

Headway Sefton Monthly Newsletter



Welcome to this
month's newsletter
Ryan drops-in!



On Friday 24th April, Ryan hurtled over ten thousand feet, thought the air, just like that!

Ryan has been a tower of strength and support to Tommy & Michelle, never failing to jump in when they need extra help. It was his own decision to jump out, this time, inspired by the perseverance of our BI members....



Ryan recommends all to have a go, saying that ***it was over in a minute, even though he almost lost his fringe. He was thankful the rest of his torso was in tact!***

What a wonderful example of selflessness - literally flying through the air to raise funds for our little branch, What a hero!

Headway Sefton Monthly Newsletter



BI INFORMATION

Over 1 million people attend UK emergency departments with head injuries annually. Acquired Brain Injury (ABI) affects all ages, frequently causing long-term physical and cognitive issues, often caused by falls, accidents, and assaults, with a higher prevalence in males.



Key Statistics and Facts

- Incidence: A brain injury occurs every 90 seconds in the UK.
- Demographics: Males are 1.5 times more likely to be admitted to a UK hospital for a head injury than females.



Brain Injury Impact

Living with ABI: Over 1.3 million people are estimated to be living with long-term disabilities following a traumatic brain injury

headwaysefton.co.uk

Next Drop-In: 30th May

Brain Injury Impact and Statistics

Recovery

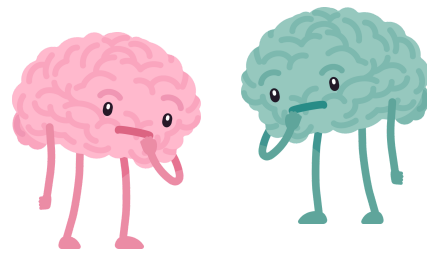
- While 90% of severe brain injury survivors make a good physical recovery, many experience ongoing cognitive, emotional, and social challenges.



Common Effects

- Cognitive: Memory, difficulty concentrating, and reduced ability to learn.
- Physical: Headaches, dizziness, fatigue, and physical disability.
- Psychological: Depression, irritability, and personality changes.

More Common Effects



- The brain is responsible for every thought, feeling, and action, so the effects of brain injury can be many and varied, depending on the type, location, and extent of the injury.
- Many effects are 'hidden', meaning they are not easily seen or understood by others. Because of this, brain injury is often described as a hidden disability.
- Living with a brain injury can affect quality of life and sense of identity, with many people feeling like a different person after their injury.
- Some effects may improve over time, especially with rehabilitation and support, such as that provided by Headway. However, others may be long-term and require ongoing adjustments.

BUDGET FOR BRAIN INJURY

more funding, more impact



Many local Headway charities, who support thousands of families affected by brain injury, are facing financial crises.

Headway UK – the brain injury association has relaunched this campaign calling on the Chancellor to commit to budgeting for brain injury in the budget on 26 November 2025. As part of Headway’s Budget for brain injury campaign, we strive to highlight the lack of funding available for essential community-based rehabilitation and reablement services for brain injury survivors across the UK.

Local Headway charities across the country provide these vital services, and many are facing significant financial challenges.

The Government must address the urgent challenges facing community-based rehabilitation organisations providing essential services to individuals living with acquired brain injury. They are essential partners for the government in delivering vital services for survivors and their families, but support must be forthcoming without further delay.

What can you do to add your support?

Writing to your local MP helps raise awareness of the challenges brain injury survivors face and encourages action to improve support and services. This can be done throughout the year.

BUDGET FOR BRAIN INJURY

more funding, more impact



FUNDRAISE FOR HEADWAY SEFTON

Turn your miles, bakes or big ideas into support for people affected by brain injury. Join an official event, take on a run, cycle or trek, or create your own fundraiser at home, school or work. Your support powers our services. Every pound you raise delivers practical help and hope to those who need it most.



THE BIG HEADWAY CUPPA

Improving life after brain injury, one brew at a time! Whenever you bring friends or colleagues together for a cuppa, you'll be making a BIG difference for people affected by brain injury. New to fundraising or a seasoned host — a Big Headway Cuppa is easy to run. Remember you can host your Big Headway Cuppa on any day, any place and any time that suits you. Your support will help brain injury survivors, their loved ones and carers, so they don't have to face an uncertain future alone.



"The Big Headway Cuppa provided an excellent opportunity to invite friends round for tea and cake! I ran a raffle for some pairs of gloves I had knitted (using leftover wool so no costs!), and people bought raffle tickets in exchange for tea and cake - and a good catch up. Friends who couldn't make it also generously donated or bought raffle tickets. Good fun was had by all and we raised £430."

Planning your Big Headway Cuppa Event

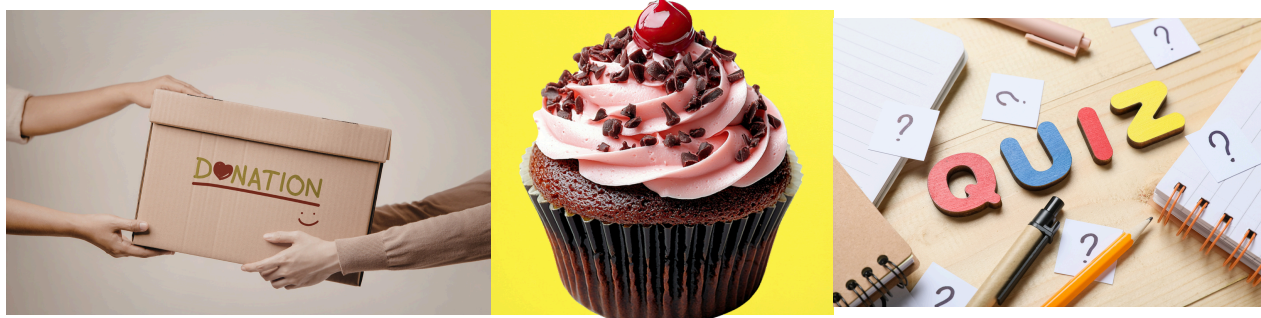


Where and When

Decide when and where you will be hosting your Big Cuppa - at home, work, school or local venue. Tell everyone and get them involved – put your posters up, send out your invitations and post on social media. As well as showing off your hosting and baking skills, a Big Cuppa is a brilliant opportunity to add a fundraising twist, with ideas like sweepstakes, quizzes, or simple games on the day.

On The Day

- Set up enough tables and chairs and style the room with your Big Cuppa decorations.
- Ensure your Headway donation box(es) are visible to guests – and don't be afraid to ask for contributions!
- Set up cake displays and organise any games you have planned.
- ***Nearly time to put your feet up and enjoy your own cuppa — but there are just a few things to do first!***



Planning your Big Headway Cuppa Event



Pay in your donations to Headway Sefton (Ask Cathy for Bank details)

Say thank you! To your attendees, cake bakers, everyone has played their part to make your Big Headway Cuppa a success. **Don't forget to share your photos with us on social media using the hashtag #BigHeadwayCuppa!**

THANK YOU

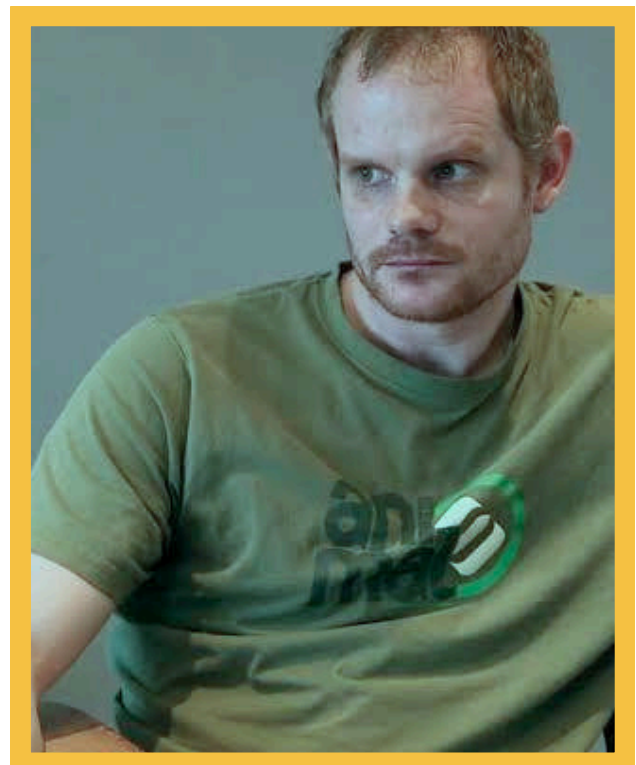
Sign up to host another Big Cuppa!

Make your donation work harder through Gift Aid – [sign a Gift Aid declaration today](#). After your event, we'll send you a thank you certificate showing how much you've raised and the real difference it will make for people affected by brain injury — something you can share with pride.



Woohoo — thank you for hosting your Big Headway Cuppa. Every fun cuppa event like yours helps make sure that when the unthinkable happens, expert help — like the support we offer at Headway Sefton is there for people affected by brain injury. We can only provide that support because of people like you.

EMMA'S REVIEW - Louis Theroux 'A Different Brain' on Channel 4



“

Louis Theroux: A Different Brain is back on Netflix. I'm just watching it now. The blank grief on the face of Earl's mum shreds me. I remember being at the brain charity when it was first shown on Channel 4 and people were really nasty about her as if she was disrespectful to her son. All I could see on her face was grief and heartbreak and her desperately trying to love a new person who was nothing like her son prior to the traffic collision.

*I think it's gotta add another layer when the traffic incident he was part of was his responsibility, however he couldn't stand trial because of mental capacity from the severity of his brain injury. It's so complicated brain injury is a flipping sh*t show.*

**A Review by Emma
Seasman**

”

The Power of SINGING



Singalonga Sally every drop in from 1pm

One of the simplest ways to lift your mood

Singing is one of the simplest ways to lift your mood and energy. It takes music from within—whether from your thoughts or a moment of inspiration—and brings it out into the world.



From the first breath, singing moves energy through the body. As you breathe in and out, your lungs, heart, and voice all work together, creating vibration and sound.

Feel balanced and connected to yourself

As each note continues, that vibration carries through your body and into the space around you. This can help you feel more balanced and connected. Singing can also be a form of release, helping to express emotion—which is why we often feel better after singing.



You don't need to be a trained singer to benefit. If you have a voice, you can sing. Whether it's humming, singing along to the radio, or joining others, using your voice can be a simple and enjoyable way to support your wellbeing. Singing is for everyone—and it can be a powerful way to feel more connected, both to yourself and to others.

May - Local and Community History Month



The aim of the month is to increase awareness of local history, promote history in general to the local community and encourage all members of the community to participate.

Activities happen across the UK and include trips, library exhibitions and local lectures. It is a great way for groups to highlight local history and for local people to get involved.

The Waterloo Community Association (WCA), established in 2006 by residents, manages a community centre in a heritage area near Waterloo rail station.



The site hosts local archives, including 20th-century history from St John's Local History Group, and operates in old school buildings on Great Georges Road. It focuses on local engagement and history.

Origins: Before 1815, the area was known as Crosby Seabank, consisting of small farms and cottages. Following the Duke of Wellington's victory in 1815, the area grew around the Royal Waterloo Hotel, which was built in 1815-1816.



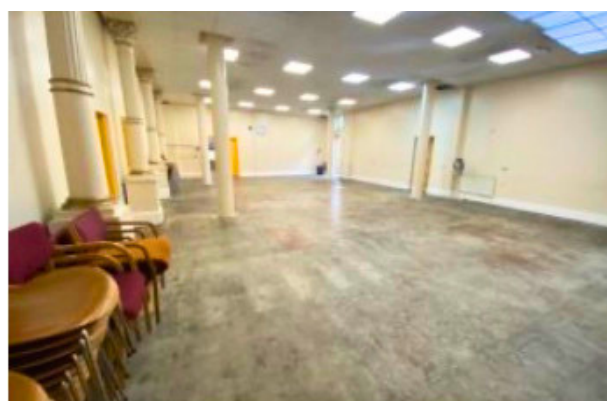
The WCA - Waterloo Community Association



Development: The area grew rapidly in the 19th century with the arrival of the railway, becoming popular with merchants who built Victorian and Georgian villas.

Landmarks: Waterloo Town Hall was built in 1862 and served as the headquarters for the Urban District Council until 1974.

Community Hubs: The community is supported by historical sites like the Plaza Community Cinema (opened 1939) and the Town Hall, which contains historical archives.



Old School Art Club. Named after our former school building, we enjoy traditional art using pastels and paints.

Every Friday from 11am until 2pm, a Warm Welcome Hub is available to our diverse community. Enjoy a free, freshly prepared and cooked meal in a warm environment. Meet people, make friends, stay connected. **A donation box** is available to help us keep this going, especially for those that really need and benefit from it.



Nature & Wellbeing Sessions - The Wildlife Trust

Connect with Nature with the Wildlife Trust

Looking for a gentle way to boost your wellbeing this spring? The Wildlife Trust is running free, friendly Nature & Wellbeing sessions across Liverpool, including at Lunt Meadows Nature Reserve. These weekly 2-hour sessions are open to adults (18+) and offer a chance to connect with nature and others through activities like nature walks, gardening, crafts, mindfulness, and bushcraft.

Small group sizes create a relaxed, welcoming space, and transport costs can be reimbursed (up to £8 per session).

To find out more or sign up, visit:

www.lancswt.org.uk/myplace-self-referral

facebook: LWTwellbeing
instagram: @LWTwellbeing
www.lancswt.org.uk/natureandwellbeing

The Wildlife Trust for
**Lancashire
Manchester &
North Merseyside**

Nature & wellbeing sessions

Free

Discover a natural way to feel happier and healthier, to connect with people and nature.

Small friendly groups, for 18+

Weekly 2 hour sessions

Activities include:
nature walks, gardening,
conservation, crafts,
mindfulness,
bushcraft...

At Lunt Meadows
Nature Reserve
and other sites
across Liverpool

Transport reimbursed
up to £8
per session

photography © Marcus Wehrle

Getting involved is easy!
Fill out the online referral form on
www.lancswt.org.uk/myplace-self-referral
or scan the QR code

Want to know more?
07738 102274
natureandwellbeing@lancswt.org.uk

COMMUNITY FUND

eden project

Brain Injury Identity Card

**IT'S
FREE!**



Who can apply

The Brain Injury Identity Card is available to anyone in the UK aged 18 and over with a verifiable brain injury.

Why carry the card

Brain injury can affect memory, speech, balance, fatigue levels, mood, and behaviour – often in ways that aren't immediately visible. This can lead to misunderstandings in both daily and emergency situations. The Brain Injury Identity Card clearly states you have a brain injury and lists how it affects you.

It's recognised by police forces, NHS staff, and other public and private service providers across the UK.

The card helps you get understanding and support when it matters most and reduces the need to explain your injury repeatedly. The card provides a direct number for specialist criminal law solicitors trained in brain injury awareness. Best of all, it is free of charge!



Headway Information Library

Information library

Headway UK's range of publications cover many of the symptoms and practical issues associated with a brain injury.

You can browse their online library by clicking the download arrow to view and/or print:

- o About Brain Injury
- o Effects of brain injury
- o Employment and education
- o Family issues and relationships
- o Legal issues
- o Practical issues
- o Translated information
- o Welfare benefits

Useful organisations

The Headway UK directory of useful organisations is divided into categories that may be useful to people looking for information and support on different aspects of brain injury. For instance, if you are struggling financially

<https://www.turn2us.org.uk/get-support>

Get Support

If you're struggling financially, you're not alone. We've got trusted information and support - shaped by people who've been there - to help you find a way through. Use our Turn2us Benefits Calculator, Grants Search, PIP Helper and benefit guides to check what benefits you might be able to claim and what grants you might be able to apply for.





Summer Dates and Stuff

Drop-in time change:

11:00 - 2:30pm (instead of 11:30)

May 28th Drop in

11am Drop in, then hanging baskets followed by choir practice at 1pm



Choir practice

Choir will begin at 1pm every drop in and end at 2pm.

July 3rd Headway Ball

Friday 3rd - Headway Sefton Ball at the Crown Plaza Liverpool



June RHS Bridgewater: Date 19th June 11:30

June day out at RHS Bridgewater in Worsley, Salford - date to be arranged.



July 30th Drop in

Drop-in at 11am - Beach picnic - weather permitting followed by 1pm choir practice.



June 25th Drop in

11am drop-in + Neuro in Nature visit (details to follow), then choir practice at 1pm.

August 6th - 9th Towerwood (no drop in)

No drop-in in August – we'll be at Towerwood (6–9 August).

Winter Dates and all that.

September Sunday 13th
Cortex Games: more
info to follow



November Theatre day
out: date TBC



September 24th Drop in

Drop in at 11am, Sleep hygiene talk,
followed by choir practice at 1pm.



November 26th Drop in

11am Drop in, TBC, followed by choir
practice at 1pm



October 29th Drop in

11am, TBC (suggestions welcome),
followed by choir practice at 1pm

December No Drop in:
Christmas lunch instead

Birthdays and Important Tidbits

Birthdays

- Cathy 1st
- Donna 2nd

Please let Cathy know if your name is not on this list and you would like to be included - no pressure - just cake!

Brain Injury Identity Card

The brain injury card, shown is a useful identity form of ID, which conveys that the wearer has suffered a brain injury and may need assistance or extra consideration.

Search "Brain Injury Card" on sefton.org.uk or ask Carol or Donna if you need one!

Easyfundraising Donation

Before you shop with high street retailers like Amazon or Argos, please remember to use easyfundraising to support Headway Sefton. By starting your shop through the easyfundraising website or app, a percentage of your purchase is donated to us completely free of charge, at no extra cost to you.



<https://www.easyfundraising.org.uk/causes/headwaysefton/>

Mailing List and Other Bits

Join Our Mailing List

The Headway Sefton newsletter is a lovely way to keep up with what's going on in your local branch. We're limited on space, so we can't always fit everything in—but there's plenty more to explore online.

You can visit headwaysefton.co.uk for more stories, updates, and past newsletters.



For wider information, support, and real-life stories from across the UK, head over to headway.org.uk.

If you'd like to stay connected and hear the latest news, you can also sign up to Headway's mailing list—just search "Mailing List" on their website. It's a great way to feel part of the wider Headway community.

Our Sponsors



HEADWAY SEFTON SPONSORS
carpenters group

Carol Hopwood,
Head of Serious and
Catastrophic Injury
cmh@carpentersgroup.co.uk
Phone: 07866 367886

Carers Card UK

An emergency card you can get from Sefton carers trust in South Road Waterloo. It lists all the numbers needed if there's an emergency for the person they're caring for.



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

Is it Worth Playing Sudoku Every Day?

1							4	
		6	7					
2	8	4			6		7	3
	7							
5	4	9		1			8	7
			2	5			6	
	1		3					2
	6	3		2	9		1	
			5	6				

Improve Your Memory And Attention Span

- Sudoku can become a good habit. It's better to start the morning by solving a daily sudoku puzzle than aimlessly scroll through the social media feed. Sudoku will help you to wake up, focus and your brain will tune in for the coming day.
- Sudoku may help to develop deductive reasoning. It is a kind of logical thinking process. Deductive reasoning skills may help people to solve problems at work or in other areas of life.
- Solving Sudoku regularly may help to improve memory, train logic and attention.
- Daily Sudoku may help to relieve stress and calm you down in nervous situations. This fun logic puzzle can be played anytime and anywhere. This allows you to have a rest and escape from everyday routine.



Last but not least - Important Contacts

Send Your Stories

Send your all stories and events to Cathy on WhatsApp: **07736 774496**

Headway Sefton phone number:

07736774496

Headway Sefton Email:

headwaysefton@yahoo.co.uk

Headway Sefton website:

www.headwaysefton.co.uk

♥ We look forward to seeing you at the next drop-in:

30th May