



MAY 2015



May is an important month for Headway with Action for Brain Injury Week 18th-24th May and 'Hats for Headway' day on Friday 22nd May - wear a whacky hat and donate. Its simple!

Headway Sefton Calendar

MAY

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. . Headway Sefton will join Headway Liverpool and Merseycare in a 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 whackier the better - in return for a donation.

SEPTEMBER

Bag-Packing – 5 September 2015 in Sainsburys, Crosby. Let us know if you'd like to help!

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.



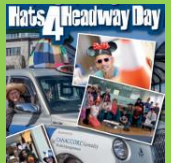
We also have a hard copy at the drop-in.

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

www.neurosupport.org.uk/holiday-information

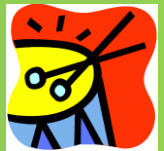
Hats for Headway Day & ABI Week

On Friday 22nd May supporters across the country will be donning their finest headgear in aid of Headway.



So put on your hat and make your way down to Neurosupport. Norton Street, Liverpool where Headway Liverpool & Merseycare are hosting a free event – with the help of Headway Sefton!.

The event which will include; information stalls, refreshments and a Grand Raffle will be opened by the Lord Mayor of Liverpool, Councillor Erica Kemp, C.B.E., with a performance by Year 5, St Austin's Primary School Samba Band.



In addition;

- Expert talks by an 'Experts by Experience' panel and Dr Kevin Foy, Consultant Neuropsychiatrist at Mersey Care Brain Injury Rehabilitation Centre.
- Performances by Stanley Ambrose of BBC Radio Merseyside's Folscene.

Event closing and Grand Raffle drawn by Linda McDermott of BBC Radio Merseyside, at 2.30.

So come on over to  neurosupport

Friday 22nd May, 2015

sponsored by



Headstart

Headway Sefton soaring new heights!!

Headway Sefton are immensely grateful to Hannah (a paralegal at Slater + Gordon) who decided to throw herself off Leasowe lighthouse in order to raise funds for the Headway Sefton group.

"After about 10 minutes of being convinced the rope wouldn't snap and cause me to plummet to my demise (yes...seriously!) I made it safely to the ground, something which I've never been so grateful for in my life!" said Hannah after her abseil.

Well done Hannah!



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

GOOD GRUB!



Everyone had a hand in preparing the delicious, sweet potato and leek soup at last month's Headway drop-in. Maryam from Neurosupport's 'Good Grub Club' demonstrated how quick and easy it was to feed us all lunch for the fraction of the cost of a ready-made variety. A welcome treat after the Easter choc fest! Let's hope we can persuade Maryam to return soon

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;

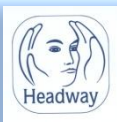
- 14 miles of running,
- 25 miles cycling
- 1500 metres swimming.

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

Headway Sefton Monthly Drop In Dates

May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
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.asp



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