



# Headstart



the brain injury association

OCTOBER 2015

It's already October and X-Factor is taking over most people's TV 😊



Headway have been performing all year in the Sefton area - helping head injury sufferers and carers and trying to increase awareness of who we are and what we can do. Please keep singing out our name!



## Autumn Stroll Alert

Sunday October 18<sup>th</sup> at 11am

Step out with Headway Sefton and Sefton's Walking Group for a Sunday autumn stroll.

Starting at Burbo Bank, we will walk to the Hightown Hotel and back again! Take in the invigorating sea air and beautiful views.

Meet us at 11am near the Coast Guard Hut in Crosby



H M Coastguard  
Hall Rd W  
Crosby  
L23 8SY



Also, come and join us at our monthly drop-in sessions 1pm-3pm, the second Wednesday of every month at Sefton Carers Centre on South Road, Crosby



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



For more walks, visit

<https://www.walkingforhealth.org.uk/walkfinder/north-west/sefton-active-walks>

## TODAY'S DROP IN

### Roald's Marvellous Medicine



Tom Solomon, Professor of Neurological Science at the Walton Centre will be discussing acquired brain injury. Tom will be free to chat after his presentation.

### Yoga and Brain Trauma

Rose, a yoga instructress will talk about the benefits of yoga for the brain injured. There are supporting documents that you can take away.



## SEPTEMBER DROP-IN

### Water Sports

September's drop-in was held at CLAC\* in Crosby. Many people, including new members, participated in a variety of water activities. Everyone had a really good time!



\*Crosby Lakeside Adventure Centre



Congratulations  
Greg!

Greg Price, a member of the Headway Sefton committee completed the Tough Mudder challenge in September in aid of Headway Sefton.



Well done Greg!

sponsored by



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## Headway Sefton present to staff at The Walton Centre



On the 23<sup>rd</sup> September, our branch Secretary and brain injury Lawyer Carol Hopwood presented to the Multi-Disciplinary Team at the Sid Watkins Rehabilitation Unit at The Walton Centre.

### Carol Hopwood

Talking to Physiotherapists, Occupational Therapists, Speech and Language Therapists and Psychologists, Carol explained the role that Headway plays in helping brain injury survivors that their families.

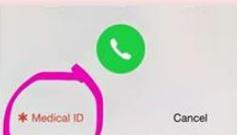
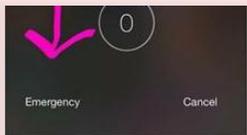
With a receptive audience keen to do the best for the patients, they were pleased to learn more about the practical, emotional, education and other advice that we can provide. With stronger links to The Walton Centre we hope that we will see an increase in the number of survivors we are able to assist.

## Supermarket Support

In September, the Headway Sefton team members and volunteers were bag packing at Sainsbury's. They raised an amazing £400 in addition to creating much awareness for the support we provide in the area.



Waitrose in Formby have given Headway Sefton a token box as one of their chosen charities.



### Did you know about the "Medical ID" you can set up on your iPhone?

This can be accessed even while the phone is locked by clicking on the emergency options and can display things like name, DOB, emergency contacts, medical conditions and even blood type! It can be managed by clicking on the little "Health" app that comes default on the phone

## 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

Nov  
11<sup>th</sup>

Dec  
9<sup>th</sup>

Held at Sefton Carers Trust,  
South Road, Waterloo.  
1pm – 3pm every 2<sup>nd</sup>  
Wednesday of the month



Headway Sefton



HeadwaySefton



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/](http://www.sefton-carers.org.uk/)



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## **How Yoga Heals Brain Injury**

**An article by Janna Leyde**

For months, my father has struggled with basic [yoga poses](#)—he couldn't conceive of how to move his body into downward dog, much less exert the concentration required to hold it.

He has a brain injury. His personality took the biggest blow in that car accident back in 1996, and now we all struggle with his severe cognitive, emotional and behavioural deficits.

Everything in his life requires a prompt, a list, a plead.

We are constantly reminding him to be more patient, more compassionate, more aware, less compulsive, less demanding, less angry. We're forever wading through the muck of challenges that come with his not being able to drive, work, or balance a bank account. For 17 years, we've oscillated between failure and semi-success when it comes to finding pieces of the "old John."

And then came [Yoga](#). Finally, with a certification under my belt—proof that I knew what the hell I was doing moving around a brain-injured man who moved like cement—the right parties had given me permission to teach my father yoga.

I am witness to an incredible [transformation](#). He takes to yoga with an enthusiasm that I had thought had long since died in him. His pranic energy has moved from static to dynamic, unearthing hints of identity, motivation, and purpose.

The more yoga my dad practices, the more his patience [evolves](#). I see it in his tadasana. He takes his time. He's memorized the cues. I say nothing, but watch as he moves his body in space as if he could hear my words, one cue after the other. His prayer palms fold together last.

But they don't fold together like mine do, and when I look at his hands, I want to flatten out his mangled and mismatched fingers and push them together, so that his prayer palms look like my own, each finger pad meeting the other and ELBOWS jutting perfectly away from his midline.

I take a breath. I can't do that. This is my father's tadasana, where his hands are.

I am teaching him. He is teaching me.

**The union of yoga at its finest.**