



Headstart



the brain injury association

AUGUST 2016

Hip Hip Hooray..
Well Done...
Bravo..
Woo Hooo!!

Big clap on the back for our very own Carol Hopwood and her team; Prof Tom Solomon & Phil Weston GP, who raised a massive £1900+ for our Headway branch by enduring a gruelling Liverpool 100km night ride (ouch!)

Big thanks to SLATER AND GORDON LAWYERS for paying their entry fees. That's Christmas lunch covered!

Thanks Guys x



August's get-together brings Rosie Axon who will present the 'Amazing healing benefits of sound/music therapy' to our group.

The ability of music to influence human emotion is well known, and is used extensively by moviemakers. A variety of musical moods may be used to create feelings of calmness, tension, excitement, or romance. Lullabies have long been popular for soothing babies to sleep.

Music therapy is a technique of complementary medicine that uses music prescribed in a skilled manner by trained therapists. Programmes are designed to help patients overcome physical, emotional, intellectual, and social challenges.

Many cultures are steeped in musical traditions. It can change mood, have stimulant or sedative effects, and alter physiologic processes such as heart rate and breathing. The apparent health benefits of music to Veterans in hospitals following [World War II](#) lead to it being studied and formalized as a complementary healing practice.

Music can be beneficial for anyone. There are no potentially harmful or toxic effects. Music therapists help their patients achieve a number of goals through music, including improvement of communication, academic strengths, attention span, and motor skills. They may also assist with **behavioural therapy** and pain management. Research has shown that listening to music can decrease anxiety, pain, and recovery time.



Headstart



**VOLUNTEERS NEEDED!!!
BAG PACKING AT SAINSBURYS
CROSBY**



FRIDAY 30th SEPTEMBER

Once again we have the chance to raise funds and awareness of Headway Sefton whilst helping Sainsbury's customers to pack their shopping.

Please let us know **TODAY** if you can help in any way on this day.



ANOTHER DIARY DATE TO REMEMBER

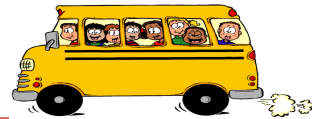
Following the success of last January's Burn's Night we have booked the Gild Hall in Formby for

Saturday 4th Feb 2017

We really did have a hoot – the room was bouncing with the aid of the Sid Watkins band and everyone joined in, dancing and laughing the night away.

It's not obligatory but a token piece of tartan really helped get us into the Scottish mood. Surprisingly, to lots of us the haggis was delicious and gave us the energy to dance our little brogues off

Be there or be square...



REMEMBER GUYS.....

**NEXT MONTH – SEPT 14th IS OUR
NEW BRIGHTON DAY OUT**

YAAYYYYY



Please make sure you leave your menu choices - with names clearly marked with one of our team **BEFORE** you leave today.

**Meeting time 10:00am here Weds 14th September
Arriving back at Rugby club approx 4:00pm**

There'll be plenty of laughs along the way with lunch at The Master Mariner – all organised by our lovely David Jenkins who said...

"The area we have reserved is on the 1st floor. This is accessed via a lift which is located on the ground floor (the main bar is on a "mezzanine" level). The disabled toilets are on the "mezzanine" level and can be accessed using the lift. The table sizes are mixed, but I feel that some will definitely be high enough for our wheelchair user to place their meals on".

The whole day will be paid from our fundraising pot so many thanks to those who have contributed throughout the last 2 years - thanks David x

Christmas Plans
Headway Sefton
Christmas Lunch will be held at the Waterloo Rugby club!
Weds Dec 14th....



Headway sefton

Call: Cathy on 07736 774496

Email: headwaysefton@yahoo.co.uk

Visit: headway.org/sefton.aspx



sponsored by
Slater Gordon
Lawyers

The Memorial Ground.
St Anthony's Rd, Blundellsands.
L23 8TW.
0151 924 4552