



MARCH 2015

March sees the arrival of Spring, Brain Awareness Week, Mothers Day and and St. Patricks Day. Have a good one!



Headway Sefton Calendar

MARCH

Brain Injury Awareness Week (BAW)

16-22 March

BAW is the global campaign to increase public awareness of the progress and benefits of brain research. Visit; <http://www.dana.org/BAW/>

Brain Haemorrhage support group - 17th March

Held at Neurosupport, Liverpool. 7-9pm

Headmatters Tea Party – Weds 18th March

10.30-4.00 at Neurosupport.

A fun day. Entry is free!



MAY

Action for Brain Injury Week (ABI)

18th - 24th May 2015

Jointly Headway Sefton and Liverpool will be at Neurosupport on Friday 22nd May. There will be live entertainment, fun and guest speakers.

Hats for Headway Day - Friday 22nd May 2015

Wear a hat – the wackier the better - for the day in return for a donation.

JUNE

LEJOGLE Event

A cyclist from Ormskirk will be challenging a world record in aid of Headway. Fundraising details to follow.

AUGUST

Bag-Packing – 28 August 2015

In Sainsbury, Crosby. We are also securing days in other local supermarkets including Waitrose, Asda and Tesco. Please let us know if you'd like to be involved!

NOVEMBER

Fundraising Triathlon event in Morecambe.

Interested in participating?



Good Grub Club

Maryam Rahman, a link worker from Neurosupport will present the Good Grub Club at the next Headway Sefton drop-in on 8th April.

Whilst preparing a special recipe for sweet potato soup, Maryam will talk about the Neurosupport services and activities in the Sefton area. There will then be chance to have a cup of the delicious soup and a copy of the recipe. Yum. Yum

Headway Sefton to hit the big screen !

2015 is the 200th anniversary of Waterloo. In recognition of this, the Cinema Plaza is planning to develop a documentary film highlighting some of the groups that look after the needs of people in our community. The finished film will be showcased at a free event open to the public. We will keep you posted!

Sefton now on Headway website

Headway Sefton is now listed in the North West section of the Headway site. The dedicated webpage has important contact details, news, events and useful information

sponsored by

Headstart



You may be eligible for a **FREE public transport travel pass in the Merseyside area**

The Concessionary Travel Scheme

A free pass will only be supplied to someone who cannot drive. If the individual has a driving licence they must surrender it before a free pass is provided.

To apply for the Mersey Tunnels Free Travel Concession you must also be eligible for one of the following;

- Must hold a Disabled Persons (Blue) Parking badge and receive the highest rate of mobility component of the Disability Living Allowance.
- Or receive the highest rate of mobility component of the Disability Living Allowance.
- Or if you are over 65 receive the highest rate of Attendance Allowance.
- Or receive the mobility supplement of a war pension.

Forms are available from the Strand shopping centre, Merseytravel office in Liverpool or you can download from the website

<http://www.merseytunnels.co.uk/nossl/html/concessionary.php>

Mark Keogan would be happy to help anyone wishing to apply for this at the drop-in session.

Coffee Mornings

Sefton Carers Centre - South Rd
Every **Monday** and **Wednesday**.

10.30am – 12.30pm at centre on South Road Waterloo. L22 5RF

Neurosupport South Sefton

First **Monday** of the month, from **10.30 - 12.30** at the Tea & Empathy Café 164 Knowsley Road, Bootle L20 4NR.

Neurosupport North Sefton

First **Wednesday** of the month from **10.30 - 12.30**, at the Living Well Centre in Southport PR8 1NW

DISABILITY RIGHTS

Following his recent and very valuable presentation, here are details for **Richard Copson, Principal Lawyer - Disability Rights, Pannone /Slater & Gordon**

Direct: +44 (0) 161 909 4966
Office: +44 (0) 161 909 3000
Mobile: +44 (0) 7717802492
Email: richard.copson@pannone.co.uk

Headway Sefton Monthly Drop In Dates

Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
8 th	13 th	10 th	8 th	12 th	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>



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0151 288 6060
www.sefton-carers.org.uk/