

# Headstart

DECEMBER 2015



the brain injury association

## We would like to wish all our members a very Merry Christmas

It's that time of year again and Headway Sefton certainly have the festive spirit! The group have been actively creating Christmas decorations and speciality cards and will enjoy many mince pies at today's drop-in!



### DROP-IN 2016

Here are some events planned as we enter 2016.

**Managing fatigue following brain injury.** [www.sleepunlimited.co.uk](http://www.sleepunlimited.co.uk)  
- January Drop in

**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

### BURNS NIGHT EVENT

30<sup>th</sup> January 2016

Tickets selling fast for this event to be held at The Guild Hall, Formby



Bagpipes,  
Scottish

Dancing, Burns poems and blessing of the Haggis. Wear a bit of tartan if you can!

Tickets £25. All profits to Headway Sefton Branch.

Contact Anna Hopwood at [anna.hopwood@hotmail.com](mailto:anna.hopwood@hotmail.com) for more information

Do you have any ideas on things we can do to celebrate Valentines Day at our February dropin session ?



**Headway Sefton  
Mobile Number  
07594 243286.**

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## Headway Sefton leaflet in The Walton Centre

Headway Sefton have been invited to prepare an information leaflet to be distributed at the Sid Watkins Neuro Rehabilitation Unit at The Walton Centre



## Fancy being involved in some research?

Headway HQ want to know if any members of our branch would like to trial the **brain injury ID cards**?

What do you miss from working? What small jobs would you like to do to help in the local community and workplaces?

## WAITROSE CUSTOMERS SUPPORT HEADWAY

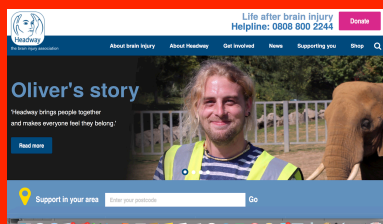
Waitrose in Formby chose Headway Sefton as one of the charities they wish to support in the area. As a result, they gave us one of the green coin boxes.

Over the past few months, Waitrose customers have kindly populated the boxes and as a result Waitrose donated £300!!!



## NEW HEADWAY WEBSITE

Visit the new look website at [headway.org.uk](http://headway.org.uk)



Headway sefton



Call: Cathy on 07736 774496  
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