

# Headstart



**JANUARY 2016** 

### Happy New Year

Everyone at Headway Sefton wishes you and your family a Happy New Year! We have planned many events that we hope will continue to support and enrich the lives of our members during 2016.

Remember drop-ins are the 2<sup>nd</sup> Wednesday of every month!



Today there will be a presentation from Sleep Unlimited on managing fatigue after a brain injury.

www.sleepunlimited.co.uk

## HEADWAY SEFTON DRIVING FORWARD IN 2016

We have a calendar of events for 2016 shown on the reverse of the newsletter.

#### **Next month:**

Music Therapy – Chiltern Music Therapy. The role of music in the brain injury rehabilitation process – February Drop in

Strand By Me - Headway Sefton will be manning the Strand by me pop up shop in Bootle during w/c 8-12 February 2016

#### Welcome

Michael Cunningham & David Jenkins who are regular visitors to our drop-ins are now part of the Headway Sefton committee. Share your ideas with them!

#### BURNS NIGHT EVENT

30<sup>th</sup> January 2016 The Guild Hall, Formby

Only a few tickets left for Burns Night event on Friday  $30^{th}$  January.

Bagpipes, Scottish Dancing,



Burns poems and blessing of the Haggis.

Wear a bit of tartan if you can!

Tickets £25. All profits go to Headway Sefton Branch.

Contact Anna Hopwood at anna.hopwood@hotmail.com\_for more information or call Cath on 07736 774496

# Headstart

#### 2015 Highlights

- -Autumn stroll to Hightown Hotel 2015
- Burns night end of January raised significant funds
- Bag packing at Sainsburys again raising funds
- Stall at Bootle Market
- Sports Fundraisers ; LEJOGLE cycling challenge & Toughmudder
- Green coin campaign at Waitrose (raised £305)
- Coffee and cake at the old loos on
- Picnic on the beach
- Christmas crafts lots of laughter
- Key speakers at drop-in sessions
- Charity of choice Birkdale

Townswomens Guild

#### **2016 Plans** <sup>©</sup>

Jan - Management of fatigue

**Feb** - Music Therapy/pampering & relaxing

March -Talking Therapy and spring planting

**April** - Guest Speaker

"Remembering"

May - Hats for Headway

June - Afternoon tea at Waterloo

Place Bistro

**July** - Picnic on the Beach at Burbo

Bank

August -Talking Therapy

Sept - Guest Speaker TBC

October - Pumpkin Carving

**November** - Christmas Crafts

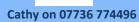
**December** - Christmas "party"

#### Survived a "BRAIN INJURY"?

Give this beautiful gift to your friends and family.....Visit https://teespring.com/survived-a-brain-injury?







Email: headwaysefton@yahoo.co.uk Visit: headway.org/sefton.aspx





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