



Headstart



the brain injury association

AUGUST 2015



To make the most of the English summertime, we have planned a picnic today at the Crosby Coastguard hut; hearty sandwiches, cooling drinks, boules, kites and a beautiful coastline to admire. Enjoy your August!

FEEL REVITALISED



A life changing mix of nurse-led care and real holiday experiences

Revitalise

Respite holidays for disabled people and carers

Revitalise breaks are genuine holidays for disabled people and carers, filled with new experiences, new opportunities, choice, freedom and fun.

For more information, visit the webpage www.revitalise.org.uk/respite-holidays/.



Holiday Information Pack

Holiday Information for people with disabilities and their carers

Also don't forget Neurosupport's 'Holiday Pack' which is a useful document outlining many aspects of planning and managing a disable-friendly holiday.

www.neurosupport.org.uk/holiday-information

SEPTEMBER DROP IN Water Sports

We are planning to hold our September drop-in at CLAC* giving our members the opportunity to engage in some water sports. Meet at CLAC or Sefton Carers as usual and we will arrange transport. Tea, coffee, activities and friendly chat as normal.



*Crosby Lakeside Adventure Centre

HEADWAY - THE CHOSEN CHARITY



The Southport Birkdale Townswomen's Guild* have nominated Headway Sefton as their chosen charity to support in honour of Edna Randles who sadly passed away in June. Edna's enthusiasm for our Headway group was evident and the ladies would like to carry this on.

(*Registered Charity Number: 1083750)



Greg Price, a member of the Headway Sefton committee is doing the 'Tough Mudder' challenge.

Greg works at Just One, a health & social care consultancy and he hopes to raise money for our Headway Sefton branch. His challenge is on 12th September.

Good luck Greg!

Donate at Virgin Money - Greg Price

HEADWAY SEFTON MAKING SOME NOISE ☺

We have received several calls from a number of health professionals and potential service users who would like to know more or join our support groups. Keep up the good work!

sponsored by



Headstart

Headway Acute Trauma Support Nurse (North West)



Alex Power

The Headway Acute Trauma Support (HATS) Nurse in the North West provides emotional and practical support, information and advice to family members and carers of people in the early stages following an acquired brain injury, especially those in Critical Care or High Dependency Units.

The HATS Nurse is available to:

- Be a 'listening ear' and source of support
- Act as a link between other services, e.g. hospital staff, community support
- Provide information on how to apply for benefits and/or compensation claims
- Visit you in the hospital, or elsewhere if required
- Advise on the Headway Emergency Fund
- Continue supporting you for as long as required, and put you in touch with other organizations that may be of help
- Accompany you to attend meetings with hospital staff if requested - it is often useful to have someone with you to discuss the information given at the meeting
- Assist in other identified areas wherever possible

You can contact the HATS (North West) by email at hats-nw@headway.org.uk or call Alex on 07833 365858

Neurosupport Glance Newsletter

Lots of activities in August edition of Glance.

Mondays 10.30-12 in the Café
Try **Colouring for Adults**.

Try **Boccia** – Fridays 11-12.

Sefton Craft Clubs Mon 3-5 May
Logan Healthy Living Centre, Thurs 2.30-4.20
Living Well Centre Southport

Carers – come along and meet us at our Carer Drop-in on Friday afternoons.

English, Maths and Confidence Building courses at our coffee morning **7th Sept.**



HEADWAY FACTSHEETS

[About brain injury](#)

[Caring for someone with a brain injury](#)

[Effects of brain injury](#)

[Employment and education](#)

[Legal issues](#)

[Practical issues](#)

Factsheets are FREE & supplement our detailed booklets which are available to buy through our online shop. headway.org.uk/Factsheets

Coffee Mornings

Sefton Carers Centre - South Rd. Every **Monday** and **Wednesday**. **10.30am – 12.30pm**

Neurosupport South Sefton - First **Monday** of the month, **10.30 - 12.30**

Neurosupport North Sefton - First **Wednesday** of the month. **10.30 - 12.30**

Headway Sefton Monthly Drop In Dates

Sep	Oct	Nov	Dec
9 th	14 th	11 th	9 th

The drop-in sessions are held at Sefton Carers Trust, South Road, Waterloo
1pm – 3pm every 2nd Wednesday of the month



Call: Cathy on 07736 774496
Email: headwaysefton@yahoo.co.uk
Visit: headway.org/sefton.aspx



Norton Street, Liverpool, L3 8LR
0151 298 2999
<http://www.neurosupport.org.uk>



27-37 S Rd, Waterloo.L22 5RF
0151 288 6060
www.sefton-carers.org.uk/