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“E mahi taki 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

AUGUST 2025

NEWSLETTER



Extract of an article from Stuff With a Focus on Brain Injury

Christopher Bennet is a 65-year-old man from Nelson. He worked with the World Bank. He suffered a TBI in 2018 because of a bicycle crash during the Tour Aotearoa. “I was racing the length of N.Z and I woke up in the forest lying

in a ditch with my face torn open and a broken helmet. I had no idea what had happened”.

Bennet had facial reconstruction surgery and developed what is known as post concussion syndrome, he said. “Bright lights and loud noises can overwhelm me. I get panic attacks, really bad headaches. Sometimes I lose the ability to speak. It’s quite funny because sometimes we will be having a dinner party, and I reach the point where I cant take any more stimulation and go to a dark room for half an hour to reset my brain”.

Bennet couldn’t continue his work, so took disability leave and went on to retire early.

Just 4 months after his accident, he competed in a 7,500km race. “It was not a good idea. I had a lot of problems because I found after 2000kms that my brain injury was acting up quite badly, but I did it. It taught me something important that recovery isn’t about getting back to how things were. It’s about finding what you can do”.

Bennet said people with disabilities, especially brain injuries, need to define what’s possible by learning to work around the challenges. “You may not be able to do everything. I can’t play squash anymore, but I can ride my bike. I can ride it very far. Either you master your disability, or it masters you”.

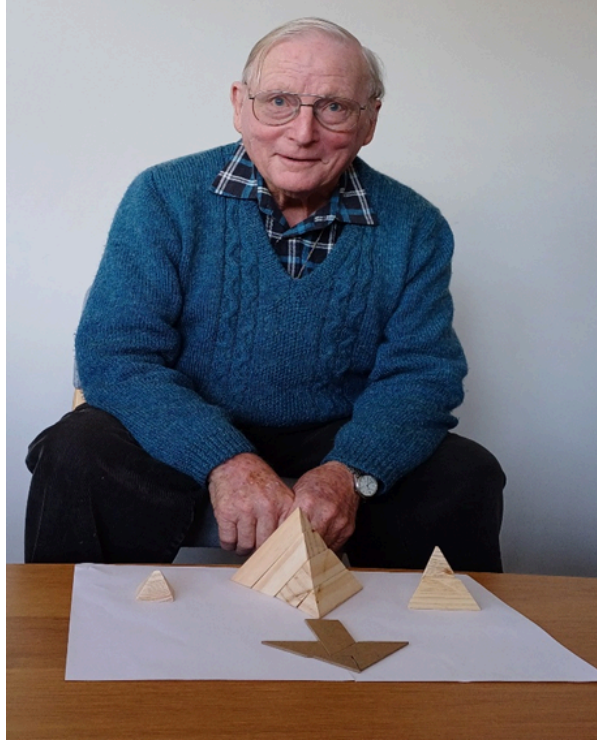
Bennet is currently in North America and is aiming to become the oldest person to circumnavigate the world as recognised by Guinness World Records. He said he is averaging 220kms of cycling each day, unsupported, fixing his bike and dealing with panic attacks and occasional total shutdowns. “I have to lie down on the side of the road and cover my eyes for 2 hours just to reset my brain and calm it down”

Bennet said he is “doing it for myself, for my tribe of people with disabilities, people over 60, people who think adventure ends when you get old”

“I hope you enjoyed reading this extract from Stuff. Christopher Bennet has done well to raise awareness of TBI and has worked hard to recover. You may read this and feel a little let down that you haven’t taken off to break a world record or become skilled at fighting crocodiles, becoming a ninja or skiing from the top of 10 mountains, but the message is still the same. Your greatest feat since brain injury may be simply getting out of bed every morning cloaked in nothing but your best positive attitude, you may be quietly going about your business trying your hand at a new hobby or interest. You may have managed a job interview, a new tenancy, a successful

trip to the supermarket – its all success! Go for a little success every day (or week), we are all cheering for you. Have you got a story of success? We want to hear from you! Sharing is caring!!”

Allan Dale – Puzzle King!



Given access to wood, Allan will get to work and create puzzles such as the three in this photo. It could well drive you mad figuring it out, but that may be just me! They come in 3 sizes and all build a pyramid as shown. If you would like to order a set for \$30, get in touch with [Diane](#).

Mt New World \$15.00 Voucher July 2025

The lucky winner was Nick Giles
Big thanks to owner Alan Rudkin for supporting Headway.

Need to get in touch? Want to have a chat?

Phone Diane and make a time to visit the office at 53 Fraser Street, Tauranga.

Phone: 027 926 1881

*A friend
is someone who
understands your past,*

*believes in your future,
and accepts you
just the way you are !*

MEMBERS CONTRIBUTIONS

A Day In Winter

Now is the winter of my discontent,
When bugs assail and 'Murphys Law' prevails.

This week I'd not been very well;
Coughs, sneezes, loss of taste and smell,
Curled up in bed with woozy head,
Aching limbs and feet of lead.

Today I'm feeling active
And a drive feels attractive.

I'll take Anne out for fish and chips,
(rest home food can be the pits).

We stopped for food and drinks at 14th Avenue,
Continued down the road to a beautiful sea view.

The outward tide left sandy beds
And seabirds listening with tilted heads.

A furtive crab, a darting fish
Would make their meal a tasty dish.

Pohutukawa framed our view,
We left the scene our souls renew,
Sun warmed us as we ate our fish 'n chips,
Lemon lime and bitters felt good upon our lips.

Theres a special kind of peace that comes
When words don't intervene,
An inner knowing that all is well,
In Gods creative scene.

Theres a crispness in the air on a winters afternoon,
When shadows deepen as the sun sinks down too soon.
Wind blows stray clouds across an ever darkening sky;
A nip is in the air, so its time to say goodbye.

By Marion Jensen

2 Cinquain Poems

Early Morning

Mist
Tumbling down
Dark green hills
Hovers on the lake
Spreading to the distant shore.

Weather

Rain
Coats tightens
Umbrella goes up
Dodging through the puddles
To catch the morning bus

By Marian Jensen

Who's who

Who am I, I don't know
Who's the boss, I'm at a loss
Who's thinking, who knows
Who's in the dark, missing the mark
Who's seen the light, who made it so bright.
Who's turned the volume up, cant shut it up.
Who dares, who wins.
Who cares, who's got no ideas
Who's had a brainwave, who's drowning.

Keep Talking

I had become nothing but a shadow of who
I used to be, following the monster around.
I didn't know what to do, or who to speak to.
I lost my ability to communicate. Like a slave
I didn't know how to behave. Over time I slowly
Learnt how to make 'Headway'.
Be strong, be amazing, be you.
Make sure we keep talking.

By Anonymous

If you have any writing you would like to share in our monthly newsletter, please send to Diane at liaison.headwaybop@brain-injury.org.nz

RESOURCES

Interesting Resources found last month

Google: Nine To Noon RNZ – Thursday 31st July

Catherine Ryan spoke to Laurence Mote and Huw Kingston who are currently a third of their way through a 90 day, 4000km journey from the North of N.Z to the South. They are traveling much of the way on mountain bikes pulling trailers with all their gear behind them. Where cycling is not possible, they travel by foot. They are also skiing the slopes of 24 ski fields on their way.

The goal is to raise funds for Save the Children.

Laurence suffered an anaphylactic shock from a bee sting 10 years ago. His heart stopped for 20 minutes, resulting in a brain injury as well as becoming legally blind.

Great interview, well worth a listen!

Google: TBI One love

to access this American site dedicated to TBI.
Search the podcasts, there's a lot there of interest.

www.tbionelove.com

NOTICEBOARD




One of our members would love to purchase a typewriter, if anyone has one, please get in touch using the email below.

blessed97always@gmail.com


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.

AUGUST DATES TO PUT ON YOUR FRIDGE

MORNING TEA & ACTIVITIES MORNING – 10am every Friday morning

Meets at 53 Fraser Street. Gold coin donation, includes morning tea. Chats and Rummikub / cards.

Wed 6th, 13th, 20th and 27th August – BRAINWAVE SINGERS 9.45am

Brainwaves singing group welcomes anyone who would like to sing and share morning tea. Citz Hall at the end of Maitland Street. \$3 includes morning tea.

Thurs 28th August – LUNCH AT THE CITZ CLUB – 12.00 noon

Please let Diane know if you are attending.

Fri 5th Sept – 1pm – LIKE MINDED CONNECTIONS, FREE TO BE ME

This is a new group that will meet in the Taupiro Room of the Digital Hub next to Katikati Library. Afternoon tea at 2pm. Gold coin donation. ALL WELCOME

Thurs 25th Sept – HEADWAY ANNUAL GENERAL MEETING

Starting 11am upstairs at the Tauranga Citizens Club. Lunch 11.45am

Please let Diane know via email if you would like to attend any of these outings Liaison.headwaybop@brain-injury.org.nz

SUBS & DONATIONS

MEMBERSHIP SUBS NOW DUE FOR

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

PERSONNEL

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



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