Having trouble viewing this email? Click here to open for a better view

"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

OCTOBER 2025

NEWSLETTER

The Benefits of Being Part of a Group or Community

Being part of a group or community brings a sense of belonging. It's a place where people may share experiences and information, find emotional support and gain resilience – having a support systems helps when times are tough. Stress is more manageable when you feel less alone. It is a place where you can seek validation and acceptance regardless of where you are in your recovery journey.

If you are further on in your journey, you may provide others with hope and have the experience to pass on strategies to those who are struggling. When I was asked by someone to list issues that most trouble our members, I initially considered housing/job/financial insecurities, but when I asked people, the first thing I was told is that feelings of isolation is the number one struggle.

You don't have to be at your best to be part of our support group. You may feel tired and run down, you may be having a bad hair day, but don't dwell on

that. We want to see you as you are, offer a cuppa and a place to be heard and supported. Maybe you can provide that reassurance and motivation to someone else. Let's be kind and respectful towards each other. If you ever feel overwhelmed, leave the room and take a quiet rest in my office. Fun fact – being part of a group boosts happiness and confidence, why wouldn't you want that?!

In the words of Susan:

"The thing we need to help us is community. The thing denied to so many of us is community. My life force just won't give up. That's what I do have. Despite it all, eventually, to my insatiable desire to live gets triggered. Thank goodness because otherwise I would not have desperately reached out for help to Headway to help me navigate the atrocious symptoms we can all relate to no matter how our brain injuries occurred. Headway and Diane's facilitation and the aroha (unconditional love), the Manaaki (kindness to all), and the sharing of purakau (stories) in safety has been a piece of my missing puzzle.

One piece of advice that was passed on to me earlier this year, is the boom and bust thing. Being reminded to intentionally and carefully pace tasks to ensure one can make the most of their time and good energy moments of the day without collapsing into acute fatigue states that we know can last for hours, days weeks, months and most cruelly, years".

Recovery tips on the road to thriving

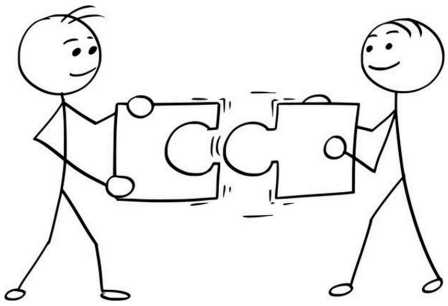
Be patient with yourself, give yourself the time to recover and try not to pressure yourself to do more than you are able.

Don't sentence yourself to home jail – staying home and away from challenges or the grit of every day life will only prolong your recovery, break out of the avoidance trap. Come to coffee group, mix with others and share stories and concerns. Remember that aerobic exercise is medicine – walk,

run, lift weights, swim, whatever you fancy. Learn your thresholds and don't push them too hard or too fast, give your brain the opportunity to adjust.

Good lifestyle habits: Sleep, good nutrition, drink water regularly and exercise. In other words, do what your mother would tell you.

What Works For You?

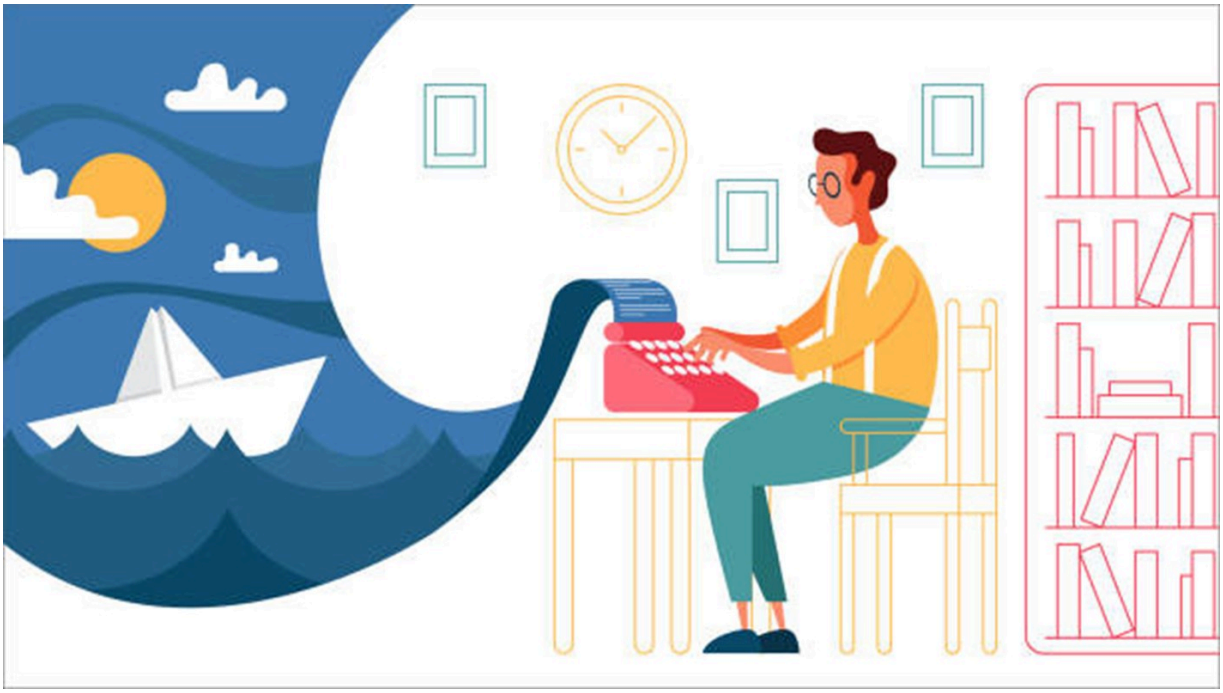


Something we will focus on this coming month is activities that have helped you – some people have found solace in art or writing, others prefer physical activity or have joined a community choir – what keeps you occupied, gives you a sense of purpose? Come and share it with others this next month.

Feel like a chat??

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

SHARE YOUR STORY



An Invitation to Share Your Story

Headway BOP would like to invite you to share your personal journey

Whether you are an individual with a brain injury, a care-giver or a loved one, your experience is valuable to the brain injury community.

Stories are a powerful tool for connection, peer support, education and advocacy. Your story may make a difference to others by providing inspiration, comfort and advice.

Guidelines for sharing your story:

- Your story can be as long as you want, but we ask for at least 300 words.
- Your story should include some of the following:
  * When and how your injury occurred
  * Tips and strategies you have used throughout your recovery
  * What you want people living with brain injury to know
  * What you want people not living with brain injury to know
  * You may include 1 or more photos to go with your story

Please keep in mind – our aim is to make these stories a source of hope and inspiration. We wont be publishing anything with offensive or derogatory language.

These stories will be posted onto our website along with videos that we are currently working on. If you would like to take part in a video, please get in touch with Diane.

Email stories to Liaison.headwaybop@brain-injury.org.nz or post to Headway BOP 53 Fraser Street, Tauranga
Need help to get your story out? Call Diane! 027 926 1881

NOTICEBOARD

Headway BOP October 2025
Fundraiser & Awareness Volunteers

Friday 10 October - Gate Pa New World - full
Tuesday 21 October - Katikati Woolworths - run by Katikati Lions and Sue & Bing Crosby - full
Tuesday 21 October - Bayfair Shopping Centre - full

Friday 24 October - Mt New World - run by Mt RSA

Tuesday 21 October - Bethlehem Woolworths - places available

If you would like to volunteer please contact

Gill Gardner - coordinator.wbop.dst@gmail.com

To reserve your place at this event, please contact Gill Gardner - coordinator.wbop.dst@gmail.com

All warmly welcome

Mt New World $15.00 Voucher September 2025

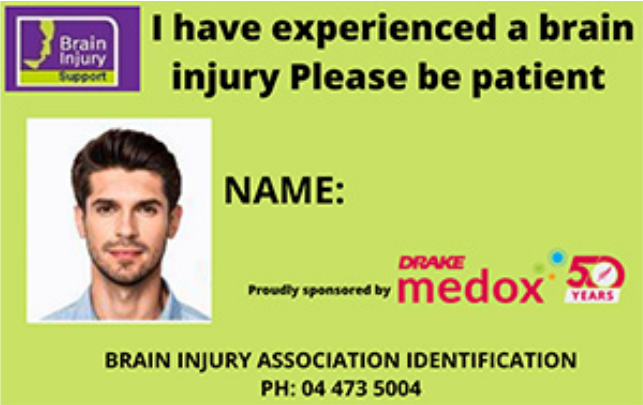
The lucky winner was Lockie Martin

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!



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.

OUR GROUPS - OCTOBER

10th & 24th October - FRIDAY MORNING COFFEE GROUP – 10am

Meets every second Friday at 53 Fraser Street. Gold coin donation, includes morning tea. ALL WELCOME

If you are interested in an afternoon group, please let Diane know.

Fri 3rd October - KATIKATI SUPPORT GROUP- 1.30pm
Meets first Friday of each month at the Digital Hub next to Katikati Library. ALL WELCOME

Every Wednesday - 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.

Please note that due to low attendance, I have left the monthly Citz Club lunch off the calendar.

Please email Diane email if you would like more information on any of these groups
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.