

# Headway Sefton News

August 2023



## Welcome to the August Newsletter

# August

Hello to all of our members and welcome to this month's newsletter. We hope you've had a great August so far. September is upon us, and the kids will finally back in school.



**IMPORTANT INFO: HEADWAY MEETING IN SEPTEMBER WILL BE ON 21ST SEPTEMBER NOT 28TH.**

## TOWER WOOD



Our annual 3 night get away to Tower Wood with our Brain Injury family was a roaring success yet again. Huge thank you to our committee for organising such a fun trip where wonderful memories are made.

But who truly makes the trip is our wonderful members. Roll on next year! Michelle Kelly saying, "Tower Wood gets better every year, it's my favourite weekend of the year."



## **WALK FROM BLACKPOOL TOWER**

Craig Morris and Chris Smart walked all the way from Blackpool Tower to L9 lounge bar in Orrel Park to raise funds for Headway Sefton in memory of our well-loved friend Doreen Mckay.

The lads done amazing and were happy to do it in order to raise funds for our drop in members.



L9 lounge done raffles, spot the balls and an auction of a Liverpool top donated by Jamie Carragher.

Thank you to all involved especially the McKay family who suggested our charity after the sad loss of David who had chosen Headway Sefton as his charity of choice when he passed away.

## **To all supporters of the ACT Foundation**

Many of you made donations to the Act Foundation I was supporting in Ukraine.

🌟\*Save the date Sunday 17th September 2023\* 🌟

Please save this date in your diary for an exciting upcoming event in the presence of \*Mohanji\* to celebrate \*20 years of ACT\* at Langley Berks from 2pm-6pm Hope lots of us are able to soak in the bliss of Mohanji's presence 🙏🔥 Formal invite will be shared soon.

## Cost of Living Payment

**Help for  
Households**

**See what support is available to help with the cost of living and save money with our energy saving tips.**

Households on means-tested benefits, including Universal Credit, Pension Credit and Tax Credits, will receive an additional payment of £900 this year, paid automatically in three instalments.

The £900 will be paid to over eight million eligible means-tested benefits claimants. Starting in Spring, it will go direct to bank accounts in three payments split over the course of the next year through to Spring 2024.

There will also be a separate £150 for over six million disabled people, and £300 for over eight million pensioners on top of their Winter Fuel Payments. Exact payment windows will be announced closer to the time but will be broadly as follows:

- £301 - First Cost of Living Payment - paid between 25 April 2023 and 17 May 2023 for most people on DWP benefits and between 2nd and 9th May 2023 for most people on tax credits and no other low income benefits.
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- £150 - Disability Payment - paid between 20th June 2023 and 4th July 2023
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- £300 - Second Cost of Living Payment - during Autumn 2023
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- £300 - Pensioner Payment - during Winter 2023/24
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- £299 Third Cost of Living Payment - during Spring 2024



Get 1/3 off adult train travel with a Disabled Persons Railcard - find out more about a Disabled Persons Railcard here -

[https://secure.railcard.co.uk/purchase/disabled-persons?\\_ga=2.198050479.1246435608.1692785974-1532320877.1692785973](https://secure.railcard.co.uk/purchase/disabled-persons?_ga=2.198050479.1246435608.1692785974-1532320877.1692785973)

- 1/3 off rail travel for you and an adult companion
  - Average annual savings of up to £91!
  - Just £20 for 1 year or £54 for 3 years
- For people with a disability that meets the eligibility criteria - Find out more about the eligibility criteria here - <https://www.disabledpersons-railcard.co.uk/are-you-eligible/>

**If you are disabled or have a progressive medical condition you are eligible for the Disabled Persons Railcard if you:**

- Receive Personal Independence Payment (PIP) or Adult Disability Payment (ADP)
- Receive Disability Living Allowance (DLA) or Child Disability Payment (CDP) at either:
  - The higher or lower rate for the mobility component, or
  - The higher or middle rate for the care component
- Have a visual impairment
- Have a hearing impairment
- Have epilepsy
- Receive Attendance Allowance, Severe Disablement Allowance or Pension Age Disability Payment (PADP)
- Receive War Pensioner's Mobility Supplement
- Receive War or Service Disablement Pension for 80% or more disability
- Buy or lease a vehicle through the Motability scheme



## **ABI Games**

The ABI Games was a fantastic event which will become a national comp within a few years. They will be held every two years in Worcester University for now and we are working with head office to make this a huge event. The aim is to be on par with the para-Olympic Games as Brain Injury survivors cannot enter those or the Invictus Games

Andrew, Joseph and Cath Ormesher have been asked to represent the North on the committee.



Also, every other year, we will hold a games event which will be focused on one event only. Next year we are looking at a walking football competition for teams across the nation to come together and play one another in a knockout style tournament.

It's going to be amazing for all Headway branches to be involved not just Sefton or Worcester, it is an all-inclusive ABI games. We are also working alongside the stroke association, with huge backing from the national lottery and sponsors

## **Birthdays**

**Colin 29th Sept**

**Jan 29th Sept**

**Paul 26th Sept**



### What's on

**9th-10th September** - Southport Air Show -

<https://www.visitsouthport.com/whats-on/top-events/southport-air-show/>

**22nd-23rd September** - British Musical Fireworks Championship -

<https://www.visitsouthport.com/whats-on/top-events/british-musical-fireworks-championship/>

### Fundraising

<https://gofund.me/flc66ba1>

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>

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

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### **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](mailto:Elizabeth@abccms.onmicrosoft.com)**