



Headway News - Summer Edition, November 2023

"Alone we can do so little. Together we can do so much." Helen Keller.

Every day we see the **power of community** here at Headway. A place where people **belong** and **feel accepted** for who they are. Where their brain injury journey is **valued**, and they can use their insight and knowledge to help others. Thank you to every person who warmly welcomes our new members.

Thank you to each of you who has shared their experience to help others. You are making a difference.

What's been happening?

Spring Fling



To celebrate the launch of our new **Lived Experience Videos**, we held a Spring Fling event. It was a fun, well-attended event where we previewed the awesome videos of our community sharing their experience and advice.



Thank you to everyone who agreed to be filmed. Your insight and experience are incredibly valuable contributions which will have a positive impact for years to come. Thank you to Te Pou whose funding helped produce the series and Peter Kraan for his expertise behind the camera.

International Day of the Older Person

We celebrated IDOP on October 3rd with the support of the Albert Eden Local Board. Tai Chi for All was delivered to a large and enthusiastic group of Headway clients and the broader Epsom community at St George's Scout Hall. The healthy exercise was followed by a delicious morning tea and a chance to get to know our community members better.

ATSNZ Disability Expo

Headway joined other charities, businesses, and providers at the Assistive Technologies Expo last month in Manukau. Participating in events like this is part of our commitment to reaching more people impacted by brain injury throughout Tāmaki Makarau. With new clients every week and many more reaching out for one-off advice and navigation support, we are confident that our efforts are making a difference.

Volunteering = Better Health

The health benefits of volunteering are well-documented with the greatest impact being for older adults. It's simple – think about others, act for others, and you will feel happier and healthier.

Many of our clients have already discovered the benefits of volunteering and we were thrilled to hear about these during our Volunteer Morning with Volunteering Auckland



Thank you to this great organisation for sharing their work and the volunteer opportunities available through their website Volunteering Auckland

Darren's Volunteering Story

After my recovery at ABI, my occupational therapist suggested voluntary work to give me something useful to do. They gave me the website for Volunteering Auckland which had dozens of volunteer roles, with different ideas and locations. The website was pretty good, you just find something that would suit you, fill in your contact details, and after a few days you are contacted by whoever is organising the volunteering.

I have 2 volunteer roles at the moment, at my local Hospice op shop, and assisting with the truck picking up donations for the Red Cross. While it could be great to get some paid work, at least it gives me 1 and a 1/2 day a week, doing something useful for the community.

West Auckland Hub

The West peer support group is going well as we get to know each other better.

The group is growing, with a mix of existing and new clients who live out West and enjoy the convenience of a group closer to home.

New Lynn community centre is a vibrant venue with a diverse range of groups who use the facilities. We are pleased to be a part of the community that uses this space.



The **West Peer Support Group** meets on the 2nd and 4th Wednesday of each month, 12-1pm.

Navigation appointments available, contact nicola@headway.org.nz or phone 520 4807

Empowerment Through



Music group is back! There is something different and pretty special about it. The music leaders, **Perise** and **Peter**, are members of our brain injury community and are proving that with support from Headway and each other, they are *capable of more than they imagined*.

Meet Perise:

Hi, I'm Perise, I have many talents yet my main gift is music.

I agreed to lead the music at Headway for many reasons after my extremely severe brain injury just over 2 and a half years ago

- Music is my passion and that helped improved my recovery significantly,
- I love helping people especially those with brain injury and stroke, like I have.

I'm very grateful to the CEO and the staff at Headway, Epsom, for this opportunity. I'll do the best I can with my knowledge as a musician, but please bare in mind that I have conditions that I face daily. My positivity, mindset, confidence and willingness to help others through music, as it helped me with my journey, is what I offer. Thank you for the chance you've given me.

Meet Peter:

In recent weeks, I have been privileged to get involved by playing guitar and singing on a weekly basis at Headway House assisting Perise in leading our music group.

I work alongside Perise and look forward to learning and playing songs that various people suggest while being decisive and clear in my leadership whilst I play guitar and sing to the group.

Thanks to all the Headway team for encouraging me in this role. Thanks also to the group of people that attend they make it so fun. It has been a great boost to my personal confidence levels and I'm finding Perise's natural leadership skills have been quite inspirational to witness. You all have been so nice and made me feel so welcome.



Upcoming Event - Next Goal Wins Movie Fundraiser



This is our **Christmas Giving Fundraising Campaign** for funds to ensure that we can deliver free, vital brain injury education and support across the city to more people who need it. Many people think we get funding from ACC - unfortunately we do not. As a charity, we need your help to make this a success.

How can you help?

- Purchase a ticket to this fun movie. [Headway : Brain Injury Auckland New Zealand](https://www.headway.org.nz)
- Encourage friends, family, and colleagues to purchase tickets.
- Use your social media platforms to promote the event.
- If you cannot attend, please consider donating to support our work via [Donate to The Brain Injury Association \(Auckland\) Incorporated - Givealittle](https://www.givealittle.co.nz)

Date: Monday 11 December
Time: 6:30pm screening

Tickets: \$25 plus raffle tickets on the night.
Location: St Lukes Event Cinema

Festive Season at Headway

- **Epsom Library Community Celebration** – our singing group will perform and enjoy a shared morning tea at Epsom Library 1.30-2.45pm. 6th Dec. If you would like to join us please RSVP to toni@headway.org.nz
- **Share morning teas** - Festive week of 18th December. *More info to follow.*
- **Help others** – we will collect cans of food, non-perishable food, and toiletries for the Auckland City Mission. Place under our Christmas tree from 4th December.

Latest Research

There is constantly new research around brain injury and brain health. It can be overwhelming keeping up with it let alone deciphering what it all means.

At Headway, we stay abreast of the latest research and development for you. Lately we have heard about the current research from Dr Helen Murray; repeated concussions and the link with CTE, Dr Josh McGeown; concussions in rugby, and Alice Theodom; an overview of research being complete by TBI network researchers. Our friends at the Neurological Foundation have produced a great magazine summarising some of the research which is available for free at Headway.

Community Organisation Spotlight Māpura Studios

Māpura Studios is a creative space located in central Auckland with satellite groups in other areas.

They offer a range of art classes and art therapy programmes for people of all ages, diversity and need, as well as the wider community. These include visual art, music, cartooning, dance, performance, and therapy programmes. They run some classes specifically for people with brain injury.

Phone 845 5361 or email mapurastudios.org.nz for more information



Summer Holiday Dates

18 -22 December – **Festive week** with shared morning tea, daily.

25th December – 12th January 2024 closed to clients

15th January 2024 – Headway House open for Summer schedule

Thank You

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

Te Pou Consumer Leadership Grant - to develop our Lived Experience Series.

Albert-Eden Local Board Grant, The Trust Community Foundation, Lotteries Community Fund

