



JULY 2016

Let's hope the sun shines for us today as we spend time together at the beach! We hope you didn't forget your bucket and spade and are ready for some fun and games!!



SAVE THE DATE! Weds 14th September

We have organised a 49-seater coach to take Headway Sefton members on a day trip to New Brighton on Wednesday 14th September from 10am-4pm.

We have also booked lunch at "The Master Mariner" Wetherspoon's pub in New Brighton.

The coach and venue are fully accessible to wheelchair users. Ask a committee member for more details.

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 if you can help in any way on this day.

Ready for boarding? Your top holiday tips

Choosing the perfect break can sometimes feel overwhelming – after all, the world is a very big place and there's lots to see! Here are some bits of advice from fellow Headway members.

"My husband and I find bus tours fit in great with his disabilities; good value for money and we meet lots of new friends."

"I always get my holiday insurance through Headway otherwise it is ridiculously expensive."

"Do plenty of research before you go. My mobility is a problem since my traumatic brain injury so I need flat terrain that's not too hilly."

"I have check lists for holidays, compiled personally for me. They have been laminated and I tick things as I pack or do things, such as set timer lights."

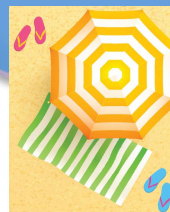
"Give a copy of all your trip details to a family member or friend including flight numbers, times, dates, medication you're on etc. Make sure you have filled in your emergency contact details inside your passport."

"Best thing I got beforehand was an ID wristband containing details about my condition. It helps make me feel a little more confident about going out and about."

"Take as many breaks as you need and enjoy the journey. It's part of the holiday too."

"Don't be afraid to ask for airport assistance. It takes away a lot of the stress for you and your travelling companions – especially in busy airports abroad."

Enjoy!!!



Headstart

HEAVEN

Heaven is filled with roses
There its summer everyday
Cats and dogs are friends
Horses run wild and free
There is no dirt nor dust
It's all pollution free
Surely it's a paradise
The one I wish to see
My nme has not yet come
One day it will
Then heaven it will be

Poem by Pamela Carr
Headway Sefton Member

Christmas Plans

Headway Sefton Christmas Lunch will be held at the Waterloo Rugby club!

HEADWAY WARRIORS

Greg Price from Justone recruitment agency agreed to another sporting challenge called Total Warrior on Saturday 25th June and raised money for Headway Sefton.



[Read more about the event
www.totalwarrior.co.uk.](http://www.totalwarrior.co.uk)

All at Headway Sefton would like to wish Carol Hopwood and the team the best of luck as they take part in the 100km Nightrider Fundraising Event



16/17 July 2016

Male Partners Experience Following Brain Injury.

Dr Cara Brunsdon

Cara is a clinical psychologist within the community neuro-rehab team at St Helens & Knowsley and has been a board member of Headway Blackburn with Darwen for several years.

She has written a detailed paper on a study carried out to investigate the impact of a female's brain injury on the male partner, exploring role change, intimacy and future expectations. The accounts uncovered

Interviews were conducted with six male partners of five females. Four main themes captured the male partner's lived experience;
"Entering the unknown world of ABI"
"Imprisoned by the ABI"
"Compassion without self-compassion"
"Holding on to hope".

Ask a member of the team for a copy of full report



Headway sefton

Call: Cathy on 07736 774496

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Visit: headway.org/sefton.aspx



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