

Headway Sefton News



February 2025

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

Everton in the Community
Visit to Worcestershire
Fundraising – Black Tie Ball

From Headway UK
New PT on the block
Calvert Lakes



Everton in the Community – Jan Johnston

Let's get down to brass tacks - we won!

Everton in the Community came to work with us, and we played sit down volleyball; what a laugh! It was a fabulous and fun time. So many people took part; and I am sure all benefited.

I am not sure what the rules were, as they seemed to change as we went along. I remember we won, and that's what the records will say!





Let's hope Andrew Ormesher can convince them to come again and make this a regular thing.

As an aside, they are running a brain injury awareness campaign during the first or second week in March. Andrew and I are going to raise the headway flag and reciprocate their involvement; long may it continue. Andrew, you are a star. I'm sure many people will remember the day and - I forgot I have a metal spine, and boy did it hurt after. That just shows how much fun dulls pain.



VISIT TO WORCESTERSHIRE - Jan Johnston



Headway WORCESTERSHIRE
Supporting Life After Brain Injury

[The opinions expressed are those of the writer and may not reflect those of Headway Sefton]

Late January, Cathy and I visited Mandy, the CEO of headway Worcester.

She showed us around their operation, and I have to say, I was expecting a place like ours with a once a month drop in and maybe some of additional functions. I was still a little aggrieved at them for borrowing Andrew's idea of touring the country with headway games.

Well, I can tell you, I was humbled - yes, humbled - by the extent of their operation and good works.

First up, she raises about £1m - ONE MILLION POUNDS - a year. They also employ twenty full-time staff.

Workshops for painting, a woodworking man shed (which I looked on with envy), and a bling guy who was knocking out the most amazing work. We walked away with two lovely items he made and, of course, we were a couple of hundred quid lighter when we left! (I must stop Cathy from buying things).

They had a refectory, making food for the community, and all their drop-in clients could turn up anytime, every day if

they wished, and do something; the benefits of this to all our members and future members would be amazing. Additionally, they had one-to-one support for members who needed it, with well-trained full-time staff to deliver. In fact, they did this hand in hand with carers and also Mark?

They had even bought their building!

I realise we are somewhat short of this setup, but I am slowly drawing up a road map to get somewhere towards this. It may take ten or twenty years. I suspect I will be long gone, but if we aim for this, the benefits would be worth it for all. It won't be easy, and I suspect we will stumble along the way, but a goal like this is something to aim for.



Headway Sefton phone number: 07736774496



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. Watch this space for updates!

We have already sold seven of the ten tables (12 seats each) at £120 per seat.

If anyone else is feeling flush and would like a ticket, please contact Cath Johnston or Cath Ormesher. A deposit of 50% will be required by the end of February, please.

HEADWAY UK NEWS

Volunteers Week



We would love to receive quotes, stories and case studies from across the network about your amazing volunteers and the difference they make to truly celebrate them. Please email these to: Rachel.morabannon@headway.org.uk by Sunday 4th May 2025.

We will send you more information about Volunteer's Week 2025 in due course.

NEW PT ON THE BLOCK – Cath Johnston

Looking for that personal trainer who understands brain injury science?

Sports science graduate and neuro-pathways Personal Trainer, Joseph Ormesher, has developed razor sharp brain injury insight by working closely with brain injury survivors over the last two years. He has come to recognising how the damage to their internal wiring systems can severely limit their daily lives. This hands-on experience has helped Joseph to devise strategies around each individual’s difficulties.

Because of his neuro-pathways specialism, Joseph’s Personal Training programmes have enabled him to make a tremendous impact by developing a tailored regime for Andrew Ormesher (for example). This programme allowed Andrew’s physical strength to grow along with his mental strength, rendering the once diagnosed ‘spasticity in his legs’ to be a thing of the past.

Andrew no longer stumbles when he walks, and as a result, his mental health and confidence have noticeably improved. “I have never, in my life, felt so fit and able

to conquer my disabilities,” commented Andrew. “Joe understands the science behind it all.”

Book a FREE consultation with Joseph today to see how he might support you on your journey to a fitter, more confident future.



CALVERT LAKES

At this time of year, we start to plan our summer trip.

For several years, we have attended Tower Wood on Lake Windermere. However, we have recently visited Calvert Trust, which is an alternative if we fancy a change. It’s near to Pooley Bridge; it’s about 120m from Waterloo Community Centre, so about half an hour extra drive from home.

The rooms are slightly more modern; there is a pool, and access to additional activities such as cycling and horse-riding.

Please have a look at their website at <https://calvertlakes.org.uk/what-we-do>

Carol and Cathy are due to have a telephone call with the people at Calvert Lakes soon, so we will keep you all posted once we know more about the location, cost, and dates.

Strand By Me Reopens

Strand By Me is now open in its new premises on Bootle Strand's Medway.

From their brand-new location, the Strand By Me team will continue to point visitors to a wide range of support and services. These include:

- fitness and wellbeing advice.
- help to quit smoking.
- support with loneliness, isolation, and bereavement.
- IT learning sessions.

Details of what's going on can be found at the Strand By Me Facebook page - "StrandByMeShop"

At the grand reopening ceremony on Friday 31st January, Sefton Council Deputy leader Councillor Ian Moncur said, "I am delighted to have been invited here today to carry out the opening ceremony for Strand by Me in its new home.

"As a community health and wellbeing hub, for nearly ten years, Strand By Me has been providing local people with a broad range of support and advice, here at the heart of Bootle in The Strand Shopping Centre."



Open Monday to Friday from 9am to 5pm, Strand By Me is managed by Living Well Sefton in partnership with Sefton Council and Sefton CVS.

Councillor Moncur said that Sefton Council's ambition, since buying The Strand shopping centre, has been to put the building at the heart of the Bootle community, in the same way Strand By Me has been.

He said, "The next stage of regenerating The Strand's is due to start in the spring, but The Strand's businesses and services, including of Strand By Me, will remain open to the public throughout the works."

March Newsletter



16th March

HEADWAY SEFTON SPONSORS carpenters group



Carol Hopwood,
Head of Serious and
Catastrophic Injury

cmh@carpentersgroup.co.uk
Phone: 07866 367886

NOTES:



Headway

Carers

Week



Carers Week

9th - 15th June 2025

Competition

1

Write or record a poem, haiku or ditty that demonstrates your appreciation of your carers.

We'd love to hear poems from a carers perspective too.



2

Send your entries, videos or quotes to:

marie.peacock@headway.org.uk



3

First, second and third places will all feature in Headway News, the Headway website and social media platforms.

Videos will also appear on our social media throughout Carers Week



This is your chance to put your creative skills to good use, so pick up a pen and have a go.

The closing date for the competition is Sunday 4th May 2025