

Headway Sefton Monthly Newsletter

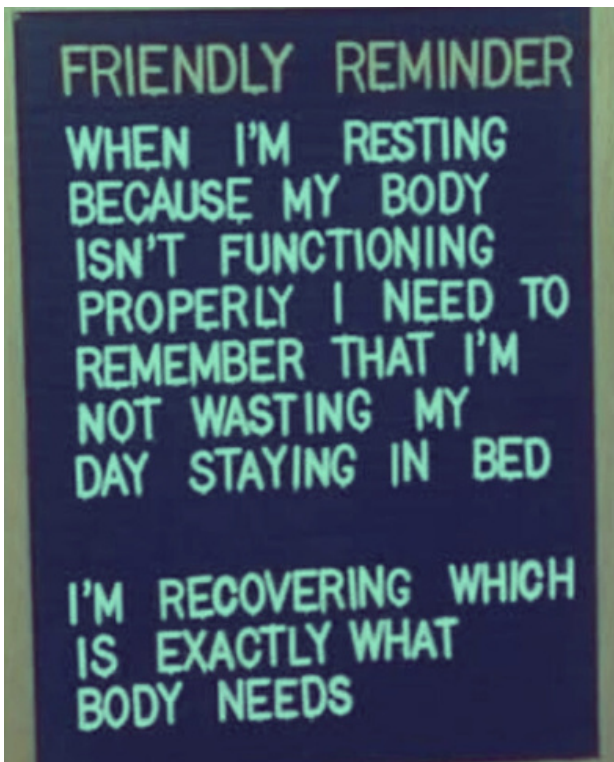


Welcome to this month's newsletter

Headway Sefton is a volunteer-led community for people who have brain injuries. We also welcome friends and family who care for someone who has a brain injury.

Here are some of the headlines:

- Brain Injury Awareness week
- We see you
- Spotlight on Paul Flynn
- Neuro-nuggets
- Birthdays



New Drop-In Timing!

Last Thursday of each Month

Time: 11 am to 2.30 pm.

Location: Waterloo Community
Centre George's Road Waterloo,
L22 1RD

headwaysefton.co.uk

Next Drop-In: 30th April

Help Shape ABI Week 2026 – Share your voice (May 18 - 24)



Headway UK has launched new surveys to help shape this year's Action for **Brain Injury (ABI) Week (18–24 May 2026)**.

This year's campaign will focus on isolation after brain injury, highlighting the real experiences of survivors, families, and carers across the UK.

There are two short surveys:

- One for people living with brain injury
- One for family members and carers
- The surveys take around 10 minutes and can be completed anonymously.



By taking part, you can **help raise awareness**, challenge common misunderstandings, and influence the support people receive after brain injury.



Head to **headway.org.uk** and click on '**NEWS AND CAMPAIGNS**'. Under the headline: '**FEATURED**' click '**Action for Brain Injury Week 2026**' to take part in the survey.

WE SEE YOU — Brain Injury Awareness Week in Sefton

**BRAIN INJURY
ACTION AWARENESS
WEEK
MAY 2026**

Life after brain injury is often invisible to the outside world. Invitations slow down. Friendships drift. Busy, noisy places feel overwhelming. Memory slips and fatigue make each day harder than it looks. If this is you or someone you care for, we see you — and you are not alone.

Headway Sefton exists to tackle isolation and rebuild confidence for people living with brain injury, and their families. In our groups, we see warmth and connection return: shared laughter, easy conversation, and the relief of being understood without explanation.

This Brain Injury Awareness Week, we shine a light on the realities people don't see: changed friendships, reduced invitations, challenges with technology, and the ways fatigue and sensory overload drain confidence.



We ask our Sefton community to stand with us. Volunteer a little time, hold a fundraising event in May, (such as a coffee morning at home, for example) or donate unwanted pressies for our raffles!

Headway Sefton was founded in 2014 to create a safe, welcoming space where no one has to mask how hard life can feel after brain injury. Today we continue that mission with peer support, practical help, and a community that understands

Together, let's ensure everyone affected by brain injury in Sefton feels seen, supported, and connected. WE SEE YOU.

Spotlight on ever available, super positive: Paul Flynn



Paul had the honour of walking his daughter Helen down the aisle to Marry Adam on the 30th July 2025 at West Tower. As the Father of the Bride he managed to pull off The Speech which he had been dreading, but with encouragement from family and members of Headway it was a proud moment for all.

Paul has achieved many personal goals with the help and support from all who attend Headway Sefton, along with making many friends. For which he is eternally grateful for.



Paul his wife Lynda and their youngest son Dean at Graduation Ceremony which was held at St George's Hall Liverpool in February this year. A very proud day as Dean achieved a 2:1 in Sound Engineering.

Paul's son Mark, his partner Leah and her two boys Tylor and Mason welcomed a new addition to their family which made Paul a granddad on 10th October.



Spotlight on ever available, super positive: Paul Flynn



Paul enjoying and taking part in just one of the many activities that are provided by Headway Sefton which he has attended for 10 years.

Neuro - Nuggets

New Insights - New Hope

The brain may have a self-protect switch

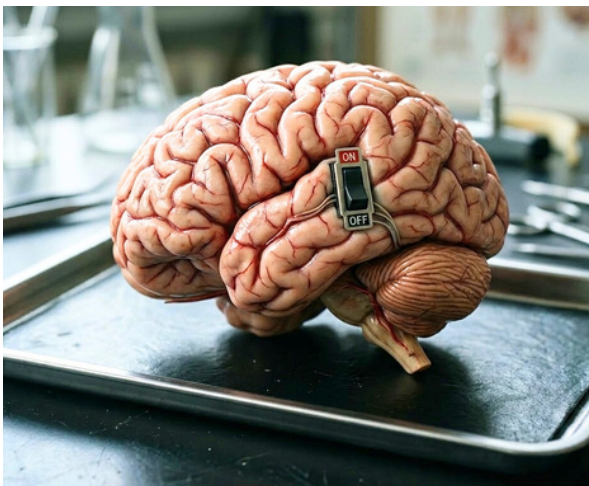
Recent lab research found:

- Brain cells can switch into a survival mode after injury
- This is linked to how cells use energy (sugar metabolism)
- It could lead to new treatments to keep brain cells alive

What does this mean?

The brain isn't just damaged—it's actively trying to protect and repair itself.

https://www.sciencedaily.com/news/medicine/brain/brain_injury/



Sleep is now seen as a key part of recovery

Very recent research (just days ago) highlights:

- Survivors of TBI often have ongoing fatigue, low mood, and cognitive issues
- Sleep problems may play a major role in these symptoms
- Better sleep support could improve long-term recovery

Jamanetwork.com
Sleep Matters, at All Ages, Following Traumatic Brain Injury:



Dates For The Diary And Stuff

Drop-in time change:

11:00 - 2:30pm (instead of 12:30)
from 26th March onwards.



April 19th archery



Choir practice

Choir will begin at 1pm every drop in and end at 2pm. It wasn't possible to organise another day of practice just yet, sorry! We can work towards this.

Sunday 19th April 12:30 - Archery at
Blundellsands Archery Club, Spinney
Crescent



March 26th Drop in

There's gentle yoga before choir practice at 1pm

April 30th Drop in

Writing workshop with the incomparable multitalented Emma Seaman - material to be used at the July black tie ball!

Summer Dates and Stuff

May 28th Drop in

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



June RHS Bridgewater: Date TBC

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



June 25th Drop in

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

July 3rd Headway Ball

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



July 30th Drop in

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



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 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

- Michael 12th
- Paul
- Andrew March 11th
- Janet 7th
- John Mac 28.3
- Cath O 4th March
- Michelle 2nd

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



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 April