

# Headway Sefton News



January 2026

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

Christmas Lunch 2025  
A Message from Chair and Treasurer  
This is Your Bank Scam

Carters Christmas Story – Frank Horan  
Mailing Lists and Donations  
xxxxxx



Recognition for Jan's and Ellen's volunteering work

## Christmas Lunch and Social

Inside No4, Friday 19th December.

Were you there? If you weren't, you missed out.

The food, well at least mine, was tasty, plentiful, and hot. Expecting a vegan meal at a regular restaurant can be a concern,

especially for Christmas lunch. However, the Inside No4 kitchen did us proud. Unlike so many offerings in similar establishments, the vegan "Traditional Nut Roast" seemed to have been made on the premises; whether it had been or not, it tasted as if it was - good enough for me.

And I haven't head any complaints from the non-vegetarians, either.

Jan and Ellen (pictured above) were presented with those fabulous bouquets in honour of their valuable volunteering work in the kitchen, keeping us all supplied with tea and coffee during the monthly drop-ins at Waterloo Community Centre.







Because of staff changes at Merchant Taylors, there was no choir this year, but we made up for it with a Christmas sing-along thanks to Karaoke Master Barry Cusack. Such fun!

One issue I found mildly irritating was the restaurant's layout this year. It did not encourage mingling, so I didn't get a chance to chat to many people.

My verdict? I'll sum it up in a question. Can we go there again next Christmas?



## A Message from the Chair and Treasurer

Dear All,

All the very best for a great New Year. 2026 has delivered some crisp, sunny winter days. A time for hot soups and reflection as we snuggle up warm and cosy, indoors.

Last year's drop-ins brought a mixed bag of activities, including art, cooking sessions, archery, and a couple of theatre trips, along with our ever-faithful EFC friends, providing a source of fun and active play for those who enjoy competition.

Our annual trip to Tower Wood was full to the brim/no room at the inn. The famous lakeside frolics of kayaking and paddle-boarding, with trips around the

lake to sample a coffee or two, made for memorable evenings full of laughter and fun.

A three-car group enjoyed a fun day out to support Worcester at their ABI Games. This day proved to be a vast source of inspiration for many of our team, who have since created their own inclusive games and festival event for Headway Sefton. September 12th, 2026 is the target date, so get this in your diaries! We'll need plenty of support, so circulate this news within your own families and friends' communities. The day will have a more festival feel, focusing on members and their families, with activities and facilities beyond just sport; a food village, a

wellness tent, and an arts and crafts area are already in the plans. For more information, speak to Andrew and/or Jan.

The gala ball was such a roaring success, raising over £14k, which paid for our annual trip to Windermere.

Our long-term plan is to continue hosting larger annual events, as mentioned above, which generate higher revenue, relieving the pressure of fundraising throughout the year. Funds raised from events and donations pay for our monthly drop-ins and year-round activities. Support for our brain-injured members and their families would be impossible without these funds. If we can grow our revenue year on year, we would aim to hire someone to offer more regular drop-ins each month and cement our presence in the community.

There are many pots of charity money hanging around in the ether – it takes a lot of time and focus to whittle them out. One

of our brain-injured members has managed to secure a £500 pot! If anyone would like to become involved in this way, please put your hand up, and we will guide you.

Thank you to those of you who have raised funds on our behalf, either through your workplace or through outside organisations. We are deeply grateful for the time and energy you've donated towards our collective cause.

It's terrific that our members have forged relationships outside our group - just the evolving support that a group like ours provides. However, from this year onwards, only members who attend our monthly drop-ins will be eligible for free or subsidised Headway events.

Thank you to all our members who continue to drop in, whatever the weather.

Cathy and Jan.

## Discounts for Carers



506k+  
members



22+ years  
experience

One of Headway UK's partners has shared some information about an organisation called Discounts for Carers.

It's free to join and is for paid and unpaid carers. Discounts for Carers does exactly what it says: it gives discounts on a range of brands, including Tui, Body Shop, Look Fantastic, and much more, many exclusive to carers.



78k+  
Facebook fans



300k+ raised  
for charity

Joining is simple, they just need a few personal details such as name, postcode, and date of birth, as well as whether you are a paid or unpaid carer. If you are interested and want to find out more, click on the link below.

Discounts for Carers | FREE Savings for Paid & Unpaid Carers

<https://discountsforcarers.com>

# This is Your Bank Scam – John Mc

“Hello, I’m calling from your bank’s fraud team. We’ve spotted a problem on your account.”

The caller sounds calm and professional. They might present themselves using your bank’s name, their name, and an employee number. They may inform you that they stopped a payment just in time.

You are told there has been unusual activity — a transfer, a card payment, or a new payee being added. They will reassure you that your money is safe for the moment, but that you need to take urgent action to keep it that way.

You probably say that you did not make that payment.

The caller agrees and explains that they need to act immediately. They will probably say they need to check your identity, cancel the payment, or protect your account from further fraud. They may ask you to confirm security details, read out a code sent to your phone, approve something in your banking app, or move money to a “safe account”.

This is a scam.

## Red Flag #1

Your bank will never ask for your full PIN, online banking password, or onetime passcodes. Those details exist so that only you can authorise access.

## Red Flag #2

Banks do not ask customers to move money to a “safe” or “holding” account. Such a process does not exist. Any request to transfer money is fraudulent.

## Red Flag #3

You cannot trust the phone number on your screen. It’s possible for scammers to spoof your bank’s number, making their calls seem legitimate.

## Red Flag #4

The caller creates pressure. You must deal with the problem immediately while you are still on the phone.

## Red Flag #5

If you say you want to hang up and call your bank using the number on your card, the caller will stop you. A genuine bank will support you in this.

Remember the word ASK:

Aware – Are you aware of any actual problems? Banks typically communicate with clients via secure messages, letters, or phone calls.

Suspicious – Does something feel wrong? Feeling rushed or frightened is a warning sign.

Keep calm – slow everything down. You are entitled to take your time.

The safest response is simple. Tell the caller you will end the call and contact your bank yourself. Then hang up.

Do not call back immediately. Wait for a few minutes and use a different phone if possible. Call the number printed on the back of your bank card or open your banking app.

If you have already moved money, contact your bank and ask for their fraud team. Then report the incident to Action Fraud at [actionfraud.police.uk](https://actionfraud.police.uk).

If someone calls and asks for codes, passwords, or urgent action, treat it as a scam until you have checked it for yourself.

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



# Carters Christmas Story – Frank Horan

Carter knows this story to be true because he was in the town centre when it happened.

He saw Father Christmas being escorted into the police station. A police helicopter had pulled him over and charged him with sleighing without lights. Well, only one red light, the nose of the lead reindeer.

(Rain dear, no it's quite dry!) Sorry about that!

“What’s with all the red?” the sergeant inquired.



“I support Liverpool,” came the response.

“No! Unlucky for you, I'm a United fan,” said the sergeant.

“Unlucky for you,” said Father Christmas. He responded to all other questions with, “no comment.”

This didn't help his cause. “Lock him up,” said the sergeant. But what to do with six narky reindeer.

Father Christmas told him not to worry; they're not real - artificial intelligence. They got a cell of their own.

In the meantime, Father Christmas appeared to be missing; Mrs Christmas was getting worried, then she learned he was in nick. Being the sensible one, using a bit of magic, she turned up at the cop shop looking like a twenty-something blonde. Eyebrows raised at this old guy with a gorgeous young wife.

“Him being a billionaire helps,” she told them. “Who else could afford a high-tech sleigh pulled by six robotic AI thingies?”

The custody sergeant informed her that her husband would be released pending a court hearing. Upon unlocking the door, the sergeant discovered an empty cell; no man in red! Rushing back upstairs, he found the reception empty - no Mrs Claus!

Taking six constables, he went to the reindeer cell - empty except for loads of poo and wee. Holding his nose, he shouted, “This is artificial intelligence gone mad! Get this cleaned up! The six policemen had vanished.

As for Mr and Mrs Christmas, they were flying high.

Just to be on the safe side, the sleigh sported a big lights display: headlights, sidelights, stoplights, indicators, port & starboard navigation lights.

It was later reported as a previously unidentified meteor.

But we know better.

# Mailing Lists and Donations

The Headway Sefton Newsletter is a useful source of information about your local branch and what it's up to is up to. However, the newsletter is limited in its scope and size (there are practical and technical reasons for it being eight pages).

Headway Sefton's website is another valuable resource, full of stories and information. You will also find a store of previous newsletters there.

[headwaysefton.co.uk](http://headwaysefton.co.uk)

Headway.org is Headway UK's own website where you'll find advice, stories from a wider variety, and information on services, etc.

Want to keep up-to-date with current brain-related news and how Headway is improving life after brain injury? If you are



not yet on Headway's mailing list, sign up now and ensure you don't miss the latest news from Headway. Go to [www.headway.org.uk](http://www.headway.org.uk) and search for "Mailing List."

## Donations:

Headway Sefton relies on voluntary donations as well as fundraising events to continue providing services and fun events to brain survivors and their families. On our homepage ([headwaysefton.co.uk](http://headwaysefton.co.uk)), you will find a button named "PayPal" where you can donate. You don't need a PayPal account, as there is a card-payment option on the donation page as well.



## BIRTHDAYS

### January

Eric Jones - 23rd

Ian Hopwood 26<sup>th</sup>

### February

Ellen Brookman - 4th

Tommy Hankin - 8th

## February Newsletter



For News Items and Articles

**15<sup>th</sup> February**

Send to: [hwnews@johnmc.co.uk](mailto:hwnews@johnmc.co.uk)

# Committees



Members are often heard to ask, “who exactly are the committee?” In response, here is a list of members responsible for certain aspects of Headway Sefton:

## **Main Committee**

Cathy Johnson - Chair  
Carol Hopwood - Secretary  
Jan Johnston – Treasurer  
Donna Ellis -  
Andrew Ormesher –

## **Fundraising Sub Committee**

Michelle Kelly  
Catherine Ormesher

## **Sports Sub Committee**

Jan Johnston  
Wayne Lang  
Andy Ormesher  
Chris Parry  
Jane Whittaker

## **K.I.T Contacts**

Barry Cusack  
Wayne Fitzgibbon  
Jane Whittaker

## **News Editor**

John Mc

## **SUNFLOWER LANYARD**

The Hidden Disabilities Sunflower lanyard is useful for individuals with disabilities that may not be apparent. It allows them to signal discreetly that they may need extra support, understanding, or time in various public spaces and situations. Staff in participating businesses and organisations are trained to recognise the lanyard and offer support.

The scheme is for anyone with a hidden disability; sensory loss, autism, learning disabilities, dementia, anxiety, mental health conditions, etc.

Worn wherever services are offered and wherever you need to interact with others, the lanyard promotes understanding and empathy, helping staff and others to be more aware of the needs of people with hidden disabilities.

The lanyards can be obtained for free from Headway Sefton volunteers or from Headway UK. The brain injury cards are available at Headway UK.

See the March 2025 newsletter for a more detailed article.



## Places to Go



**Aintree Village  
Carers Coffee  
Morning**

**Thursdays 10:30am-12 noon**

**January 15th & 29th  
February 12th & 26th  
March 12<sup>th</sup> & 26<sup>th</sup>  
April 9<sup>th</sup> & 23rd**

**The chamber room, Harrows  
Drive Playing Field, Aintree  
Village**

Please call 0151 288 6060 for more information.

**CARERS TRUST**  
Sefton Carers  
Centre



**CARERS TRUST**  
Sefton Carers  
Centre

**SEFTON CARERS  
CENTRE  
CARERS COFFEE  
MORNING**

**Come & Join us at the Liferooms in  
Southport every 1<sup>st</sup> Tuesday of the month  
10:30am-12noon**

**03/02/2026  
03/03/2026  
07/04/2026**

**The Liferooms , 23-25 Scarisbrick Ave, Southport  
PR8 1NW**

**To book please call 0151 288 6060 or email  
help@carers.sefton.gov.uk**

**NEXT DROP-IN**

**Thursday February 26<sup>th</sup>**

**Simple but effective stretching exercises**

**As always, 11.30 at Waterloo Community  
Centre, Great Georges Road L22 1RD**

**HEADWAY SEFTON SPONSORS**

**carpenters group**



**Carol Hopwood,  
Head of Serious and  
Catastrophic Injury**

**cmh@carpentersgroup.co.uk**  
Phone: 07866 367886



**Headway Helpline**

**Free, confidential support**

**0808 800 2244**

**helpline@headway.org.uk**