

Headway Sefton News

March 2023



Welcome to our March monthly drop in

A warm welcome to all members old and new to this months edition of our Newsletter. We have lots to tell you about.



March

Fundraising

Our Quiz n Fizz night was a roaring success. Thank you to everyone who came along to support the event. We made around £2000 PROFIT for our branch which will all go back into the pot to fund our branch and activities in the coming months.

A huge thanks to those volunteers and members who worked so hard behind the scenes to deliver a successful night including cooking and providing the food for free so we could maximise our profit, going to buy all the booze, setting up the room for the night, hanging fairy lights, making up the raffle prizes, collecting raffle prizes, selling tickets, running the bar and hosting the quiz itself. Thanks also to those that were back at the hall the next morning to finish all the clearing up. It was a real team effort. You all know you are and we thank you from the bottom of our hearts. We also send special thanks to Andrew Gore who did the MC and DJ free of charge for us.

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!

Tower Woods

We've secured Tower Wood dates for our break away this August so get your diaries out NOW! - Dates for Tower Wood 3rd – 6th August

For fun and frolics by the lakeside and in the common room at night time.

Let me know how many you are (as soon as you can) to reserve your place/s for the highlight of our calendar year.

Remember those who attend at least 70% of our monthly drop-ins qualify for a subsidised cost of just £50 per person for the whole trip.

We'll organise a car sharing, the same as for last year but we can do that as the time draws nearer.

MAKE SURE YOU HAVE YOUR NAMES DOWN ON THE LIST - SEE CATHY OR CAROL.

Muchas Gracias

MUCHAS GRACIAS to Paul Kennedy (the uncle of one of our volunteers) and his sister Ann who have been walking the Camino de Compostela walk in Spain and wanted to raise some money for Headway Sefton along the way.



Ann has her own reasons; her grandson has a brain tumour and as a family they have gone through some difficult times. They are so proud of him and how he has continued to fight every day to remain healthy.

Both of them are warm, generous people who wanted to do something for our group, they send photos regularly of their adventure as well as posting the go fund me page on their social media.

They are 100 miles in. From all of us at Headway Sefton we would like to say a big THANK YOU!

<https://gofund.me/476e9b56>



EASTER EGGS for Jospice



Cathy and Barry both played a really important role in making our Quiz N Fizz night a success with Barry our DIY/handyman/fixer and Cathy who made up the beautiful raffle prizes. Cathy actually works for our local Jospice and is currently collecting in Easter eggs as part of their fundraising initiative.

If you would like to make a donation of an Easter Egg please see Cathy or Barry Cusack for details of the drop-off place. Thanks to all those that have already made donations.



Celebrations



This month we say Happy Birthday to some of longest standing members.

Michael Cunningham
Andrew Ormesher (the big 50)
Janet

If you would like a birthday or other celebration mention for you or your loved one then let Cathy know - please send your celebration detail to: 07736 77 44 96



Spotlight on.....

Every month we like to give one of our members an opportunity to tell their story if they wish to do so. This month Dawn shares the detail of her journey with her husband Paul.

Our Members Story – Dawn Heywood

Paul and I met on holiday in 1984, we lived 50 miles apart, I didn't drive, and I was about to go to university, to say the odds were against us was an understatement. Nevertheless, 39 years later we are still holding it together despite a few bumps in the road. Paul was completing his Mechanical Engineering apprenticeship at British Nuclear Fuels, and I studied for a food science degree at Sheffield, we had our whole lives in front of us and were very in love.

We married in 1991 and both had careers in our different industries but in 1994 Thomas came along and then Alexander joined him in 1996 so our family was complete.

I stayed at home to look after our boys for a few years so Paul was the breadwinner and decided to take new roles that meant working abroad (Belgium/Holland/France) but would also give us enough money to still enjoy life and provide for what we needed.

In 1998, we decide to move to Norway as Paul got a job designing gas platforms in the North Sea and again, he makes sure he provided for his family and we had a great time in a beautiful country, making lifelong friends.

When we returned to the UK in 2000, the boys went to school and I went back to work.

We both had good jobs, lots of friends and felt very lucky to have the lives that we had. Our son had great schools and were happy; we both continued to work hard to provide for our family and in the next few years, both sons left school with qualifications to be proud of and started Engineering Apprenticeships just like their Dad.



Paul was always incredibly supportive of his family, always wanted us to be happy, safe and secure. We were and remain his top priority and his life revolved around playing football, cycling, skiing, growing Organic Vegetables in our allotment and supporting his two clubs-Leeds United and Wigan Athletic making sure both sons were as mad about football as him.

We loved to travel and took the boys around the world to see Australia, New Zealand, Far East and America as well as camping and skiing holidays in Europe.

Paul was always keen to do as much as possible with them whilst they still wanted to be with their Mum & Dad!

Paul was very broad in his hobbies and also a keen supporter of fund raising and local community projects. He raised thousands for causes close to his heart where friends or family had been affected by illness or tragedy and had lots of empathy for other people, especially if they were having tough times.

We planned to retire this year and start a gardening business so we would travel in the winter months to far flung places and tend to local gardens in the summer, we bought a bright orange campervan and also wanted to explore Europe, going as far south as the camper van would take us.

In May 2020 Paul had a cycling accident and suffered from severe diffuse axonal injury. It was lock down and as a consequence we didn't see him for 4 months and he spent 8 months in three different hospitals. We found Headway Sefton after a referral from Headway's community nurse Alex Power, and they have been a life saver, I don't know where we would be without the support we have been given unconditionally so far.

As a family it's been very tough emotionally and at times, physically and we are affected just as much as Paul by the consequences of the accident, but you don't get to choose what life throws at you, so we try every day to move forward in a positive way.

Paul is still Paul but not Paul and we still have a long way to go, nearly three years in and there are still improvements to be made. Paul is about to go to his second rehabilitation placement at TRU in Haydock shortly and his friends and family hope that he will be as determined as ever to be the best he can be and has the same drive, determination and passion for life that he had before.

Wordsearch with a Prize!

Congratulations to last month's winner Heidi K!! It was the closest yet, the messages came through literally seconds apart.

The idea of this wordsearch is to educate and inform.

People who have suffered a brain injury often struggle with this and can therefore be often misunderstood.

I	T	Y	D	N	R	L	A	S	V	X	L	A	F
H	K	F	S	V	D	Y	S	P	H	A	S	I	C
I	N	T	O	N	A	T	I	O	N	R	S	E	Q
A	W	C	G	E	L	S	M	Y	A	G	F	M	V
A	F	A	S	E	H	X	A	Y	U	J	V	L	I
X	G	I	B	U	F	F	A	O	G	D	B	W	O
N	U	E	F	K	I	A	T	D	G	W	A	T	L

The first person to text ABC office number 07802 602044 will win a £20.00 Boots voucher which will be handed to the winner at the following Headway meeting.

SPREADING THE WORD ABOUT WHAT HEADWAY IS ABOUT

As part of the initiative to improve outcomes for those that suffer brain injury and their families the Better Together – Partnership is working with third sector organisations and are holding a series of Open Day events whereby CMRN staff can attend to meet and speak to key partners from national, regional, and local third sector organisations (charities, voluntary and community organisations). Put simply, its an opportunity for us to raise our profile within the community that needs to know that we exist and what we do. le with hospital staff and patients/families.

Local Headway Branches and Groups have been invited to attend one or more of these events and we will be making sure that our branch is represented at these events and that we can highlight what we can offer to the brain injury community.

Network staff can 'Drop In' during the event times to support flexibility around staff work schedules. Third sector organisations (Like Headway) are key partners to delivering the network's mission to work collaboratively to enhance patient, family and carer experience and outcomes following traumatic injury or illness. Many of our patients, families and carers need the support that can be provided from third sector organisations during their inpatient and community rehabilitation. This approach is endorsed by our CMRN Strategic Board.

The 'Drop In' will be an opportunity for all staff working across the rehabilitation pathway (and open to wider Trust staff) to find out more about what information and support is available for their patients, families and carers and strengthen links and collaborative working with third sector organisations. You do not have to book your attendance at the event; just 'Drop In' between the event times. Each session will run for two hours.

Who are the Drop Ins for: All inpatient and community staff, both clinical and non-clinical across all roles/disciplines/bands. Duration: 2 hours per Drop In Delivery: Face-to-Face Dates:

- Tuesday 18th April (1:30 to 3:30pm), St Helens Unit (room TBC)
- Tuesday 25th April (1:30 to 3:30pm), CRC Unit (Conference Room)
- Thursday 4th May (9:30am to 11:30pm), Broadgreen Spoke Unit (Kent Lodge)
- Monday 22nd May (10am to 12pm), WCFT Hub and Spoke Units (Sid Watkins Building, Training Rooms 1 & 2)

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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Please take a look and marvel at our new website. Massive thanks to Emma Seasman for her time, effort and skills. We're very grateful!!!

www.headwaysefton.co.uk

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