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“E mahi tahi ana ki nga oranga pai ake”
Working together to better lives

07 572 4547 | 027 926 1881 | liaison.headwaybop@brain-injury.org.nz
www.braininjurybop.org.nz

APRIL 2026

NEWSLETTER

Kia ora

March was our brain injury awareness month, and we have been busy! We had over 21 referrals to our service here in Tauranga. We welcome this increased activity because it means people are aware of us and know we are a point of contact for the many and varied requests for help and assistance.

With this in mind, I think it is timely to bring attention to one of the most difficult periods a person goes through when recovering from brain injury. It's the part that needs to be gone through on an almost constant basis – how to manage the symptoms of a brain injury.

Symptoms include:

- Fatigue
- Brain fog
- Headaches
- Irritability
- Memory loss
- Balance issues
- Dizziness
- Blurred vision
- Mood changes
- Disturbed sleep

This list is not confined to the above and everyone experiences different symptoms at different times. Others carry the burden of a cluster of symptoms all at once. The above symptoms are the most common, and the question is how to manage these symptoms. Many people feel overwhelmed and there is absolutely no doubt that symptoms have a huge impact on their lives. Sometimes, while trying to deal with overwhelming symptoms, people may end up spending way too much time in a darkened room, lying on the bed in the hope that to rest and not do anything will lead to a lessening of symptoms. This is not the answer! In fact, all you achieve is the best environment for growing mushrooms, so lets look at some other strategies.

You cannot rest and expect your brain to recover. Certainly, in the first few days of your injury, you must, but then its time to get moving towards recovery.

The right amount of challenge



Longer term goal



Longer term goal



The outer circle represents everything you used to do – work, look after children, run a household, drive, have hobbies, organise holidays, pay bills, budget etc. The small inner circle is what you can do now. It's much smaller and there is no room to accommodate everything you used to do. That's ok.

Around the inner circle, there's another band. It's initially thin but has the capacity to get wider and take up more room. This band is called the Therapeutic Benefit. This is the place where you gently push yourself towards recovery. Say you get

dizzy when you walk with your head held straight, looking forward, so you compensate by walking with your head down. If you continue to walk with your head down, or try not to walk at all, you won't feel dizzy, but you also won't get better. The band called the therapeutic benefit requires that you continue to walk, and then for maybe 10 paces, walk with your head up, looking forward. You can then put your head down again but continue to try walking with your head up every 10 paces until you gain resilience and the dizziness lessens. The circle of what you can do will get bigger.

Think about the right amount of challenge you put on yourself. Think of it as the **Goldilocks Philosophy of Activity:**

- Not too much
- Not too little
- Just right

Pace Yourself

Pacing goes hand in hand with planning. One idea is to have a daily planner where you write in all the things you will do that day – everything from showering, cleaning teeth, getting dressed, shopping/work and leisure time. Know that everything you do takes some fuel out of your brains tank, so be mindful of the amount you are doing and the toll each activity has on your recovery brain. It will allow you to say no to some activities because you know its going to take you over your limit and will lead to an onset of symptoms.

A planner is a long-term strategy

The benefits are:

- You know what day it is
- You know what you have planned for the day
- You can schedule in rest breaks
- You can keep track of what you did and what caused a symptom increase.
- You can stay focused on the tasks that need to be completed.

[Download your free printable weekly planner here](#)

See the link below to watch the You Tube presentation by St Josephs Health Care in London.

<https://www.youtube.com/watch?v=8ErBrd7bkBU>

March Brain Injury Awareness Month & Fundraiser



Heather Sutton Fundraising at Papamoa Plaza - 26 March 2026

Thank you to all our wonderful volunteers that assisted with last week's fundraisers at Papamoa Plaza and Mount New World. Unfortunately we had to cancel New World Gate Pa due to the dreadful weather we had last Friday.

Katikati Woolworths Fundraiser

This is now taking place on **Tuesday 21 April 2026**.

Please let Gill know if you are able to volunteer Tel 021 333 900 or email gill.headway.assoc@gmail.com

Feel like a chat??

Call Diane and make a time to meet at the office: 027 926 1881

BRAIN INJURY MYTHS & FACTS

A mild brain injury means a mild impact.

Myth! "Mild" refers to the initial medical assessment, not the long-term effects. Some people recover quickly; others face lifelong challenges.

Most traumatic brain injuries occur among teenagers.

Myth! Most traumatic brain injuries in

Aotearoa New Zealand currently occur in people aged 65 years plus.

Traumatic brain injury is more common among people who live in rural areas.

Myth! Most (78%) traumatic brain injuries in NZ occur among people living in city areas. These injuries are mainly due to falls, assaults and exposure to mechanical force, like being accidentally struck by a person or object.

INTERESTING ARTICLES

[RNZ story on ACC's Failure and Long-Term TBI](#)

NOTICEBOARD

Mt New World \$15.00 Voucher March 2025

The lucky winner was Glenn Bird

Big thanks to owner Alan Rudkin for supporting Headway.


Brain Injury ID Card

Our Brain Injury ID cards help explain your condition in situations where others may not understand. Carry one for a discreet way to communicate your needs and ensure better support.

This card is free thanks to Drake Meddox!



I have experienced a brain injury Please be patient



NAME:

Proudly sponsored by **DRAKE medox** 50 YEARS

BRAIN INJURY ASSOCIATION IDENTIFICATION
PH: 04 473 5004

I may have -

- Cognitive difficulties - e.g. difficulty with thinking clearly, maintaining concentration, tiredness, solving problems, planning and completing a project, short-term memory problems
- Physical problems - e.g. reduced balance, slower reflexes, headaches and reduced stamina
- Sensory difficulties - e.g. impaired sight, smell, hearing, and taste
- Difficulty with expressing oneself or understanding others
- Personality changes - e.g. irritability, intolerance, depression, anxiety, socially inappropriate behaviour, mood swings.
- Difficulty in learning and remembering new information

Proudly sponsored by **DRAKE medox** 50 YEARS

HOW TO APPLY

If you would like a card please contact
Diane at liaison.headwaybop@brain-injury.org.nz

HAVE YOUR CONTACT DETAILS CHANGED?

Please let us know if your address, email or phone number have changed by emailing admin.headwaybop@brain-injury.org.nz with your new details.

DATES TO PUT ON YOUR FRIDGE

Please note changes due to Easter holidays

FRIDAY 17 APRIL – COFFEE GROUP – 10am

At Greerton Senior Citz Hall, Maitland Street, Tauranga. Gold coin donation, includes morning tea. ALL WELCOME

FRIDAY 1 MAY – KATIKATI SUPPORT GROUP– 1.30pm

Meets first Friday of each month at the Digital Hub next to Katikati Library.
ALL WELCOME

SUBS & DONATIONS

MEMBERSHIP SUBS

1 July 2025 – 30 June 2026

Headway bank account number: 03-0445-0195410-00

Please include your name as reference.

THE MORE FINANCIAL MEMBERS WE HAVE, THE MORE GRANTS WE RECEIVE FROM FUNDING TRUSTS, AND THE MORE WE CAN DO. SO IF YOU ARE NOT ALREADY A MEMBER, WHY NOT JOIN TODAY!

To become a member of Headway BOP please complete the form below and send back to admin.headwaybop@brain-injury.org.nz or mail to 53 Fraser St, Tauranga 3112.

Name/s

Address

Phone

Email/s

Subscription: Individual \$5 or \$10 Family (please circle one)

I consent to the collection and retention of the above information by Headway Brain Injury Assn BOP Inc for purpose of membership records in accordance with the Privacy Act 2020.

Signed: Date:

**Headway gratefully accepts donations direct to our
Account 030445 0195410 00**

Contact Headway office on 07 572 4547 or Gill 021 333 900 or click below to donate via our Give a Little page.

DONATE

Headway acknowledges support and funding assistance from Lottery Grants, COGS, Lion Foundation, NZ Community Trust, Pub Charity, WBOP Disability Support Trust, Mt RSA, and Ministry of Health. Lions Papamoa, Lions Greerton, Lions Harbour City, Lions Katikati, Tauranga Rotary Trust; Good OP Shop Presbyterian, TECT, St George Centrepoint, Endeavour, Legacy Trust.

Thank you to the many retailers allowing donation boxes on their counters.

COMMITTEE

S. Rutherford, P. Taylor, J. Simpson
A. Anderson, G. Gardner, M. Bindon,
L. Martin

PERSONNEL

Liaison Officer - Diane Hurdsfield
Services Coordinator - Gill Gardner
Admin Officer - Jan Simpson



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