

Headway Sefton News

January 2023



Welcome to our January monthly drop in

Happy New Year everyone and welcome to this month's newsletter.

We hope you all had a wonderful Christmas and are all keeping well.

We hope you're all settling into our new home at Waterloo Community Centre.

Headway UK Training

There has been some training that has been released, that is due to be launching this year, from Headway UK that might be of some interest to you.

The modules can be viewed here:

<https://www.headway.org.uk/about-brain-injury/professionals/training/>

Please book by contacting:

services.manager@headway.org.uk

January

Fundraising

We hope you're all as excited as we are for our Quiz 'n' fizz fundraiser night on Feb 24th 7:30pm – 11:00pm at Waterloo Community Centre - please get your friends and family involved.

£10 with a drink on arrival and a bowl of tasty grub.

Please donate any leftover Christmas booze as we'll have a licenced bar, and every penny profit we make will go towards our Towerwood holiday in July.

Contact Catherine Ormesher on

catherineormesher14@googlemail.com or on 07951567128 for tickets.

We also have Andrew and Joseph Ormesher who will be completing the Tough Mudder 10K in July. Fundraising details to follow.

Remember - to qualify for a subsidised £50 place at Towerwood for three nights full board - you **MUST** attend at least 70% of our main Thursday end-of-month drop-ins. (We have a new system to register drop-in attendance beginning January 26th.)



Congratulations to Michelle Kelly



Headway Carer of the Year 2022



In December Michelle and her "minders" headed off down to the smoke of London to the Annual Headway Lunch. Michelle had been short listed for the very prestigious "Carer of the Year Award" much to her shock. Initially she wasn't even going to attend but after some strong arming by her minders and the realisation that she was actually free after all she confirmed she could attend.

This ceremony is like the "Oscars" of the brain injury world so to be shortlisted was a massive achievement. Thanks go out to Cathy Johnston who wrote a magnificent nomination and to the other volunteers who contributed to the video that we had to secretly do and submit.

The event was attended by over 300 people from across the Country. Headway Sefton is a small branch compared to others, but Michelle and this award has massively raised our profile. In the run up, Michelle was busy with her press officer Catherine Ormesher to ensure that we got as much publicity as possible. Speaking to the press and appearing on BBC Radio with the purpose of getting the message out to as many people in our locality as possible that we existed, and we are here to help.

The look on Michelle's face as she was announced as the winner was priceless. Off she went onto the stage to be presented with her award by James Cracknell OBE and double Olympic gold medallist (rowing). We were all trying hard not to cry and drop snot into our lunch. What an amazing achievement for Michelle who was the first to say that she accepted the award for all of our Carers at Headway Sefton. You all do a magnificent job. Let's face it, it's hard going at times and the support and camaraderie that we provide for each other is one of the very reasons that this branch was set up.



So – congratulations to Michelle. We are so very proud of you. But also, congratulations to all the others in our branch caring for a loved one. As Michelle said "This one's for you"

*Thanks to Carpenters Group (where Carol and Donna work) for paying for the tickets for Michelle's minders to go down to London with her.



Our Volunteer Wayne Fitzgibbon



We have lots of fabulous volunteers here at Headway Sefton and we could not function without them. We wanted to give you a bit more information about the man you give your name and £1 to every week!

Wayne is known to many of you as he has been one of our stalwart volunteers now for a number of years. What many of you don't know is that unlike all of the other volunteers Wayne has no links to the world of brain injury and literally does this because he is a good egg and that makes him a very special volunteer.

Wayne is now retired but in a former life was a Firefighter based at Crosby Station.

Unfortunately, he had to take early retirement due to a number of work related injuries and complications that nearly finished him off but luckily for us he wasn't done with this world and we are very grateful to be the beneficiaries of his time and commitment now he is retired.

Wayne lives in Maghull with his wife Deb and his two adult sons who he is very proud of (and who are very tall!). It was Wayne who was instrumental in sourcing our new venue (He used to work with Mike you runs the Community Centre) and I know that Wayne is very supportive of David and the Keep in Touch (KIT group) that is a popular weekly event for our members. As well as volunteering with us, Wayne is very proactive in the Christian community where he has worked to support the homeless and with foodbanks. He has also been very supportive on a one to one basis with a number of our members. Unfortunately he supports LFC and cant really sing but we will let him off with that.

Wayne – we all want to say thank you for all that you do to support us at Headway Sefton, long may it continue and we hope you join us at Tower Wood this year.

Helpful Information

Government announces schedule for issuing cost of living payments during 2023/2024

Low income households will receive £900 paid in three instalments across the year, while the £150 disability payment will be made in the summer and the £300 pensioner payment in the winter.

Chancellor Jeremy Hunt announced that, following the 2022/2023 cost of living payments, further payments would be made across the UK in 2023/2024.

DWP has confirmed that the schedule for payments will be -
first cost of living payment of £301 issued during spring 2023
£150 disability payment issued during summer 2023
second cost of living payment of £300 issued during autumn 2023
£300 pensioner payment issued during winter 2023/2024
third cost of living payment of £299 issued during spring 2024

The DWP adds that -

'Exact payment windows will be announced closer to the time, but are spread across a longer period to ensure a consistent support offering throughout the year

...

If individuals are eligible, they will be paid automatically, and there will be no need to apply. Claimants who are eligible for any of the cost of living payments and receive tax credits, and no other means-tested benefits, will receive payment from HMRC shortly after DWP payments are issued.'

More information can be found at www.gov.uk/government/news/millions-of-low-income-households-to-get-new-cost-of-living-payments-from-spring-2023

Celebrations

Ian Hopwood celebrated his birthday this month!



A Celtic Celebration



This week sees the celebration of Burns Night. There are a few in our branch with Scottish Ancestry (spot the Gingers...) and we don't need much of an excuse for a bit of a do so whilst we don't have bag pipes we do have some Irish Dancing (yes we know they are not Scottish but we don't know any Scottish dancers). Massive thank you to the Loughran School of Irish Dance who have very kindly sent us their brilliant dancers to entertain us today.

Burns Night is of course a celebration of the life of Robbie Burns who was one of Scotland's most famous poets and wrote AULD LANG SYNE. We should be eating haggis, neeps and tatties but we'll make do with delicious Scotch Broth and crusty bread to keep us warm on this winter afternoon all washed down with that Scottish delicacy that is Irn Bru. Thank you to Cathy and Donna for sorting the food and drinks.



Special Visitors

We are delighted to have the current World Champion of Irish Dancing Ciara Loughran and Caoimhe Loughran from the Loughran School of Irish dancing to entertain us today.

We are very lucky that they have found time to come along.



Ciara is just back from a tour of Australia and Caoimhe is just back from competing in Newcastle where she was 4th in the U14 age group in the North East of England Championships – a magnificent achievement and one to watch for the future! The Loughran School have produced world, regional and national champions.

KIT

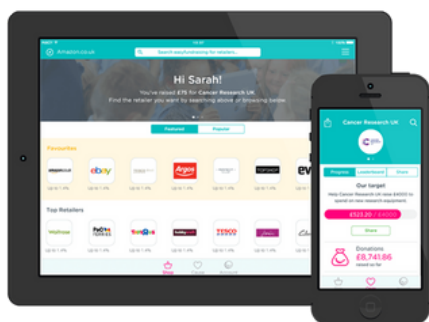


Volunteer David Jenkins runs the hugely successful KEEP IN TOUCH or “KIT” group. The group meets every Wednesday at 10am at Weatherspoon’s on South Road, Waterloo - . This group has been brilliant at helping to nurture and cement friendships and support between our members who have a brain injury. If you have a carer – they are welcome too. This is a great social event giving you the chance to make new friends and to be in a supported, safe environment. For any new members David’s mug shot is above (and he is the very tall one of us) - you ll find him at our drop in if you want to have a chat to him about the KIT group or you can speak to any of the volunteers. David is an excellent mentor and role model having suffered a very serious brain injury himself but despite this has been able to develop the concept and deliver this weekly event which gets very positive feedback.

We are very grateful to David for all of the time and energy that he puts into running this group and for being so accessible to our new members.

EASY FUNDRAISING UK

www.easyfundraising.org.uk and search for **Headway Sefton**



Easy fundraising is a great way for funds to be raised for our branch with very little effort!! It contributes to the cost of the day-to-day running.

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!

It’s a really simple way to raise money for Headway Sefton through your everyday online shopping with retailers like Amazon, Argos, John Lewis, ASOS, Booking.com, eBay, Boden, and M&S and it’s completely free!

There is an easy fundraising app for your phone or tablet and can be downloaded very easily. Then, just click on the app and search for the retailer that you want to shop with. It costs you NOTHING.

Word search

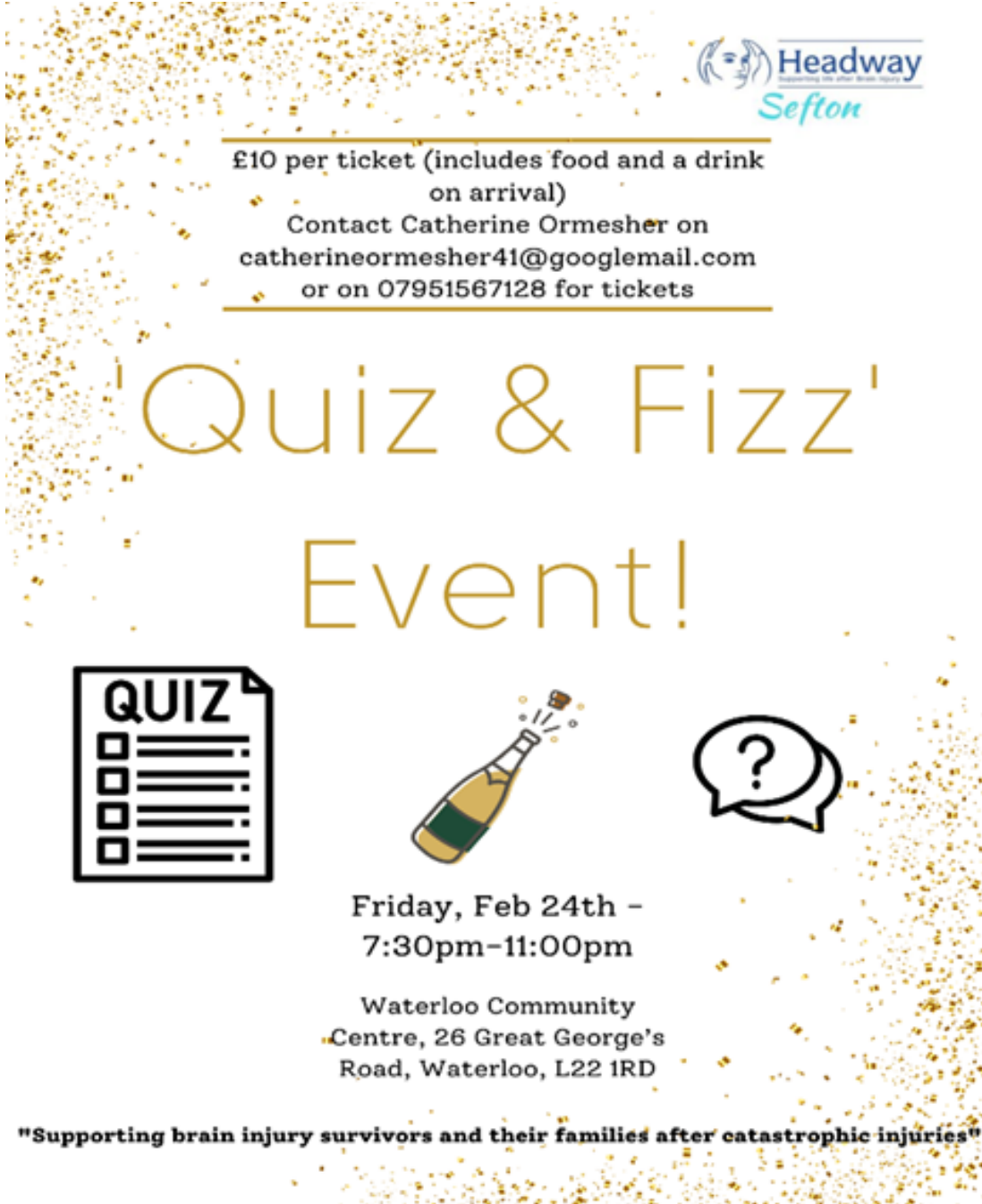
Congratulations to last month's winner Heidi who won the £20.00 Boots voucher. We hope you bought yourself something nice! 😊

Please find the medical word for difficulty in performing coordinated movements. Good Luck!

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

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

Next Month

A poster for a 'Quiz & Fizz' event. The background is white with a dense pattern of small gold dots. At the top right is the 'Headway Sefton' logo, which includes a stylized head icon. Below the logo, text in a gold-bordered box states: '£10 per ticket (includes food and a drink on arrival)', 'Contact Catherine Ormesher on catherineormesher41@googlemail.com', and 'or on 07951567128 for tickets'. The main title 'Quiz & Fizz' is in large, gold, sans-serif font, with 'Event!' below it in the same style. Three icons are arranged horizontally: a document with 'QUIZ' and checkboxes, a champagne bottle with a popping cork, and a speech bubble with a question mark. Below these icons, the date and time 'Friday, Feb 24th - 7:30pm-11:00pm' are listed, followed by the venue 'Waterloo Community Centre, 26 Great George's Road, Waterloo, L22 1RD'. At the bottom, a quote reads: '"Supporting brain injury survivors and their families after catastrophic injuries"'.

On Friday 24th February we have our much anticipated "FIZZ n QUIZ NIGHT" to raise much needed funds for our branch. We need all of you to get involved and come along with your friends and family if you can. Tickets are £10 and include an arrival drink and a nice bowl of curry and rice/scouse. We have a licence for a bar (Big thanks to Danielle Carter our newest committee member and her firm Jackson Lees for covering the cost of this and also thanks to Carpenters for their generous donation for Raffle prizes on the night) It doesn't matter if you are any good at quizzes or not, its just a night of fun and a bit of music at the end too! Please get behind this event and help us raise funds for our branch.

[Contact Cath Ormesher for your tickets](#) (her details are on the picture above)

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](tel:07866367886)



Thank you to Danielle Carter from Jackson Lees. Danielle is a Solicitor and Deputy acting for clients with brain injuries. Danielle is our latest volunteer and has hit the ground running sorting our licence and some sponsorship for our Quiz and Fizz Night. Thank you Danielle.

Thank you to Lizzie Richards from Mark Keogans company ABC Case Management. Lizzie has taken over the newsletter for the Branch which is a massive help. Thank you Lizzie.

Have some news for us? Please email Lizzie with your news for next month's inclusion!

Her email address is Elizabeth@abccms.onmicrosoft.com