

Headway Sefton News



November/December 2025

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

Watery Fowls
Fickle Finger of Fate
Executive Dysfunction

Date for the Diary
We're Coming for Your Goods
Christmas Lunch Menu



Fawlty Towers – John Mc

When the curtains open on a stage and I think, “Wow! The set is fabulous,” I am usually filled with dread. If they put that much effort into a set, what are they compensating for? And if you walk out of a theatre saying, “That set was fantastic,” then that says it all about the performance.

Fortunately for Fawlty Towers, I had forgotten how good the set was by the time I stepped onto the pavement outside The Liverpool Empire, despite the massive technical issue that occurred, fortunately, right at the start of the performance.

The opening theme played over Polly (Joanne Clifton) tidying the bedroom at the top of the set while Basil (Danny Bayne) took a seat in the restaurant to read his paper.

The telephone rang and, after the others ignored it, Sybil (brilliantly played by Mia Austen) entered to answer it. Sadly, we could barely hear, “Oh! I knooooow,” from Sybil who, whether being thoroughly professional or ignorant of the fault, carried on valiantly. After a few seconds, the calmest and most professional stage manager I’ve ever seen walked across the stage, as if part of the

performance, to whisper into the actor's ear. Without fuss, the stage was cleared, and the fire curtain dropped. Within about ten minutes, the show restarted, and all was well and audible.



The production was not perfect, and I found myself disappointed that there was no new material in the script. The pastiche merged elements from the TV episodes -

Hotel Inspector, The Germans, and Communication Problems. Basil the Rat made a fleeting appearance but, sadly, did not feature as prominently as in the original show.

A notable appearance was Paul Nicholas as The Major. There's a name I haven't heard in a long time.

It was difficult to get used to the cast taking on iconic roles, especially Basil (the human); who could possibly mimic John Cleese? But once into the swing, it was perfectly enjoyable. Of course, the absolute star of the show was Manuel, played perfectly by Hemi Yeroham - Turkish not Barcelonan but, there again, neither was Andrew Sachs.

Well worth going to see, but you'll have to travel a bit if you want to catch it now.

Ageing Well

AGEING WELL MERSEYSIDE




LOCATIONS

- MAGHULL**
St Andrew's Church
- CROSBY**
St Nick's Church
- BIRKDALE**
St John's Church
- WEST DERBY**
Cornerstone's Centre

**UNSTEADY ON YOUR FEET?
WANT TO FEEL CONFIDENT?**

A class designed to improve:

- Strength
- Balance
- Confidence
- Joint stability
- Mood
- Social wellbeing



STEPH DAVIES



EMILY SHAW




**£6 PER PERSON
BOOKING ESSENTIAL**

@ageingwellmerseyside | ageingwellmerseyside@outlook.com | 07739991322 / 07756694050

Aging Well exercise sessions for people with poor mobility

Aging Well Merseyside runs groups in our area aimed at people with mobility issues, including those with a falls risk. The intention is to bring strength, balance, confidence, and stability to the people attending. They also have a cuppa, biscuits, and a chat after the group to support social wellbeing.

Booking is essential, and you will be assessed to ensure the sessions are suitable for you. The cost is £6 per person (including refreshments) and fees are paid on a monthly basis.

Contact:

07739991322 or 07756694050

The Finger of Fate – Jan Johnston

The finger of fate is fickle.

I watched a programme about A&E, recently, and one particular story stayed with me. A young lad had taken a small fall from his motor-scambler bike. His parents were told he had sustained a complete T4 injury, leaving him paralysed from the chest down. Seeing their reaction was heart-breaking.

I reflected on this because, aside from two brain injuries, I have broken C1, C3, C4 and C6, as well as T4, T5, T6, T7, T8, L1, and L3; eleven vertebrae in total

C1, “the hangman’s fracture,” survival rate is one-in-ten-thousand. Yet here I am at 68, still able to walk, with heavy doses of morphine, but able to walk, nonetheless. Eleven breaks versus his one, and he, so young, faces a lifetime of paralysis. It felt desperately unfair. Especially when my second accident was wholly my fault; you’d think fate would have said, “That’s enough now, time to teach you a lesson,” but life doesn’t work that way.

And that brings me to a different side of life’s unpredictability: generosity.

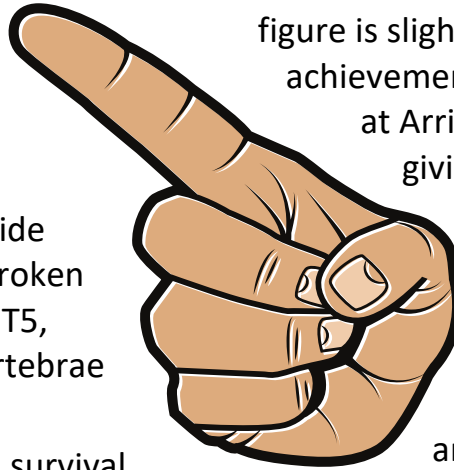
Members Alison and husband Colin, despite being dealt a tough hand themselves, have shown remarkable kindness. Although joining our Headway family very recently, they have already raised almost £2,000 (my apologies if that figure is slightly off). An extraordinary achievement. Colin’s former colleagues at Arriva also contributed, each giving a small amount that grew into something significant.

Recently, Carl’s best friend, who runs four pubs, added further support. He put donation jars on each bar and has offered to display our new Spot the Ball cards early next year, with the proceeds going to Headway Sefton. Michelle or Cath will organise that.

Every pound raised will help fund our Tower Wood trip, our festival, and the many activities and events planned for the year ahead — all for the benefit of our members.

I am humbled by the generosity of these wonderful people, who went above and beyond to support us. I know you’ll all agree they deserve our sincere thanks.

On behalf of us all — thank you.



 **CARERS CARD UK**

Leanne Jones

Date of birth
12-01-1988
Number
667GFRG6754H
Emergency contacts
07719 123675
07719 567556
www.carerscarduk.co.uk


In association with

Identifying carers



From: 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



Apply: tfaforms.com/5030010

Executive Dysfunction

7 signs of executive dysfunction after brain injury

'Executive dysfunction' is perhaps not a particularly well-known term, but the effects of brain injury that it covers are common. It is used to describe impairment in the 'executive functions' - the key cognitive, emotional, and behavioural skills that are used to navigate through life, especially when undertaking activities and interacting with others.

Although executive dysfunction is a common problem among many brain injury survivors, it is most commonly experienced following an injury to the frontal lobe.

The difficulties caused show the importance of executive functions when they fail and someone has problems with executive dysfunction. Since the executive functions are involved in even the most routine activities, frontal injuries leading to executive dysfunction can lead to problems in many aspects of life.

Here we list the most common effects of executive dysfunction, with some examples of issues that brain injury survivors can face:

Difficulties with motivation and organisation

Loss of 'get-up-and-go' is often mistaken for laziness

Problems with thinking ahead and carrying out the sequence of steps needed to complete a task.

Rigid thinking

Difficulty in evaluating the result of actions and a reduced ability to change behaviour or switch between tasks if needed

Poor problem-solving

Finding it difficult to anticipate consequences

Decreased ability to make accurate judgements or find solutions if things are going wrong

Impulsivity

Acting impulsively without considering the consequences; for example, spending more money than is affordable.

Mood disturbances

Difficulty in controlling emotions, which often leads to outbursts of emotion such as anger or crying

Rapid mood changes may occur; for example, switching from happiness to sadness for no apparent reason

Difficulties in social situations

Reduced ability to engage in social interactions

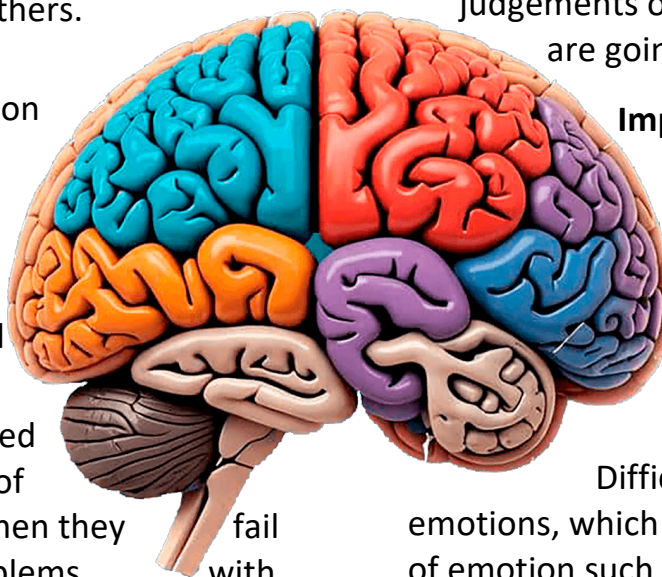
Difficulty initiating, participating in, or paying attention to conversations.

Poor judgement in social situations, which may lead to saying or doing inappropriate things

Memory/attention problems

Finding it harder to concentrate

Difficulty in learning new information



Decreased memory of past or current events, leading to disorientation

Find out more

If you or someone you care for is affected by executive dysfunction, it is important to seek support.

Speak to your doctor about your symptoms, and ask about referral to specialist services such as counselling,

neuropsychology, and rehabilitation.

Find out more and get tips and strategies to help manage your condition on our “Executive Dysfunction After Brain Injury” page (Google search the title).

Headway groups and branches offer support in your area, and you can contact our helpline if you would like to talk things through. 0808 800 2244

Dates for the diary

BIRTHDAYS

November

Wayne Fitzgibbon - 1st

Mary Horan - 15th

Barry Cusac - 18th

David Jenkins - 21st

December

Lee Deal – 19th



Kari-Ukie's
CHRISTMAS
SING-ALONG

AT THE
Southport Bijou Cinema
1st December
4.30 - 6.30pm
Tickets £10

TO BOOK please email
karinewoodward@gmail.com
profits donated to SUAG

SUAG
SPINAL UNIT
ACTION GROUP



What's on in November

- Bar Hütte at Liverpool ONE**
7 Nov-31 Dec
- The Scouse Christmas Carol**
7 Nov-17 Jan
- Lanterns & Light at Chester Zoo**
14 Nov-3 Jan
- Liverpool Christmas Markets**
15 Nov-24 Dec
- Comic Con Liverpool**
15-16 Nov
- Southport Christmas Spectacular**
15 Nov
- Santa's Secret Forest**
21 Nov-24 Dec
- Cinderella at Shakespeare North Playhouse**
21 Nov-10 Jan
- Enchanted at Knowsley Safari**
22 Nov-23 Dec
- Here & Now - The Steps Musical**
25-29 Nov
- The Light Before Christmas**
28 Nov-6 Dec



Sefton
Christmas Lunch
Friday 19 December 1.00pm
Inside No4, Carnegie Avenue, Crosby

Headway
Inside No.4

We're Coming for Your Goods

"This is the Bailiff's office. We have been passed a County Court Judgement, which has not been paid. So we are coming for your goods to the value of three-thousand-five-hundred pounds (or any other figure the caller has plucked from thin air). The men are on their way now and will be with you in about forty-minutes (or another short time)."

To which you will reply that you don't know anything about it. They may then say that they will contact the courts on your behalf and then call you back to confirm that it is correct. The only way to stop the officers calling is to pay the County Court the full amount plus the bailiff's cost of nine-hundred-and-ten pounds (or another figure). Here's the court number.

When you call the number, you may well hear the exact automated answer that you would get from the courts.

The scam goes on, and you could end up paying into a bank account that has nothing to do with the courts.

They will keep up the pressure, stressing the urgency, until the money is paid.

Red Flag #1: Courts do not operate in this way. Before the bailiffs call, there is a lengthy process involving the actual CCJ, reminders, the application for a warrant, the notification that a warrant has been issued, a house call from the bailiffs that will involve a discussion which will probably involve an assessment of the value of goods.

Red Flag #2: bailiffs don't refer to themselves as bailiffs; they refer to themselves as civil enforcement officers.

Red Flag #3: If you ask them to confirm any part of your address, they will deflect but won't be able to give you any details.

Red Flag #4: They may use terms we don't use, like "Courthouse," "off of," etc.

Red Flag #5: It's urgent. It has to be done now.

Any such call will be a scam. Consider this acronym: ASK -

Aware: are you aware of any such debt? There will have been many letters before a phone call.

Suspicious: does this seem suspicious? If it looks like a duck and quacks like a duck, it's unlikely to be a swan.

Keep Calm: don't be pressured; take a breath. Tell the caller that you will chat to them when they call at your house. If they get heavy with threats, they have just let you know that they are not genuine, so tell them that's okay because you have recorded this call and the police will be waiting for them.

Never call any number that they give you. Always look up the official number and use that, preferably from a different phone.

Finally, after you have ended the call, report the call to Action Fraud at the website - actionfraud.police.uk

The BBC has produced a series reporting on this and other kinds of fraud. Go to BBC Sounds and search for "Scam Secrets."



Headway Sefton phone number: 07736774496

HEADWAY SEFTON SPONSORS carpenters group



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

Keep in Touch Group

Normally on Wednesdays at Wetherspoons in Waterloo, K.I.T is peer support group where you can just chill, have a cup of tea and just BE with others who understand

However, please check on the WhatsApp group for any changes over Christmas period.



THE SINGALONG GANG AT OCTOBER'S DROP IN



AND FINALLY A MASSIVE





INSIDE NO4 Christmas Lunch

Monday - Friday 12- 4pm

2 course £22

3 course £25

STARTERS



Spiced Parsnip Soup (VG, GF)

A velvety blend of roasted parsnips, topped with parsnip crisp and crispy onions

Chicken Parfait (GF)

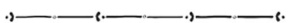
Smooth and creamy chicken parfait served with a red onion chutney and crispy focaccia crisps

Traditional roast turkey
with all the festive trimmings

Garlic mushrooms (GFOA, VG)

Served on sourdough with garlic cream & shaved Italian cheese

MAINS



Traditional Turkey (GF)

With all the festive trimmings
Salmon cheese.

Haddock Fillet (GF)

Pan-seared haddock fillet served with garlic mussels in a creamy sauce with parsley mash

Traditional Nut Roast (VG)

With all the festive trimmings

DESSERTS



Xmas pudding with brandy sauce (GF, VGOA)

Vanilla cheesecake with mulled wine compote

Festive Eaton Mess

with seasonal berries whipped cream and crispy meringue

GFOA - Gluten Free Options Available . GF- Gluten Free.
V - Vegetarian. VG - Vegan

