



Headstart



the brain injury association

JANUARY 2016

Happy New Year

Everyone at Headway Sefton wishes you and your family a Happy New Year! We have planned many events that we hope will continue to support and enrich the lives of our members during 2016.

Remember drop-ins are the 2nd Wednesday of every month!



Today there will be a presentation from Sleep Unlimited on managing fatigue after a brain injury.
www.sleepunlimited.co.uk

HEADWAY SEFTON DRIVING FORWARD IN 2016

We have a calendar of events for 2016 shown on the reverse of the newsletter.

Next month:

Music Therapy – Chiltern Music Therapy. The role of music in the brain injury rehabilitation process – February Drop in

Strand By Me - Headway Sefton will be manning the Strand by me pop up shop in Bootle during w/c 8-12 February 2016

Welcome

Michael Cunningham & David Jenkins who are regular visitors to our drop-ins are now part of the Headway Sefton committee. Share your ideas with them!

BURNS NIGHT EVENT

30th January 2016

The Guild Hall, Formby

Only a few tickets left for Burns Night event on Friday 30th January.

Bagpipes,
Scottish
Dancing,
Burns poems and blessing of the Haggis.



Wear a bit of tartan if you can!

Tickets £25. All profits go to Headway Sefton Branch.

Contact Anna Hopwood at anna.hopwood@hotmail.com for more information or call Cath on 07736 774496

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2015 Highlights

- Autumn stroll to Hightown Hotel 2015
- Burns night end of January - raised significant funds
- Bag packing at Sainsburys - again raising funds
- Stall at Bootle Market
- Sports Fundraisers ; LEJOGLE cycling challenge & Toughmudder
- Green coin campaign at Waitrose (raised £305)
- Coffee and cake at the old loos on
- Picnic on the beach
- Christmas crafts - lots of laughter
- Key speakers at drop-in sessions
- Charity of choice - Birkdale Townswomens Guild

2016 Plans ☺

- Jan** - Management of fatigue
- Feb** - Music Therapy/pampering & relaxing
- March** -Talking Therapy and spring planting
- April** - Guest Speaker "Remembering"
- May** - Hats for Headway
- June** - Afternoon tea at Waterloo Place Bistro
- July** - Picnic on the Beach at Burbo Bank
- August** -Talking Therapy
- Sept** - Guest Speaker TBC
- October** - Pumpkin Carving
- November** - Christmas Crafts
- December** - Christmas "party"

Survived a "BRAIN INJURY"?

Give this beautiful gift to your friends and family.....Visit <https://teespring.com/survived-a-brain-injury?>



Headway sefton

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



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