



APRIL 2015

We hope you all had a fantastic Easter 2015 and are still enjoying numerous chocolate delights. Keeping up with the eating theme, Headway Sefton are pleased to host the 'Good Grub Club' today at the Sefton Carers Centre.

Headway Sefton Calendar

MARCH

The March meeting of Headway Sefton brought sunshine through the doors.



As well as the usual chatter, cups of tea and some nail painting, the welcome sunshine inspired a flurry of pot-planting activities. Everyone had a go at planting some spring flowers to cheer up their windowsills and the two hour drop-in seemed to fly by so quickly.

MAY

Headway Sefton at Bootle Market
1st May 2015



Wacky Hat Parade
Weds 13th May. 1pm-3pm

Wear a wacky hat at the May drop in to support 'Hats for Headway' programme. Donate £1 and be in with a chance of winning a fantastic prize!

Action for Brain Injury Week (ABI)
18th - 24th May 2015

Pop down to Neurosupport in Liverpool to celebrate 'Action for Brain Injury' week. There will be activities throughout the week, including live entertainment, fun and guest speakers. . Both Headway Sefton and Headway Liverpool will have a joint, dedicated room on Friday 22nd May. There will also be a **Hats for Headway Day - Friday 22nd May 2015**. Wear a hat for the day – the wackier the better - in return for a donation.

AUGUST

Bag-Packing – 28 August 2015 in Sainsburys, Crosby. Let us know if you'd like to help!



Meet our new supporter..

Shaun The Sheep

Cinema goers across the UK are being introduced to the new flock on the block following the release of new family film Shaun the Sheep: The Movie, with awareness of Headway receiving a boost as a result.

Following a bang to the head, the Farmer is diagnosed with memory problems. The film charts Shaun and the gang's adventures as they endeavour to take matters into their own hooves and help the farmer.

The film's closing credits display the charity's logo, helpline number and website address alongside a message saying: 'Getting a bang on the head can be serious.'



Fantastic Food Fundraising



Headway Sefton sponsors, Slater & Gordon Lawyers have been busy fundraising at their office in Waterloo.



A 'Curry lunch' raised
£123.29



Health Breakfast raised
£25

sponsored by

Headstart

45 Life-Changing iPhone and iPad Apps for People with Brain Injury



There is now a revolutionary iOS apps for simplifying everyday life with brain injury.

Almost everyday, we hear of new applications (“apps”) developed for mobile devices for just about everything — from staying organized to finding pharmacies or restaurants while on the road. It’s hard to keep up.



The BrainLine team sifted through many resources to collect this list of iPhone, iTouch, and iPad apps that could be useful to people with a brain injury — and their families and caregivers.

Visit <http://www.brainline.org/>

View the various Apps in the slideshow beneath the images. Automatically view the slideshow by pressing the play button or click the next slide to advance the slideshow manually.

Coffee Mornings

Sefton Carers Centre - South Rd
Every **Monday** and **Wednesday**.
10.30am – 12.30pm at centre on
South Road Waterloo. L22 5RF

Neurosupport South Sefton
First **Monday** of the month,
from **10.30 - 12.30** at the Tea &
Empathy Café 164 Knowsley Road,
Bootle L20 4NR.

Neurosupport North Sefton
First **Wednesday** of the month
from **10.30 - 12.30**, at the Living
Well Centre in Southport PR8 1NW

FANCY A LITTLE RUN, SWIM or CYCLE?

There will be a Headway Triathlon hosted by our Lancaster and Morecambe branch on 7th November 2015. Headway Sefton need a team of people (sufferers and carers) who can contribute to;

- 14 miles of running,
- 25 miles cycling
- 1500 metres swimming.

Are you interested in being part of this team? Let us know

Headway Sefton Monthly Drop In Dates

Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
8 th	13 th	10 th	8 th	12 th	9 th	14 th	11 th	9 th

The drop-in sessions are held at Sefton Carers Trust, South Road, Waterloo
1pm – 3pm every 2nd Wednesday of the month



Call: Cathy on 07736 774496
Email: headwaysefton@yahoo.co.uk
Visit: headway.org/sefton.aspx



Norton Street, Liverpool, L3 8LR
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