



## JULY 2015

We have all been enjoying the sunshine in this past few months. Headway Sefton in particular have used the good weather to share some precious time with those affected by a head injury; whether it's the head injured, their carers or family and friends. Have a lovely July !



### Taking in the Rays

Headway Sefton's June drop-in was one with a sunny difference.

Taking advantage of the beautiful sunshine, river-side views and the new marina cafe, the Headway group sat outside and enjoyed refreshing drinks, scrumptious cakes and comforting conversations.



Happy days!!!

### Waitrose

Headway Sefton had an information stand at Waitrose, Formby on Friday July 3rd from 10-4pm.

The stand created a lot of interest and many visitors to the stand cared for or knew someone who has suffered a head injury.

### Fancy going on holiday?

Holidays can be a little tricky when you have a family member with a disability. Most venues are now 'disability-friendly' in terms of access but when it comes to living spaces, supportive aids like profiling beds and walk in showers are few and far between.

To help, Neurosupport have created a 'Holiday Pack' that you can download from the website.

We also have a hard copy at the drop-



Holiday Information Pack

Holiday information for people with disabilities and their carers

There is also lots of other useful holiday support such as insurance, passports etc

[www.neurosupport.org.uk/holiday-information](http://www.neurosupport.org.uk/holiday-information)

### Sainsbury's

Headway Sefton will be generating awareness whilst bag-packing at Sainsbury's in Crosby on 5 September 2015 . Let us know if you'd like to help!



Headway Sefton are planning a stroll around the marina or Hightown on October 18<sup>th</sup>.

Details to follow

# Headstart

## Steve raising money for Headway whilst challenging world records

Steve Hodge, an avid cyclist from Ormskirk decided to take on one of cycling's toughest challenges whilst hoping to raise awareness of **Headway**.



Having cycled all of his life, Steve has many cycling achievements under his belt including Coast to Coast and back in under 1 day and Ormskirk to Inverness covering 365miles in 1 day. Steve decided to challenge the current world record for cycling from **Lands end to John O'Groats and back!** This is currently held by Joe Rockett and stands at 5days, 21hours, 8mins.

Steve was supported during the attempt by a team of friends including his friend Jan Johnston who he was with when he and a life changing cycle accident in 2012. Jan suffered severe head injuries and it is for this reason that Steve decided to raise money for Headway – being amazed at the support provided by the Headway charity in the North West during Jan's rehabilitation. It was also important to raise awareness of bike helmet safety.



Unfortunately Steve did not manage to beat the time record and was plagued with injuries throughout the course. But what an achievement and inspiration!

## 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

Jul	Aug	Sep	Oct	Nov	Dec
8 <sup>th</sup>	12 <sup>th</sup>	9 <sup>th</sup>	14 <sup>th</sup>	11 <sup>th</sup>	9 <sup>th</sup>

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



Call: Cathy on 07736 774496  
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Visit: [headway.org/sefton.aspx](http://headway.org/sefton.aspx)



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