

Headway Sefton News

July 2023



Welcome to July's Newsletter

JULY

Hello to all of our members and welcome to this month's newsletter. Let's hope we can pack our wellies away and that some of that June sunshine returns. Tower Wood is upon us, and we are so excited. Some info contained about the trip in the newsletter below.



ABI Games

It's ABI GAMES 3rd August. Catherine, Andrew Joseph and Jessica Ormesher are travelling down to deliver some sports warmups and insight into what games we can add next year.

The ABI Games are now lottery funded and we are looking for teams for next year to enter.

At present there are a few games which they want Andrew & Joseph to work on and help expand the Games and get some celebrity input into them.

As anyone with a brain injury is currently unable to enter the Para Olympics or Invictus Games, the ABI Games offer anyone with any form of brain injury to enter an event from chess to football and we are hoping to create a sporting event of a similar size and scale for brain injury survivors to gain worth and focus.

10K TOUGH MUDDER



Andrew and Joseph Ormesher done all of Sefton Headway proud at 10K Tough Mudder. Andrew has excelled himself. He has spasticity due to his brain injury but vowed that he would do physiotherapy 3 times a week. And here is completing the 10K Tough Mudder in 1 hour and 40 minutes. – raising £2735.00 so far.

Andrew has said that there is no way he could have completed this without Joe helping him.

Headway Sefton have helped Andrew understand that he isn't alone and that there are others who are struggling daily with brain injuries, and he wants to help the, to achieve their goals like he has by completing this challenge.

It's not too late to donate – link below

[https://www.justgiving.com/fundraising/catherine-ormesher1?](https://www.justgiving.com/fundraising/catherine-ormesher1?utm_source=copyLink&utm_medium=fundraising&utm_content=catherine-ormesher1&utm_campaign=pfp-share&utm_term=f93d37853fff437ca627358a199821d7)

[utm_source=copyLink&utm_medium=fundraising&utm_content=catherine-ormesher1&utm_campaign=pfp-share&utm_term=f93d37853fff437ca627358a199821d7](https://www.justgiving.com/fundraising/catherine-ormesher1?utm_source=copyLink&utm_medium=fundraising&utm_content=catherine-ormesher1&utm_campaign=pfp-share&utm_term=f93d37853fff437ca627358a199821d7)



Special thanks to Carpenters Group, ABC Case Management Services Ltd, Irwin Mitchell, David O'Briens Mosaic Art, Multi fix Construction and Daleys Roofing for their generous sponsorships.

Fundraising

There is a gentleman called Craig Morris who is raising money for Headway Sefton in the name of a lovely lady Doreen McKay – Headway Sefton is the chosen charity of the family.

<https://gofund.me/flc66ba1>

£1 donation for each drop in - Please remember to bring £1 admission for drop-in to help towards venue and lunch costs - Thank you!

Easy fundraising app for your phone, ipad or PC

You can contribute to our fundraising without it costing you anything. Please if you have already signed up remember to go through Easy Fundraising before doing your on-line shopping and if you haven't yet registered with Easy Fundraising please join up!

<https://www.easyfundraising.org.uk>

What's on?

Every school holiday, Sefton Council fully qualified, experienced, and enthusiastic Be Active coaches deliver a great range of activities to children aged 3-16 across Sefton.

A fantastic way for children to keep active, have fun and make friends in a safe environment. Activities include one to five day camps, shorter workshops and reduced cost swim and splash sessions.

Find the latest Be Active Guide for Summer 2023 here:

Be Active Guide Summer 2023 (sefton.gov.uk) – Summer Holiday Programmes

March with Pride 2023

Join the Liverpool City Region Pride Foundation to march with pride on Saturday 29 July, starting at 10.30am.

Starting at St George's Hall Plateau, the march will take to the streets in protest and celebration.

Details

Saturday 29th July 2023

Muster: St Georges Plateau postcode L1 1JJ

Time: from 10:30am

Speeches: appx 11:15am

March leaves: appx 12:00 (march lasts appx 45min-1hour)

Birthdays!



**Happy birthday to
Bachir
Carol**



Tower Wood Trip

Tower Wood is upon us. A quick reminder:

Address

The address for Tower Wood is;
Tower Wood Outdoor Centre
Windermere
Cumbria
LA23 3PL

www.lancashire.gov.uk/outdooreducation/our-centres/tower-wood

Phone number - 015395 31519

Food

All food is included. Feel free to bring your own snacks.

Alcohol

This trip is strictly alcohol free. Please do not bring alcohol on this trip.

Some suggestions of what to take....

- Waterproof jacket (It's the UK Summer!!)
- Umbrella (as above)
- Sun Screen (We live in hope)
- A hat or cap
- Old clothing – we will be busy with activities and we may get wet and or dirty. We may have to get changed a couple of times per day so bring lots of casual, comfortable clothing and a change of training/comfortable shoes. We suggest shorts, leggings, tracksuit bottoms etc
- Waterproof shoes/walking shoes
- Comfy shoes
- Slippers for inside the accommodation.
- Lots of socks, underwear and nightwear
- Lots of layers so you can layer up or down depending on our weather.
 - A warm coat
 - Casual wear for the evenings
- Toiletries, shampoo, soap, deodorant, toothbrush, toothpaste, shower gel etc
 - Towel
 - Hairdryer or go "au naturel"
- You may want to bring your own pillow – the ones provided are quite thin.
- Board games and activities – feel free to bring any that you think would be good fun
 - Your phone and charger
 - Your medication - **VERY IMPORTANT!**

Our sponsors and thanks

Big thanks to Carpenters Group (Solicitors) for their continued support of our branch in printing the newsletter. Carol can be contacted on 07866 367886

carpenters group



**Carol Hopwood,
Head of Serious and
Catastrophic Injury**

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Have some news for us? Please email Lizzie with your news for next month's inclusion! Her email address is Elizabeth@abccms.onmicrosoft.com