

Headway Sefton News

Towerwood Special



September 2024

Welcome to October's Newsletter. Here are some of the headlines:

Towerwood
European Transplant Sports
Headway Publications

Birthdays
Social Media
Christmas Lunch



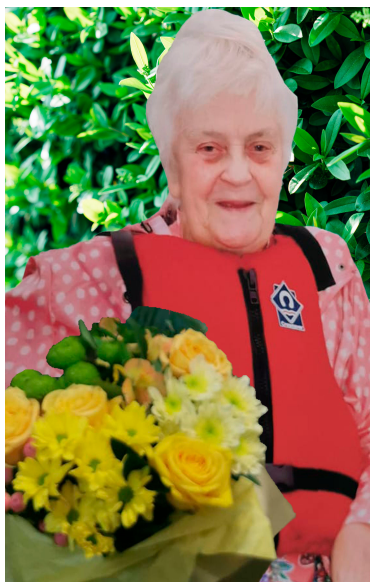
TOWERWOOD 2024 – Jan Johnston

Yippee we went to Towerwood again
The sun shone the whole time. Shock
horror.

Towerwood - like a comfy pair of old
slippers. DJ / Ormie and Barry were
missing, but we welcomed a
load of newbies and very oldies
(John and myself) [Editor's
note: speak for yourself,
grandad!] and guess what? It
felt like a family gathering with
your favourite aunties / uncles /
cousins / nephews. Oh yes, I
also must say we missed the Big
presence of Wayne.

We did bring one of our
recently-deceased friends,

Marge. Sat in the corner with the flowers
we'd brought for her, her eyes seemed to
follow me round all night. Next year I am
going to put sunglasses on her! I hope
Tommy saw the same funny side as the
rest of us.



First bit of fun was getting
everyone there; some of us
managed it in quick time;
others took the more scenic
and, ha ha, not so stress-free
route. One late-booker went by
train, and chose to walk to
Towerwood from Windermere,
only to do what any Brain-
Injured Person (referred to as a
BIP from here on) might, walk



the opposite way. Three hours and a worried phone call later, Hoppi and me to get him, only to find he had decided we would be better off finding him somewhere else! Talk about the blind leading the blind.

On arrival day, Rosie and the gig did their duty and took out some folks as others settled in. In that evening, someone loaded up some computer games; fun they may be, but those of us who are not of quick mind, or fast fingered, felt left out; maybe next year we



will stick to Jenga. Anyway, it was great spending more than just our monthly drop in to talk to people.

Did I try archery that first day? Being a BIP, I can't remember, but sometime in the four days I did, and surprisingly, it was fun. Them thar arrows don't half dig into the target. I can imagine how lethal they would be in battle.

I spent the next day saw me with my usual pals in Kayaks; not so easy in the heat, but we all had fun. Lack of sailing was an all-round disappointment. Health & Safety! What a load of old bull.

As a knackered BIP, I went to bed early, but from what I heard, everyone had fun playing parlour games. Some are too rude to mention.

Next day, brought more fun on the lake. Others had fun up the new 50ft climbing frame, or vertical school playground as I see it. Some even braved the mad "Leap of Faith." Not for me; metal spines don't like that sort of stuff.

Now either that evening or the following one (being a BIP, I Can't remember), Emma presented a fantastic session on poetry, and then silence! I'd not heard that at our Towerwood gatherings before. Emma made us all write

a poem; it felt wonderful hearing everyone's heartfelt words. I laughed, I cried, or just smiled in wonder at how creative everyone was. A real highlight of my visit.

Saturday came with more water for me and my pals. Rosie and the Gig were oversubscribed. Archery, Climbing, and a guided tour of Grange-Over-Sands were in demand. The evening saw the traditional barbeque, then back in the womb of the lounge for the best fun - the Karaoke.

There were many highlights and this year we kept Heidi to one or two songs, Cath and John, and others bumping her off

the stage. I ended up hoarse as we all sang along to so many. [Editor's note: who knew Piano Man and Bat Out of Hell were so damned long?] Then came the ever popular and ever-obscene Cards Against Humanity.

A tired but happy bunch slopped off on the last day by 2pm. Well we tried to, but we had to turn back to get Ross's special "stick," but definitely by 14.20 we left.

Can't wait till next year!

All this was only possible by the fund-raising efforts of our members.

(Photos: Curtesy of Emma, John Mc, and Michelle)

Heidi

To me, Headway is another name for family.

I look forward to Towerwood every year with Gaynor and all my family.

We have lots of laughs and we're all treated the same.

I love the activities we get to do, especially soaking Paul in the Kayak.

At night, we play games and eat snacks. That's really fun as we're all together and we do karaoke. Of course, I'm the one to get that started.

I get sad on the last day as I know it's another year until we go again. I can't



thank Headway enough for this holiday. I just love it.

Love Heidi aka Karaoke Queen.



Julie/Sue

Julie and I had an amazing time. It was so good to see her taking part in the activities. Everything was so special: the location, the weather and all the staff and volunteers. And for me, the extra joy of not having to have anything to do with feeding people.

John

Ooh! Towerwood again!

I avoided the kayaks this time after last years... Well, those who were there know the end of that sentence. I did, however, home in on the one activity I've been wanting to try for years (since Richard Green's Robin Hood, actually). Archery! What can be better than slamming a pointed stick into a target and pretending it's the ex?

Always up for a stroll, I opted to walk up a mountain with our guide, Steve. What an incredibly learned man. It wasn't even spoiled by the philosophical argument (sorry, discussion) halfway back.

There was more archery, a trip on the Gig to Fell Foot park and cafe, with us all having a drive on the water, and more walking. And who knew that a walk along Grange-Over-Sands prom could be such an education? I still shed a tear for those immigrant cockle pickers in the Bay twenty years ago.



Our thanks must go to the guides/instructors whose patience never waned. They seemed to enjoy our company, maybe it was because we are all big children (so Jan says)

Michelle/Tommy



My faves: Just to say, we had a ball, as always. I will continue to fundraise so we can go back next year. It's our happy place with our Headway Sefton family.



European Transplant Sports Competition - Wayne Lang



Swings and roundabouts

Swings: I have competed successfully in the European Transplant Sports Competition in Lisbon, Portugal, representing Great Britain and Northern Ireland

My donor and I won 4 Gold medals - 100m run, high jump, long jump, table tennis and silver in Petanque. This is based on age and category (Heart and Lung for me). I'm now 11 years post heart transplant at Wythenshawe Hospital, Manchester.

Weather was warm, hosts fantastic and city beautiful.

Roundabouts: Unfortunately, I'm beginning to find airports a daunting challenge when travelling without my family or alone. From the moment I enter the terminal doors my world blurs and confusion set in, instantly followed by embarrassment that the simplest of tasks become complicated.

Entering Lisbon airport after a week of sport and social interaction, I lost complete confidence, and mental chaos ensued with total meltdown of logic,

followed by tears and urgently seeking help (TAP Air Portugal). I was ushered to wheelchair assistance, and fully supported until I entered the plane.

At Lisbon airport, the confusion was extreme. Unfortunately, I was seen by fellow athletes, creating a feeling of humiliation as in the previous days I was standing on the podium receiving medals for athletic achievements.



Mental health and concussion are a crushing burden for those hiding behind the masquerade of social acceptance, of being 'normal.' Adding to the stigma are those seeing your facade without understanding you.

I wish I could get a message out to the world that concussion and mental health are far more than a simple, obvious, even ambiguous disability.

Headways is my saving grace with my HEADWAYS card in hand. Thank you for allowing me the confidence to go into the public domain, knowing I'm supported if and when it's necessary.

Our monthly drop-ins allow me to relax and remove myself from everyday distractions for a few hours.

Fatigue After Brain Injury

Headway has published an interesting guide called “Fatigue After Brain Injury,” as part of their Effects of Brain Injury series. It can be found by searching “Fatigue After Brain Injury,” on headway.org.

Introduction

This publication has been written for people who have had a brain injury and are experiencing fatigue. The information aims to help you, your family and friends to understand what fatigue is, how it affects you, how you can manage your fatigue and where you can get professional support from.

Managing fatigue is not about preventing it from happening, but taking control of it. We hope that after reading this publication, you will have found some



new ways of managing your fatigue so that you can feel more in control and have more choice about what you do and how you feel.

To browse through publications on a range of issues relating to brain injury and download these free-of-charge visit headway.org and search for Information library or type <https://t.ly/WrZS2> into the address bar.

BIRTHDAYS THIS MONTH



BIG HEADWAY HAPPY BIRTHDAY TO:

26th Paul Heywood

29th Colin Finlanson

29th Jan Johnston

Headway Sefton phone number: 07736774496

CHRISTMAS LUNCH – YEAH!



We are delighted to confirm that our Christmas Lunch this year will be on Friday 6th December 2024 at INSIDE No 4, Carnegie Avenue (Off college Road). See

the Menu on the back page. Time to be confirmed.

Merchant Taylors Boys School 6th form Christmas choir has been invited too.

Thanks to the sterling fundraising efforts of some of our members this year, we will subsidise the cost so that members only have to pay £10 per person including free tea/coffee and jugs of soft drinks.

There is local parking, and the building is fully accessible for anyone in a wheelchair.

Please let us know asap if you want to attend.

This invitation is also extended to KIT group members who do not attend the Last-Thursdays drop ins.

SOCIAL MEDIA LINKS

For those of us who have embraced the twenty first century, here are some ways to find Headway and Headway Sefton of selected Social Channels:

Facebook:

Headway - the brain injury charity
Headway - the brain injury association
Headway Sefton

Instagram:

@HeadwaySefton
@Headway_UK

X (Come on! It's Twitter):

@HeadwayUK
@HeadwaySefton

YouTube:

Headway - the brain injury association

STOP PRESS

Too late to meet Septembers Newsletter deadline:

Headway Sefton committee has said a fond farewell to David Jenkins, who has recently stepped down from his position and, while still maintaining a presence, will no longer take the sole lead in the KIT group.

Heartfelt thanks go to David for his enthusiasm and diligence over the last ten years.

A fuller tribute will appear in October's edition of the Headway Sefton Newsletter.

DEADLINE

Send articles and images for October's newsletter to "hwnews@johnmc.co.uk" before:

20TH OCTOBER

SPONSORS

As ever, this newsletter and Headway Sefton is sponsored and supported by: Carpenters Group – specialists in Serious and Catastrophic injury.



INSIDE NO4

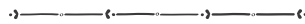
Christmas Lunch

Monday - Friday 12- 4pm

2 course £20

3 course £24

STARTERS



Roast Parsnip & Butterbean Soup (VG, GF)

A velvety blend of roasted parsnips and butter beans, topped with crunchy croutons and crispy onions

Chicken Parfait (GF)

Smooth and creamy chicken parfait served with a red onion chutney and crispy focaccia crisps

*Traditional roast turkey
with all the festive trimmings.*

Garlic mushrooms (GFOA, VG)

served on sourdough with garlic cream & shaved Italian cheese

MAINS



Traditional Turkey (GF)

Salmon with lemon and cheese.
With all the festive trimmings

Haddock Fillet (GF)

Pan-seared haddock fillet served with garlic mussels in a creamy sauce with parsley mash

Traditional Nut Roast (VG)

With all the festive trimmings

DESSERTS



Xmas pudding with brandy sauce (GF, VGOA)

Vanilla cheesecake with mulled wine compote

Festive Eaton Mess

with seasonal berries whipped cream and crispy meringue

GFOA - Gluten Free Options Available . GF- Gluten Free.

V - Vegaterian. VG - Vegan

