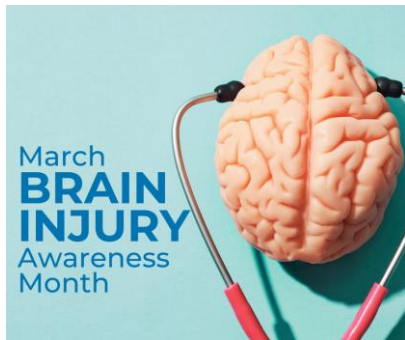




Headway Community Newsletter, March 2024



March is **Brain Injury Awareness Month**, a time when we stand together to shine a light on the challenges faced by those in our community living with brain injuries. It's a time for action, understanding, and connection.

Expanding Our Reach - Five Locations and More Support Groups

We're thrilled to announce that Headway is now operating out of **five** locations across Auckland, delivering three times as many peer support groups to our brain injury community. By situating these groups in community centres, we've become more visible and accessible, reflecting and embracing the diversity of the areas we serve.

Raising Awareness and Support

From delivering talks at community groups to participating in Expos, we're on a mission! We believe that by educating others and bringing this silent epidemic into the open, we can help to reduce the stigma that still surrounds brain injury and grow inclusive communities that are less disabling and better equipped to support those living with brain injury.

Our presence at a variety of Expos is another way that we are raising our profile and engaging in conversation about brain injury. Headway has had a stand at both the Show Your Disability Expo and the ATNZ Expo in the past 6 months. It was an excellent opportunity to share the story of our work in the community, rea

Amplifying Voices

Participation in advisory panels for ACC, Corrections, and Ministry of Justice allows us to advocate for change and ensure our community's voice is heard. Our involvement in the development of a potential Brain and Spinal Hub in Auckland is another example of how we're influencing change and recognition. This is an exciting opportunity and we are excited that the voices of our community are being heard.

Peer Support Groups - Embracing Lived Experience

We've formally adopted a **peer support model**, recognizing that shared experiences foster mutual understanding and growth. Our groups, themed around **learn, move, grow, create, and connect**, cater to the varied needs of our members. These groups operate from five community venues across Auckland, enhancing our presence and integrating brain injury awareness into the mainstream.

Volunteers - The Heart of Our Community

Our volunteers are the backbone of our success. We are immensely grateful for our incredible volunteers who support our mahi. If you know of anyone who might be interested in volunteering, we would love to hear from them. We will find a place for everyone and are particularly looking for:

- singing group volunteers/supporters
- walk and talk volunteers/supporters
- co-facilitators – formal training would be provided
- Manukau and New Lynn general volunteers as our groups are growing.

VOLUNTEERS NEEDED!

CALLING ALL VOLUNTEERS!
WE NEED YOUR HELP!



- **singing group volunteers/supporters**
- **walk and talk volunteers/supporters**
- **co-facilitators** – formal training would be provided
- **Manukau and New Lynn general volunteers** as our groups are growing.

Contact us today for more about these exciting volunteer opportunities.
information@headway.org.nz

Celebrate With Us - Brain Days and TBI Symposium

This Brain Injury Awareness Month, join us for three citywide **Brain Days** - fun, interactive events designed to educate about the brain and the mahi we do in the community.

Additionally, we're in the midst of planning an exciting **TBI Symposium**, "**Growing Connections**", in collaboration with TBI Network/AUT and The Neurological Foundation in late April. This event will highlight the latest research and foster collaboration and networking, with a special focus on Lived Experiences.

Headway
BRAIN INJURY | AUCKLAND

Brain Day 2024

Discover Headway's mahi within
Auckland's brain injury community
All Welcome

13 March - New Lynn Community Centre, 11.30am - 3pm
18 March - Friendship House Manukau, 12 - 2pm
19 March - Oranga Community Centre, Onehunga 10.30am - 1pm

LEARN | MOVE | GROW | CREATE | CONNECT

Growing Connections

Connecting Researchers
and Community
to Tackle
Traumatic Brain Injury

Tuesday 23rd April

AUT TRAUMATIC BRAIN INJURY NETWORK | Headway | Neurological Foundation

A Heartfelt Thank You

Your support has been crucial in our endeavours. We enjoyed festive treats courtesy of Inner Wheel Aotea. Our singing group shared joyous Christmas spirit at the Epsom Community Library with a fun performance and represented our community with pride. Additionally, our community movie night was a fantastic opportunity for connection and entertainment.

If you would like to **make a donation** to support the work of Headway Brain Injury Auckland especially during this March, Brain Injury Awareness Month, please use this link:

[Donate today](#)

Headway is so grateful for the generous support we have received through the following funds and grants:

Four Winds

Lottery Minister's Discretionary Fund

Foundation North

Milestone Foundation



Your ongoing support is invaluable to us, and we are excited to continue making strides with you by our side. Here's to a month of raising awareness, fostering understanding, and celebrating the resilience of our community.

For more information, to volunteer, or to donate, please visit our website: Headway Brain Injury Auckland: <https://www.headway.org.nz>

Stay connected with us on social media:

