scammer

On average, the parents who are conned by these people, usually organised gangs, lose around £2,000 to these scams. Millions of pounds are lost each year to criminals.

If you receive a text or WhatsApp message that begins like this one, it is very unlikely to be your daughter/son/relative. But if you think it might be, ring them on the number in your contacts first.

A variation of the "Hello Mum" scam is this –

Your phone rings, and you answer. There is silence from the caller. You hang up, and it rings again with the same result. Then you receive a text or WhatsApp message to the effect that they could hear you clearly but you couldn't hear them. They think there is something wrong with the phone they just had to buy/borrow, then they start asking for money in order to replace their iPhone.

Please don't fall for it.

The BBC released a podcast about this exact scam on

www.bbc.co.uk/sounds/play/m002j74q

In this occasional series, I will alert you to other scams doing the round

HEADWAY SEFTON SPONSORS carpenters group



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